



Salmonellosis is an illness caused by bacteria called *Salmonella*. You can get *Salmonella* from eating infected food. It can also be spread from animals to people, and from people to people. It's one of the most common foodborne diseases.

Symptoms

Symptoms usually begin one to three days after contact with the bacteria.



Stomach cramps



Fever



Diarrhea

Causes

- People can get sick by eating food or drinking liquids that have been contaminated, or by touching an infected animal, their poop or their environment.
- Sometimes, *Salmonella* can cause outbreaks, where many people get sick at the same time. In Vermont, outbreaks have been associated with live animals like chicks, ducklings, geese and turkeys, especially during the springtime, and with contaminated food.

Prevention

- Always **wash your hands** before making food or eating, after using the bathroom, changing diapers, petting or playing with animals, and after touching an animal's environment or food.
- Play safe with **animals**: don't kiss them, don't put your hands near your mouth after petting or playing, and clean their habitats away from the kitchen, preferably outside.
- Take care with **foods**: Keep raw poultry away from other foods. Use separate cutting boards and clean them properly. Refrigerate food within two hours. Cook food to the right temperature. Learn more at [cdc.gov/foodsafety](https://www.cdc.gov/foodsafety).

What to do if you get sick with Salmonella

- Call your health care provider for testing and treatment. Most people recover without any treatment in four to seven days.
- If the person who is sick is having accidents or the stool is not contained in a diaper, stay home from school, work, or day care.
- If you have diarrhea, do not make food or drinks for other people.
- Drink extra fluids to prevent dehydration.
- Food handlers should talk to their employers about return-to-work guidance.

Learn more at www.healthvermont.gov/disease-control/food-water