

Salmonellosis



Infectious Disease
Epidemiology &
Prevention Division

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What is salmonellosis?

Salmonellosis is a diarrheal illness caused by the bacteria *Salmonella*. There are more than 2,500 types of *Salmonella* bacteria, but fewer than 100 are known to make people sick. *Salmonella* bacteria typically live in animal intestines and are present in their feces. Humans become infected most often through consuming food or water contaminated with bacteria.

What are the symptoms?



Diarrhea



Abdominal
Cramps



Fever

How long do symptoms last?

- Symptoms can begin six hours to six days after infection
- Symptoms normally last four to seven days
- Some people may not develop symptoms for several weeks following infections

How do I know if I have salmonellosis?

Salmonella infections are normally diagnosed through laboratory testing of feces, body tissue, or a body fluid sample. Speak with your doctor to discuss testing options.

How is salmonellosis treated?

Most people recover completely within four to seven days without treatment. It is recommended that infected individuals drink plenty of fluids to manage diarrhea and prevent dehydration. Antibiotic treatment is only recommended in severe cases. Contact your doctor to discuss treatment options.

How does it spread?

People can get *Salmonella* infection from many sources, including eating contaminated food, drinking contaminated water, and touching infected animals or their environment. It is possible for *Salmonella* to be spread person-to-person.

How can it be prevented?

CLEAN



Wash your hands thoroughly with soap and water after using the restroom, before and after preparing food, and after touching or petting animals

COOK



Cook food to the appropriate internal temperature

- Chicken and poultry $\geq 165^{\circ}\text{F}$
- Beef and pork $\geq 145^{\circ}\text{F}$
- Leftovers and casseroles $\geq 165^{\circ}\text{F}$

PREPARE



Prepare fresh produce by washing under running water, separate raw and cooked foods, and avoid using the same cooking utensil for multiple food items

CONSUME



Consume only pasteurized dairy products and juices and avoid eating undercooked meat, poultry, eggs and unwashed produce.

For more information, visit the
Indiana Department of Health
[salmonellosis webpage.](#)

