

What about spread to others?

While people are excreting the bacteria, particularly when they have the diarrhoea, they can spread the disease to others. There should be strict attention paid to hygiene at this time.

Children with diarrhoea should be kept away from other children and anyone looking after an infected child should pay special attention to their own hygiene, particularly hand washing.

Food handlers and food handler contacts of cases, health care workers and children attending day care or preschool may be subject to certain restrictions if they have Salmonellosis.

What about staying away from work or school?

Everyone with this infection should stay away from work/school/day care while they are unwell. Most people can return after they have been completely free of symptoms for two days, but they should stay away again if any of the symptoms redevelop.

Some circumstances, however, may require clearance from a doctor before returning to work/school/day care is permitted.

For further advice regarding clearance, please contact your GP or Community and Public Health.

Other resources available on gastrointestinal illnesses:

- Rotavirus
- Campylobacter
- Cryptosporidium
- Yersinia
- Norovirus
- E. coli O157 (VTEC)

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**Communicable Diseases
Community and Public Health**
(a division of the Canterbury District Health Board)

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Salmonella



Canterbury

District Health Board

Te Poari Hauora o Waitaha

What is Salmonella?

Salmonellosis is caused by a bacteria called *Salmonella*, which infects the bowel causing gastroenteritis, although it can occasionally spread to other parts of the body.

There are many different types of *Salmonella* and they occur worldwide in animals, birds and humans.

Salmonellosis is relatively common in New Zealand.

What are the symptoms?

Symptoms commonly consist of the rapid onset of:

- Abdominal pain
- Diarrhoea
- Nausea
- Headache
- Vomiting (occasionally)
- Fever

Symptoms begin within 6-72 hours after ingesting the bacteria.

Dehydration, especially among infants, may be severe.

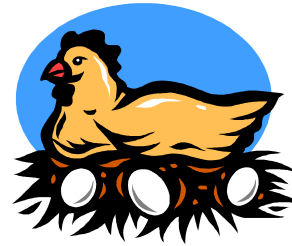
How long does it last?

The diarrhoea may last up to 7 days, and excretion of the bacteria in faeces (poo) can continue for some time, especially in infants.

Where does it come from?

Common sources of infection are:

- Raw or undercooked poultry and meat
- Household pets (cats, dogs, birds, poultry, reptiles) especially those with diarrhoea
- An infected person who handles food
- Raw or undercooked eggs or egg products (in overseas countries)
- Farm or wild animals
- Unpasteurised milk



How is it caught?

People develop the illness when they:

- Eat contaminated food
- Transfer bacteria to the mouth via the fingers when smoking or touching the face after handling raw poultry, raw meat, pets or farm animals
- Person-to-person spread i.e. young children infecting each other or a mother from her child via nappy changing

How is it treated?

No specific treatment is needed except for fluid replacement and rest. Antibiotics may prolong the carrier state and lead to resistant strains. However, in very young infants, the elderly and those with certain illnesses, antibiotic therapy may be given.

How can it be avoided?

Preventive measures include:

- Wash hands before eating; after going to the toilet, after handling raw meat, poultry, pets or farm animals and especially after changing nappies.
- Thoroughly cook all foodstuffs from animal sources, especially meat and poultry
- Thoroughly clean knives, cutting boards and other surfaces immediately after contact with raw meat or poultry
- Refrigeration of prepared foods
- Separate raw meat and poultry from other foods by keeping them in the bottom of the refrigerator to prevent them dripping onto other foods
- Avoid unpasteurised milk
- Recognising, controlling and preventing *Salmonella* infections in domestic animals and pets. Chicks, ducklings, lizards, turtles and tortoises are particularly susceptible to *Salmonella*



Is it possible to get it again?

Although infection may provide some immunity to that particular type, it would not prevent illness from another type of *Salmonella*.