



January 2011

Community and Health Services Department

Salmonellosis

Salmonellosis

Salmonellosis is an intestinal infection cause caused by *Salmonella* bacteria. These bacteria are the most common cause of food poisoning and can be picked up worldwide.

While most people recover from salmonellosis without treatment, others (infants, the elderly and people who are immunocompromised) may require hospitalization.

Symptoms of salmonellosis

Typical symptoms include sudden onset of stomach cramps accompanied with diarrhea, nausea, fever, chills, headache and vomiting.

Symptoms usually appear within 12 to 36 hours after swallowing the bacteria, but may develop up to 72 hours afterwards. The illness can last from several days to several weeks.

Some individuals who are infected with the bacteria may not get sick or show symptoms, but they can carry the bacteria and spread the infection to others.

How salmonellosis spreads

Salmonella infection usually occurs when people eat food contaminated with the bacteria. *Salmonella* bacteria are commonly found in the intestines of livestock, fowl, cats, dogs, rodents, turtles, exotic pets and other animals. Any raw meat, poultry, fish, shellfish, eggs and unpasteurized milk may carry *Salmonella*. If these foods are not properly cooked, the bacteria can survive and cause illness when the foods are eaten.

Salmonella bacteria can also be passed from person to person through feces on unwashed hands.

Animals, birds, reptiles and some pets may carry the *Salmonella* bacteria without showing symptoms. People can pick up the *Salmonella* bacteria during contact with animals and their feces.

For further information, please call:
York Region Health Connection 1-800-361-5653
TTY 1-866-252-9933 or visit www.york.ca