

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

Salmonella Fact Sheet

Every year, approximately 40,000 cases of salmonellosis are reported in the United States. Because many cases are not diagnosed or reported, the CDC estimates that the actual number of infections may be thirty or more times higher. In Florida, approximately 6,000 cases of salmonellosis are reported each year.

What is it?

Salmonella is a bacterium that causes a diarrheal illness in humans. It is one of the most common causes of food poisoning in the United States.

What are the symptoms?

- * Symptoms include diarrhea, stomach cramps, abdominal pain, and fever.
- * They usually begin 12 to 72 hours after exposure to the bacteria and last four to seven days.
- * Sometimes people infected with Salmonella have no symptoms at all.
- * People with mild symptoms usually recover on their own without treatment.

How is it spread?

Salmonella lives in the intestines of animals or humans and can be found in water, food, soil, or surfaces that have been contaminated with the feces of infected hosts. People may become infected through:

- * Contact with the feces of infected humans or animals.
- * Contaminated foods, water and produce.
- * Inadequately cooked or raw meat, poultry, eggs or milk.

Who is at high risk?

- * Children especially those under the age of 5 are at the highest risk for Salmonella infection.
- * Older adults, and individuals with weakened immune systems are also at risk for salmonella infections.

How can you prevent it?

- * Wash your hands with warm, soapy water for 20 seconds especially after using the bathroom, changing diapers, touching animals and before preparing and eating food.
- * Prevent cross-contamination by washing hands, utensils, and kitchen surfaces after handling raw foods, and separating raw meats, poultry, and seafood from vegetables and cooked foods.
- * Wash and/or peel fruits and vegetables.
- * Do not consume raw or undercooked eggs, poultry, meat or unpasteurized milk.

What should you do if you have symptoms?

- * Contact your health care provider.
- * Stay home while you are sick.
- * Wash your hands often.
- * Avoid preparing food for others while you are sick.

For more information please visit: <http://www.cdc.gov/salmonella/>

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