

WHAT IS SALMONELLA?



According to Mayo Clinic, salmonella infection is a common bacterial disease that affects the intestinal tract. Salmonella bacteria typically live in animal and human intestines and are shed through feces. Humans become infected most frequently through contaminated water or food.



SYMPTOMS:

Appear between **8** and **72** hours

- **Nausea/Vomiting**
- **Abdominal Cramps**
- **Diarrhea**
- **Fever**
- **Chills**
- **Headache**
- **Blood in the Stool**



WHO IS MOST LIKELY TO GET SALMONELLA?

- People with weakened immune system, the infection may be more severe and lead to serious complications, including death.

Most associated with animal products (i.e. Poultry)



CAUSES OF SALMONELLA:

- Raw meat, poultry and seafood
- Raw eggs
- Contaminated raw fruits and vegetables



HOW TO PREVENT SALMONELLA?

- Wash your hands after using the toilet, changing a diaper, handling raw meat/poultry, clean up pet feces or touch reptiles or birds
- Do not cross contaminate your food
- Do not eat raw eggs
- Cook foods to the safe internal temperatures

REFERENCES

<http://www.mayoclinic.org/diseases-conditions/salmonella/basics/definition/con-20029017>