Parent Food Safety Guide

Salmonella





























What is Salmonella?

Salmonella is a bacterium that causes one of the most common intestinal illnesses in the US: salmonellosis. There are many different types, or serotypes, of Salmonella, but they all cause similar symptoms. For example, Salmonella Saintpaul was associated with tomatoes and peppers in 2008.



How do you get Salmonella?

The Salmonella bacteria can be present in uncooked or undercooked meat, poultry, eggs, or unpasteurized (raw) dairy products, as well as other foods contaminated during harvest, production, or packaging. Recent outbreaks have been linked to contaminated peanut products, alfalfa sprouts, and cantaloupe.



What to look for:

Symptoms can begin 6 to 72 hours from consumption, and include diarrhea, abdominal cramps, fever, nausea, and/ or vomiting. Dehydration is a concern, especially in the elderly and very young.





What to do:

Seek medical attention. Ask your healthcare provider to test a sample of your stool to confirm or rule out Salmonella infection. The CDC estimates that for every culture-confirmed case of Salmonella in the US, 39 cases go undetected; many cases of "stomach flu" may actually be salmonellosis. Most illnesses resolve within 1-2 weeks, but in rare cases, serious complications like bacteremia or reactive arthritis can develop.



Prevention:

Cook poultry to the safe temperature of 165 degrees; use a digital thermometer to check. Avoid undercooked or raw eggs and products containing them. Prevent cross contamination by washing your hands after cooking with raw meats, and thoroughly cleaning all surfaces that you or the raw meat touched (counters, cutting boards, sinks, knives, etc.) Wash hands after handling animals and before eating; pay special attention to hand hygiene when visiting animals at state fairs or petting zoos. For more information visit www.about-salmonella.com

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This brochure is part of our on-going effort to end the need for Salmonella litigation in this country. Until then, you can contact us at WWW.MARLERCLARK.COM or by calling 866-770-2032