

# SALMONELLOSIS



## WHAT IS IT?

Salmonellosis is a sickness caused by bacteria that live in the gut. It is one of the 4 main causes of diarrhoea sickness worldwide, and is more common in developing countries and rural communities.

## HOW DO PEOPLE GET IT?



- People usually get sick by eating food or water that is contaminated with faeces from an infected animal.
- People can also get the bacteria from having direct contact with pets and other animals.



## RISK FACTORS

There are many things that people do that can increase their risk of getting salmonella, including:

- Not washing their hands after using the toilet or changing diapers, making food or handling uncooked meat or eggs.
- Eating raw or uncooked meat or eggs.
- Using the same knives, utensils, cutting boards, or dishes for raw meat or eggs and fruit or vegetables.
- Not washing vegetables and fruit before eating them.



## SYMPTOMS TO CHECK FOR

Most people get mild symptoms which can include vomiting and nausea, fever, stomach cramps and diarrhoea.



## TREATMENT

People with salmonellosis need to drink lots of fluids and get plenty of rest. While most people get better on their own, people with more serious sickness need to be treated by a doctor.



## HOW TO PREVENT IT?

- Wash your hands after toileting, changing diapers and caring for other people that are sick.
- Washing your hands when preparing food and keep food preparation areas clean.
- Make sure meat and eggs are properly stored and cooked.
- Washing your hands after touching animals or handling animal waste.