



Salmonella

What is *Salmonella*?

Salmonella is a bacteria that can make people sick. *Salmonella* lives in the intestines of humans and animals. Humans can get an infection from a variety of sources. *Salmonella* can cause diarrhea, fever, and stomach cramps. Symptoms usually begin 6 hours to 6 days after infection and last 4 to 7 days. However, some people do not develop symptoms for several weeks after infection and others experience symptoms for several weeks. Most people recover without specific treatment.

What is the burden of *Salmonella* each year in the United States?

- 1.35 million illnesses
- 26,500 hospitalizations
- 420 deaths

What are common symptoms of *Salmonella*?

- Diarrhea
- Fever
- Stomach Cramps

How can I prevent *Salmonella*?

- Always wash your hand after using the restroom, changing diapers, and/or handling pets, and before handling food.
- *Salmonella* can be found in many foods. Make sure you wash your fresh produce and cook meats to their proper temperatures.
- Avoid cross contamination by washing hands after touching raw meats, and separating raw meats from ready-to-eat foods such as vegetables or fruits.
- Sanitize your surfaces before and after preparing food.

How do people get infected?

People can get *Salmonella* infection from a variety of sources, including:

- Eating contaminated food or drinking contaminated water
- Touching infected animals, their feces, or their environment