

## Further tips preventing Salmonella

- Cook poultry, ground beef and eggs thoroughly before eating. Do **not** eat or drink foods containing raw eggs, or raw unpasteurised milk.
- If you are served undercooked meat, poultry or eggs in a restaurant, don't hesitate to send it back for further cooking.
- Wash hands, kitchen surfaces and cooking utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- Be particularly careful with foods prepared for infants, the elderly and those with weakened immunity.
- Wash hands with soap after handling reptiles or birds, or after contact with pet faeces.
- Don't work with raw poultry or meat and an infant (eg feed, change nappy) at the same time.
- Mother's milk is safest food for your infants, breast-feeding prevents salmonellosis and many other health problems.
- It is recommended to wear gloves when handling compost or potting mix and thoroughly wash hands after any handling.
- Wash hands after playing with pets, particularly reptiles and fish.

**AND ALWAYS REMEMBER TO WASH  
YOUR HANDS**

## Special Advice for Food Handlers

Are you a food handler?  
Have you recently had a Salmonella  
infection?

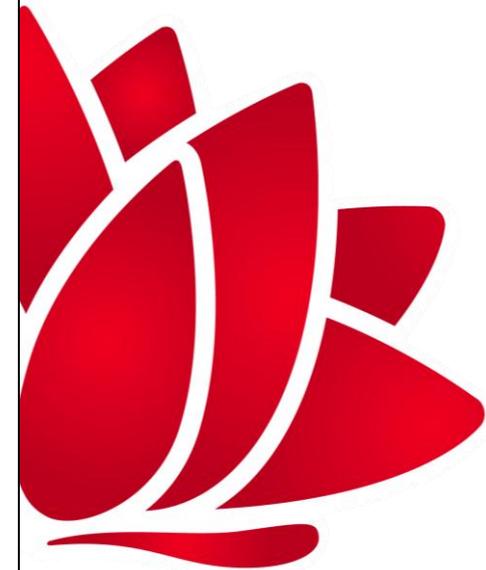
For information about food hygiene and food  
safety.

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# SALMONELLA



## SALMONELLA

### What is Salmonella?

Salmonella bacteria cause an infection called salmonellosis. Most people infected with Salmonella develop diarrhoea, fever and abdominal cramps 12 to 72 hours after infection.

Illness usually lasts 4 to 7 days and most people recover without treatment.

However, in some cases diarrhoea is very severe and the patient needs to be hospitalised. In these patients, the Salmonella infection can spread to the blood stream and can be fatal unless the patient is treated appropriately.

Doctors can look for bacterial causes of diarrhoea by asking a laboratory to culture a sample of stool (faeces) from an ill person. Further testing can determine the specific type of infection and which antibiotics should be used to treat it.

Salmonella infections usually resolve in 5 – 7 days and often treatment is not required unless the patient becomes severely dehydrated or the infection spreads.

Patients usually recover completely although it may be several months before their bowel habits are entirely normal. A small number of people infected with Salmonella will go on to develop further complications.

### How do people 'catch' Salmonella?

- Salmonella live in the intestinal tracts of humans and other animals including birds. Transmission usually occurs by eating foods contaminated with animal faeces.
- Contaminated foods often look and smell normal.
- Contaminated foods are often of animal origin, such as beef, poultry, milk or eggs but all foods, including vegetables can become contaminated.
- Many raw foods of animal origin are frequently contaminated but thorough cooking kills Salmonella. Food can also become contaminated when food handlers do not wash their hands properly or appropriately.
- Salmonella may also be found in the faeces of some pets, especially those with diarrhoea. People become infected if they do not wash their hands after contact with the faeces. Reptiles, healthy or otherwise, are particularly likely to harbour Salmonella.



### Preventing Salmonella Infection in the Kitchen

- Do not eat raw or uncooked eggs, poultry or meat.
- Raw eggs may be unrecognised in some foods such as homemade hollandaise sauce, caesar and other salad dressings, tiramisu, home-made ice cream, homemade mayonnaise, biscuit/cake dough and icings.
- Cook poultry and meat, including hamburgers well (not pink in the middle)
- Do not drink or eat raw or unpasteurised milk or other dairy products.
- Thoroughly wash fruit and vegetables before eating.
- Keep uncooked meats separate from fruit and vegetables, cooked foods and ready to eat foods (this is called preventing cross contamination).
- Wash hands, cutting boards, knives and other utensils thoroughly after handling uncooked foods.
- Wash hands before handling any food and between handling different food items.