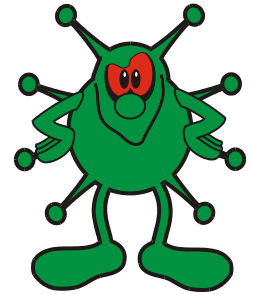




Salmonella

What is Salmonella?

It is an illness caused by bacteria called Salmonella. There are many different types of Salmonella that cause illness. The Salmonella bacteria affects the stomach and intestines and can affect anyone but is more common in children under 5, young adults, the elderly and infirm.



Symptoms

It usually takes 12 – 48 hours after eating food containing the bacteria for symptoms to develop and they may include:-

- Diarrhoea (which may contain blood or mucus)
- Nausea
- Fever
- Vomiting
- Stomach cramps
- Headache

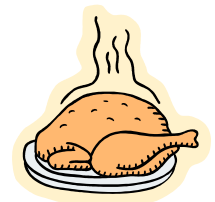
In mild cases, there are fewer symptoms over a shorter period to time. However the symptoms are often more severe in the elderly and people with other medical conditions.

Illness usually lasts for a few days but Salmonella bacteria may be present in your faeces for several weeks or longer, even once all the symptoms are gone. This is known as being “a carrier”.

How does Salmonella spread?

Salmonellosis occurs when Salmonella bacteria are taken in by mouth. It may happen in any of the following ways:-

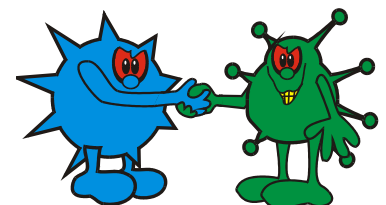
Food - Salmonella bacteria is naturally found in raw meat and poultry. If it is not thoroughly cooked, the bacteria may survive and infect people who eat it.



Cross-Contamination - This is the spread of bacteria from something that is contaminated with bacteria to something that is not. Salmonella can spread when uncooked foods contaminated with bacteria cross-contaminate ready to eat foods, through either poor food handling practices, inadequate storage, or poor cleaning practices.

Person to Person - People with Salmonella have the bacteria in their faeces. If these people do not wash their hands properly after going to the toilet, they can contaminate surfaces and objects with the bacteria which will be

touched by other people who could then become infected themselves. Hands can also become contaminated with bacteria when, a person changing the nappy of an infected infant does not wash their hands thoroughly afterwards. People and animals can carry Salmonella in their faeces without having any symptoms.



Prevention: Scrupulous personal hygiene when preparing food. Ensuring no cross contamination between cooked and uncooked foods, thoroughly cooking food, and good cleaning practices.

What to do if you have someone ill or infected with food poisoning in the house

Anyone suffering from or carrying Salmonella SHOULD NOT prepare food for others to eat.



We would recommend that you DO NOT have friends in for meals or to stay with you whilst the infection is present.

Whilst diarrhoea persists, great care should be taken to clean the toilet including taps, door and flush handles after the patient has used it.

- Use a household disinfectant or bleach.
- Use disposable paper tissues for cleaning seat, flushing handle etc.
- Wash hands thoroughly afterwards, preferably with an antibacterial hand wash soap.

Hands should be washed thoroughly with hand soap and hot running water for at least ten seconds, to minimise the risk of cross-contamination.

Cloth towels are not recommended for cleaning or drying as they get dirty quickly and can spread bacteria from one person to another, disposable tissues/towels are recommended.



Other Precautions

Children should stay away from school until 48 hours after all symptoms have ceased. Further advice in this case must be sought from the Environmental Services Department. The school should be informed of the type of illness.

Can I Still Work?

People who work in food businesses, hospitals or nursery schools SHOULD NOT return to work until 48 hours after all symptoms have ceased. The manager of the food business should be notified of any illness you or any family member, who is ill, may have.

If people are formally excluded from work, they will not normally be required to return to work until 48 hours after all symptoms have ceased.

Please remember that you **may** still carry the organism for a number of weeks after the symptoms clear and scrupulous personal hygiene must be observed during this time.

NOTE: THERE MAY BE TYPES OF FOOD POISONING WHICH WILL REQUIRE YOU TO REMAIN OFF WORK UNTIL CLEARANCE IS GIVEN BY YOUR ENVIRONMENTAL HEALTH OFFICER. YOU WILL BE ADVISED IF THIS IS THE CASE.

For further information, contact your local Environmental Protection Division, telephone number 01932 838383, or in case of continuing illness, consult your family doctor.