Salmonellosis
Frequently Asked Questions

What is salmonellosis?
Salmonellosis is an infection of the intestines caused by bacteria (germ) called “Salmonella.” *Salmonella* is the second most common infectious disease in Philadelphia.

What are the symptoms?
The symptoms of *Salmonella* can include:
- Headache
- Diarrhea
- Stomach Cramps
- Fever
- Nausea
- Vomiting

How does it spread?
*Salmonella* can be found in foods including raw poultry, beef, pork, eggs, tomatoes and unpasteurized milk products. Some animals carry salmonellosis like reptiles and baby chicks. Infected humans can carry the bacteria in their feces (stool). Eating raw or undercooked foods, foods that came in contact with contaminated raw food, foods contaminated by a cook infected with *Salmonella*, or being in close contact with infected animals or humans or their feces can also spread the infection.

Who is at risk of developing salmonellosis?
Anyone can get salmonellosis but the risk is highest in infants and children under 5 years of age. People who are on antacid therapy and those who have suppressed immune systems are also at higher risk of getting salmonellosis.

How is it diagnosed and treated?
Diagnosis can be done by a stool culture. In more severe cases, Salmonellosis can be isolated from blood, urine, or bone marrow. Most people with it will recover without antibiotics. However it is recommended to consult with your health care provider.

What should I do if I think I have it?
If you think you have salmonellosis, you should contact your doctor and discuss your symptoms.

How is it prevented?
- Good handwashing is the best way to prevent salmonellosis, especially before going to the bathroom and after food preparation and after changing diapers or going to the bathroom.
- Avoid eating raw or undercooked poultry, meat, eggs, and milk and thoroughly wash all raw vegetables.
- When preparing raw poultry or meat, be sure to disinfect cutting boards and utensils that come in contact with the raw food, along with any surfaces that the raw food touched.
- Many reptiles, chicks and ducklings carry salmonellosis and therefore should not be around children under 5, elderly, pregnant women, and immune compromised people.

For more information contact your doctor, refer to http://www.phila.gov/Health/ or contact the Philadelphia Department of Public Health, Division of Disease Control at 215-685-6740.