

Salmonella



Cause:

Bacteria found in the gut of many animals. It can often affect meat, milk and eggs. Vegetables may become contaminated if they have been in contact with infected manure.

Symptoms:

Severe diarrhoea, vomiting and stomach cramps. It can take between 12-72 hours for the symptoms to develop and can last up to seven days. It is easy to become dehydrated during this period.

How It Is Transmitted:

Through poor hygiene. Easily spread by contact from person to person if:

- Hands are not washed after visiting the toilet;
- kitchen surfaces are not wiped properly;
- meat not cooked thoroughly (especially chicken);
- cooked meat placed next to uncooked meat.

Treatment and Prevention:

Prevention methods are easy to follow - good hygiene is essential! Wash hands and surfaces thoroughly, and ensure food is cooked properly.

If a person is suffering from food poisoning, it is essential they drink plenty of fluids to prevent dehydration and replace sugars and minerals. It is important to stay off work or school for 48 hours after the symptoms have stopped.



Photo courtesy of gran (@commons.wikimedia.org) - granted under creative commons licence - attribution