

Salmonella

Infection Prevention

This leaflet aims to answer your questions about Salmonella.

What is Salmonella?

Salmonella is a bacterium germ which causes food poisoning.

How do I get Salmonella?

Salmonella bacteria live in the gut of many farm animals and can affect the meat, milk, poultry and eggs. Green vegetables, fruit and shell fish can be contaminated by manure in the soil and sewage in the water. Pets such as bearded dragons, tortoises, snakes and terrapins carry Salmonella. Food is the most common way humans catch Salmonella. Salmonella infections are caught as a result of:

- Eating contaminated food
- Eating under cooked food, chicken or eggs and some shellfish.
- Handling contaminated pets.

Salmonella is common in summer months, when the weather is warmer.

Salmonella can be spread from person to person. Therefore effective hand washing is essential.

What are the symptoms of Salmonella?

Symptoms that are associated with Salmonella can usually start 6-72 hours after you have ingested the bacteria. However, the average time is 12-36 hours following ingestion. The symptoms include:

- Stomach cramps
- Headache
- Diarrhoea
- Nausea
- Vomiting
- Fever
- Joint pains.

These symptoms can be present for four to seven days and usually clear up without any treatment. In some cases the doctor may need to prescribe antibiotics if your symptoms are severe. Infants, the elderly and those with weakened immune systems may develop a more severe illness.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

How will Salmonella be treated?

There is no specific treatment for Salmonella and most people get better without requiring any treatment. Although it is important you

- Drink plenty of fluids as diarrhoea and vomiting can lead to dehydration
- If you feel sick, drink small amounts of fluids regularly
- Avoid coffee, tea and carbonated drinks
- Paracetamol can be effective to assist with stomach cramps
- A pharmacist can recommend a rehydration solution if required.

How can the spread of Salmonella be stopped?

- You should wash your hands thoroughly with soap and water before
 1. Preparing and eating food
 2. After handling raw food
 3. After going to the toilet and changing babies' nappies
 4. After contact with pets
 5. After working in the garden
- Ensure you keep cooked food away from raw food
- Store ready to eat food in the fridge
- Store raw food below ready to eat food in the fridge to prevent contamination
- Wash raw fruits and vegetables thoroughly before eating
- Cook food thoroughly
- Keep all kitchen work surfaces and equipment clean
- Do not drink from rivers or streams
- Do not keep reptiles in households where there is a child under five years of age or with people who have weakened immune systems
- Wash your laundry in a washing machine on the hottest cycle if someone has Salmonella
- Ensure you clean toilet seats, toilet bowls, flush handles, taps and wash basins after use with detergent and hot water, followed by a household disinfectant.

If you are in hospital with Salmonella, staff will wear gloves and aprons to prevent the spread of infection, in addition to good hand hygiene practice. You will be nursed in a single room to protect other patients. You will be discharged home when your infection has cleared.

What about visitors?

Visitors will be allowed to visit you but will be asked by healthcare staff to wash their hands before entering and leaving the ward. They will also be asked to wear aprons and gloves if they are participating in your care. In addition, you will be asked to not sit or lie on the patients bed.

Do I need to stay away from work or school?

The simple answer is yes. While you have any of the above symptoms you will remain infectious. As a result, be it that you are an adult or child, you should stay away from your workplace, nursery or school.

How will I know when the Salmonella has gone?

When you have stopped experiencing diarrhoea or vomited and have had a normal bowel motion for more than 48 hours.

Where can I find out more information?

Should you require any further advice on information in this leaflet, please do not hesitate to contact the nursing team or General practitioner (GP).

www.foodstandards.gov.uk

www.washyourhandsofthem.com

Public Health England

<https://www.nhs.uk/conditions/food-poisoning/>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。