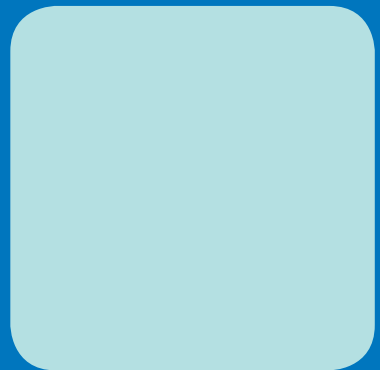
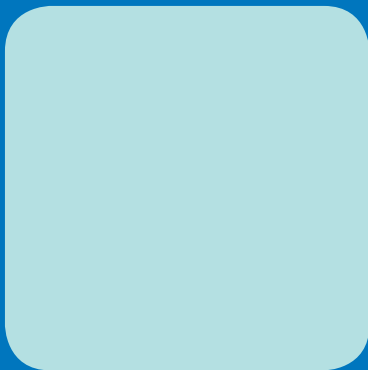


Salmonella



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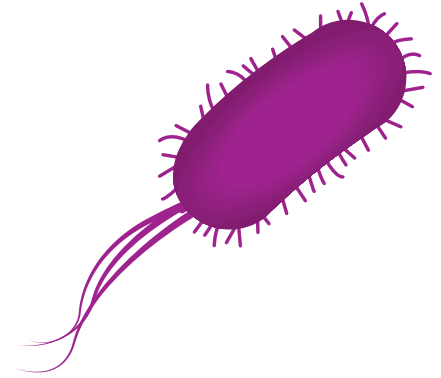
Salmonella



What is Salmonella?

Salmonella is a type of bacteria that can cause food poisoning. Symptoms include diarrhoea, stomach cramps, and sometimes vomiting and fever.

On average it takes from 12 to 72 hours for the symptoms to develop after consuming an infectious dose of Salmonella. Symptoms usually last for 4 to 7 days and most people recover without treatment. In extreme cases hospital care might be required due to dehydration, which can be life-threatening.



Who gets Salmonella?

Anyone can get Salmonella, but the very young and the elderly are particularly vulnerable.

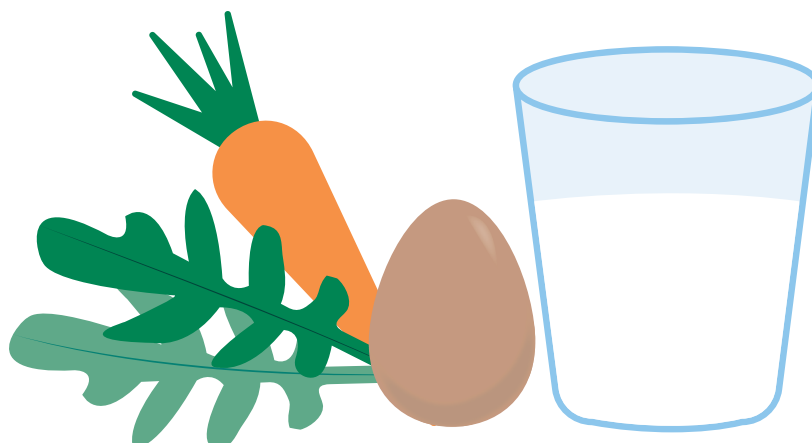
How do you get infected with Salmonella?

You usually get Salmonella by eating contaminated food. Salmonella bacteria live in the gut of many farm animals and can affect meat, eggs, poultry and milk. Other foods like green vegetables, fruit and shellfish can become contaminated through contact with manure in the soil or sewage in the water.

Contamination is also possible if raw and cooked foods are stored together. Most tortoise, terrapins and other pet reptiles can also carry the bacteria. Dogs, cats and rodents can occasionally become infected.

It is impossible to tell from its appearance whether food is contaminated with Salmonella. It will look, smell and taste normal.

Salmonella can be spread from person to person by poor hygiene, by failing to wash your hands properly after going to the toilet or after handling contaminated food.



Salmonella



How can you avoid getting infected with Salmonella?

- Wash your hands thoroughly with soap and warm water:
 - before preparing and eating food.
 - after handling raw food.
 - after going to the toilet or changing a baby's nappy.
 - after contact with pets and other animals, especially reptiles and amphibians.
 - after working in the garden.
- Keep cooked food away from raw food.
- Store raw foods below cooked or ready to eat foods in the fridge to prevent contamination.
- Ensure your fridge and freezer are operating at the correct temperatures (between 1°C and 4°C and -18°C respectively).
- Wash raw fruits and vegetables thoroughly before eating.
- Cook food thoroughly, especially meat, poultry and eggs so that it is piping hot. Salmonella is destroyed by cooking.
- Only drinking heat treated milk.
- Keep all kitchen surfaces and equipment including knives, chopping boards, and dish cloths clean.
- Do not drink untreated water from lakes, rivers or streams.
- Do not keep reptiles or amphibians in households where there is a child under five years of age or someone with a weakened immune system.

If someone has Salmonella wash all dirty clothes, bedding and towels on the hottest wash cycle of the washing machine.

Clean toilet seats, toilet bowls, flush handles, taps and wash hand basins after use with detergent and hot water, followed by a household disinfectant.

How do you treat Salmonella?

It is important to drink plenty of fluids as diarrhoea or vomiting can lead to dehydration and you can lose important sugars and minerals from your body. Your doctor may recommend a rehydration solution, available from your pharmacist.

Sometimes severe cases are treated with antibiotics. If you are given antibiotics, it is essential that you complete the course as prescribed.

Salmonella



Do you need to stay off work or school?

Yes. While you are ill and have symptoms, you are infectious. Children and adults should stay away from nursery, school or work for 48 after the symptoms have stopped. It is a sensible precaution not to mix with other people until you are no longer infectious to avoid passing it on to others.

You should tell your employer you have had a Salmonella infection if you work with vulnerable groups such as the elderly, the young or those in poor health, or if you handle food.

Public Health England, Environmental Health Team and Salmonella

Public Health England is an executive agency of the Department of Health and Social Care who provide advice on controlling outbreaks of infectious diseases. Their work involves trying to identify the source of infections to prevent other people becoming infected. They also monitor outbreaks and look for patterns and trends. This work is undertaken with assistance from local Environmental Health Teams within councils. These teams are notified of infectious diseases by Pathology laboratories and contact patients to obtain as much information about their illness as possible to try to identify how the infection was acquired, offer advice and prevent the spread of illness.

If you would like further information, please contact the Food & Public Protection Team at Carlisle City Council on **01228 817329**.