

If you or a member of your household has Salmonella

Ensure you and all household members wash their hands thoroughly with warm water and soap;

- After using or cleaning the toilet
- After attending to another person who has diarrhoea / vomiting
- After changing a baby's nappy
- After handling or washing soiled clothes and bedding
- Before eating or preparing food

Ensure each person affected has their own towel for drying hands.

Ensure young children are supervised when washing hands, or have their hands washed for them.

Wash soiled clothes, bedding and towels on a hot cycle of the washing machine. Keep soiled washing separate from the rest of the washing.

Clean toilet seats, flush handles and taps frequently with hot soapy water. The toilet bowl should be cleaned with a toilet brush and disinfectant. Wear rubber gloves to clean the toilet and keep them for this use only.

Where possible stay away from other people until your symptoms have stopped, especially vulnerable people like the elderly and very young. Where possible, do not prepare food for your family or anyone else

NB: If you are using a disinfectant, ensure that it confirms to a British Standard and follow the manufacturer's instructions. Keep all chemical cleaning agents in a safe place away from children.

For further advice or information contact:

*Your Community Infection Control Nurse at your
local Primary Care Trust (PCT),
Your Local Environmental Health Department or
Your local Health Protection Unit*

Information produced by: Health Protection Agency North West

The Health Protection Agency is a new independent organisation dedicated to protecting people's health. It brings together the expertise formerly in a number of official organisations.

Date: September 2005

Review Date: September 2007

HPA North West



Salmonella



Website: <http://www.hpa-nw.org.uk/>

INFORMATION LEAFLET

What is Salmonella?

It is a bacterium (a germ) which is found in the gut of many wild and domesticated animals and birds. It causes illness in humans if it is swallowed with food or water.

Symptoms of Salmonella poisoning include:

- Diarrhoea
- Nausea and vomiting
- Stomach pains and cramps
- High temperature
- Headache
- Malaise

The incubation period (the time taken from swallowing the bacteria until illness starts) ranges from 6 hours to 3 days, but is usually between 12 and 36 hours.

The infection often clears without treatment within 7 days, although some people may remain infectious for over 10 weeks.

Who can it affect?

ANYONE - but the very young and the elderly are particularly vulnerable.

How is Salmonella caught?

- Usually from eating raw or undercooked food, particularly meat, poultry and eggs or foods that have been in contact with these.
- By drinking un-pasteurised, contaminated milk.
- Person to person spread can occur, particularly when persons have diarrhoea.
- Some exotic pets, particularly reptiles, carry Salmonella as part of their normal gut bacteria and thorough hand washing must follow caring for such pets.

Do you need to stay off work or school?

YES – until you have been completely free from any symptoms for **48 hours**

Children should not play with other children or attend school or nursery until they are fully recovered and have been symptom free for **48 hours**.

If you work as a food handler, or with young children or in healthcare, you must inform your employer and / or seek advice from your Environmental Health Dept.

How do you avoid catching it?

- By **thoroughly cooking all foods**, especially meat, poultry and eggs. Salmonella is destroyed by cooking.
- Keep raw meat away from cooked foods and other ready to eat foods (foods that won't be cooked) e.g. salad, bread, cheese.
- Clean work surfaces, dishes and utensils thoroughly in hot water and detergent after they have been used with raw meat.
- Only drink pasteurised milk and avoid drinking untreated water (eg. lakes and streams).
- Always wash hands thoroughly with soap and warm water and dry with a clean towel;
 - after going to the toilet
 - after changing a baby's nappy
 - after contact with pets and animals
 - before preparing, serving and eating food
 - after handling raw food
- If on picnics with no water available to wash hands, use disposable travel wipes.
- Keep pets away from food, dishes and worktops.