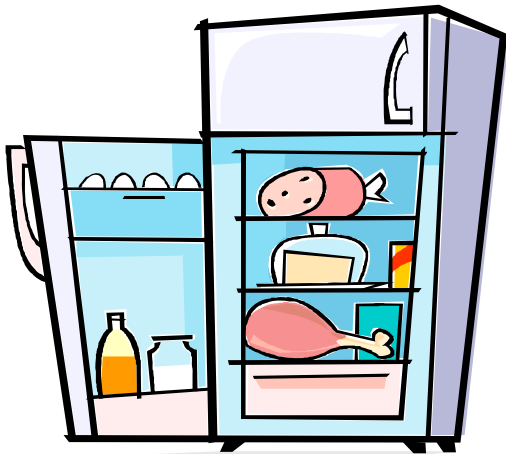


Preventing Salmonella Infection

1. Wash and dry hands regularly and thoroughly, particularly after using the toilet, after handling raw meat and poultry, before preparing or eating food, after changing a baby's nappy and after touching animals.
2. Make sure meat, poultry and eggs are always properly cooked, particularly at barbeques.
3. Cooked and perishable food should always be stored in a refrigerator at 1-4° centigrade.
4. Keep your raw meat and poultry away from other foods, particularly in the fridge. Always make sure RAW food is NEVER stored **above** COOKED food in the fridge.
5. Wash utensils and chopping boards thoroughly with hot water and detergent.



HELP YOURSELF AND OTHERS TO STOP
INFECTION SPREADING

ALWAYS REMEMBER TO WASH YOUR
HANDS



For further information contact:

Your family doctor, health visitor , district
nurse

Or

Food and Health Service

Leeds City Council

Telephone: (0113) 2476286

Produced by Leeds Health Protection Team

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Leeds Health Protection Team

**Advice about
SALMONELLA**

SALMONELLA

What is it?

Salmonella is a bacteria (germ) which causes food poisoning, it can cause these symptoms:

- Diarrhoea
- Vomiting
- Feeling sick
- Stomach pains
- Fever

The symptoms do not always occur together, and they may last from a few days to a week or more. In rare cases a person can carry the germ for long periods of time without having any of the symptoms.

How do you catch salmonella?

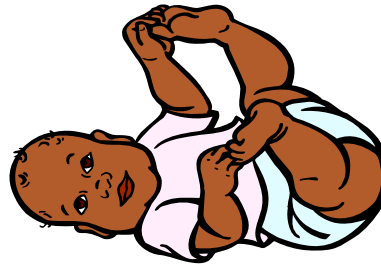
By swallowing salmonella germs when eating or drinking contaminated food, milk or water. The illness usually starts within 72 hours of consuming the germ. Raw and undercooked meat and poultry, unpasteurised milk, and eggs may all be contaminated with salmonella.

Salmonella germs are killed by **thorough** cooking of meat, poultry (until the juices run clear), eggs (until the yolk is solid), and pasteurisation of milk.

Farm animals and pets may also carry the salmonella germ in their gut. Infection may occur if there is accidental transfer of animal faeces to your mouth.

Can you catch salmonella from someone else?

It is possible to catch salmonella germs from someone else who is infected with them. Spread may particularly occur when parents come into contact with the child's dirty nappies.



Can you give salmonella to someone else?

Yes, which is why regular and thorough hand-washing is very important, especially after going to the toilet, and before preparing food.

Is there any treatment?

In most cases no antibiotics and drug treatment is required. However, as in all infections which cause diarrhoea and vomiting, it is important to have plenty to drink. Young children and the elderly are most liable to get dehydrated. If you have any concerns about symptoms, you should contact your family doctor.

What about going to work, school or nursery when you have salmonella?

Food handlers or health care staff must notify their employer who will decide when they can return to work.

Other workers and school children should stay off work or school until they feel better and any diarrhoea has stopped for at least 48 hours. On return to work or school it is important that good personal hygiene is maintained (particularly hand-washing).

Children under 5 years of age should not attend school/nursery or childminders for at least 48 hours after diarrhoea has stopped. The final decision regarding your child's return is with the manager of the premises your child attends.

Your local Communicable Disease Control Nurse (0113 247 6286), will advise if necessary.

