



SALMONELLA FACT SHEET

WHAT IS SALMONELLA?

Salmonella is a bacteria that makes people sick. Salmonella infections are more common in the summer than winter. Young children, older adults, and people with weakened immune systems are the most likely to have severe infections.

HOW DO YOU GET SALMONELLA?

Eating raw or undercooked meat, poultry, and egg products

Eating or drinking raw (unpasteurized) dairy products

Eating food contaminated with the feces of infected person or animal

Touch contaminated pet food or treats and then touch your mouth

Touch or hold pets, especially reptiles, amphibians, and baby chicks, and then touch your mouth.

Kissing these animals can also cause infection.

SYMPTOMS

Most people infected with salmonella develop diarrhea, fever, and abdominal cramps between 12 and 72 hours after infection. The illness usually lasts 4 to 7 days.

TREATMENT

Most people recover without treatment. Some people may need to be treated with antibiotics. Discuss treatment options with your doctor.

PREVENTION

- Cook poultry, ground beef, and eggs thoroughly.
- Do not eat or drink foods containing raw eggs, or raw (unpasteurized) milk.
- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
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DGHD EFFORTS

The Delaware General Health District (DGHD) routinely inspects restaurants, grocery stores, and other places where food is sold. In addition, we provide training to food service workers and the public regarding proper food handling practices. Reports of suspected and confirmed cases of disease are made to the DGHD. The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.