

Public Advisory Note 6 Salmonella The Facts

This leaflet has been produced by Salford Environment Directorate, in order to explain what [Salmonella](#) is and how, the possibility of food poisoning can be reduced just by simple precautions.

Salmonella is a bacterium which is widely distributed in the environment

WHO DOES IT AFFECT?

It can affect anyone but in particular the young (between the ages of 0 - 5) the elderly and anyone who is in a weakened physical condition.

WHAT ARE THE SYMPTOMS?

The symptoms can vary in intensity but usually include, Sickness, Diarrhoea, Headaches, Fever, Stomach pains, Nausea.

HOW CAN SALMONELLA BE SPREAD?

By eating contaminated food or certain foods which have not been thoroughly cooked (meat, poultry, eggs). By using the same knife for cutting raw and cooked foods the bacterium can be spread from one food to another by **cross contamination**. It can also be spread by close contact with someone who is already infected so **strict personal hygiene is essential**.

HOW CAN I REDUCE THE RISK OF SALMONELLA FOOD POISONING?

Quite simply by eliminating the conditions that Salmonella need in order to grow and multiply, and also by strict attention to personal hygiene.

Bacteria in general, need:-

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| A. Warmth | Ideal temperatures are between 5°C - 63°C |
| B. Moisture | Bacteria require moisture |
| C. Food | High protein foods i.e. Meats, Poultry, Dairy Products, and eggs are all ideal sources for the bacteria. |
| D. Time | Bacteria will grow and multiply every 10 - 20 minutes in ideal conditions. One bacterium (given ideal conditions) can produce millions of bacteria in a few hours. |

ADVISORY RULES OF THE KITCHEN

<p style="text-align: center;">One</p> <p>Always wash your hands before preparing any food or drink, after using or cleaning the toilet, changing the baby or looking after somebody who might be ill due to sickness and diarrhoea</p>
<p style="text-align: center;">Two</p> <p>Do not use the same knife and chopping board for cutting raw/ and cooked foods</p>
<p style="text-align: center;">Three</p> <p>Scrub vegetables to remove dirt</p>
<p style="text-align: center;">Four</p> <p>Store and prepare cooked food away from soft cheeses and raw food including vegetables</p>
<p style="text-align: center;">Five</p> <p>Check fridge and freezer are operating between 1°C -4° and -18° respectively</p>
<p style="text-align: center;">Six</p> <p>Go through your fridge regularly and throw away food beyond its eat by date</p>
<p style="text-align: center;">Seven</p> <p>Reheat food thoroughly, stir microwaved food to avoid cold spots and leave for the recommended standing times</p>
<p style="text-align: center;">Eight</p> <p>Don't let pets or pet food come into contact with your food, work surfaces or utensils</p>
<p style="text-align: center;">Nine</p> <p>Cook thoroughly. If you want to keep the food for later cool it quickly and refrigerate as soon as possible certainly within 1½ hours</p>
<p style="text-align: center;">Ten</p> <p>Avoid smoking when preparing food, it can spread bacteria when people touch their mouths</p>

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