

What is Salmonella?

Salmonella is a very well known form of food poisoning, commonly associated with the consumption of infected poultry products.

How did I get it?

From any of the following sources:

- From handling raw meat especially poultry
- From eating undercooked meat or poultry or egg products or other contaminated food products
- Untreated milk or dairy products
- From direct contact with animals
- From close contact with another infected person

When did I get it?

The illness usually occurs within 6 - 72 hours of infection.

What are the signs and symptoms?

- Fever, a feeling of being generally unwell, abdominal pains
- Headaches, nausea, diarrhoea and vomiting
- Symptoms normally persist for several days
- For the very young, old or those already unwell, Salmonellosis may be more severe and require hospitalisation

How do I stop it spreading?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating
- Young children with the infection should have their hands washed for them or be supervised
- Disinfect all areas in the toilet daily (including door handles)
- Infected persons should stay away from work until vomiting and diarrhoea have ceased
- If the infected person is a food handler, works as a health carer / nurse or is a child attending school or a nursery etc. further advice should be obtained
- Read the accompanying leaflet for further guidance

Where can I get more advice?

- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required

Phone: 01286 682728

e-mail: FoodandHealth&Safety@gwynedd.gov.uk

www.gwynedd.gov.uk

