

Remember

- Always wash your hands with hot soapy water before preparing food.
- Keep your kitchen clean and dry - wash and dry utensils between preparation stages.
- Keep pets out of the kitchen and wash hands after handling them.
- Take chilled or frozen food home as quickly as possible.
- Keep your fridge/freezer at the correct temperature - buy a fridge thermometer.
- Check dates on goods; use food within the recommended period.
- Store raw and cooked foods separately.
- Cook food thoroughly.
- Do not eat raw eggs.
- Observe microwave standing times.

Useful websites

www.nhs.uk

www.sunderland.nhs.uk/chs

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

Date of publication: Jan 2004
Reviewed: April 2009
Review date: April 2012
CGSG approval: June 2009
Ref: 335/09
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SALMONELLA

PATIENT INFORMATION LEAFLET

Infection Prevention and Control Department

Sunderland Royal Hospital

What Is Salmonella

Salmonellosis is classified as a worldwide foodborne disease, which over the last ten years has shown to be on the increase.

Salmonella is a bacterial disease and may cause symptoms of abdominal pain, nausea, headache, vomiting, high temperature and diarrhoea within 72 hours of eating contaminated food.

How Salmonella Is Spread

Salmonella is spread by eating: -

- a) **the bacteria in contaminated food** e.g. raw or undercooked meat and meat products, poultry and eggs. The food may look and taste quite normal.
- b) **the bacteria from the faeces of an infected animal or person.**
The bacteria must be taken in by mouth to cause the infection, therefore transmission or spread is prevented by particular attention to **HAND WASHING**, especially after using the toilet, nappy changing and before handling or cooking food.

Admission To Hospital

On admission to hospital you may be admitted to a side-room in order to prevent the spread of infection.

A nurse will require a history of food eaten 48 hours prior to the onset of symptoms. These symptoms will pass eventually often without prescribed medication.

Your occupation is especially relevant if you are a food handler or health care employee.

Following a Salmonella infection an Environmental Health Officer will visit you. This will be either while you are in hospital or when you return home.

He/she will request further faeces specimens and ask some questions about food recently eaten. He/she may also require specimens from other members of your household even though they have not been ill themselves.

On discharge from hospital: -

- You can eat out in cafes or restaurants.
- You are able to go on holiday once your symptoms have settled.
- You are able to come into contact with children **remembering careful hand washing.**
- You may prepare food for your family, again **remembering careful hand washing.**
- Should the Environmental Health Officer request a specimen of excreta, he will provide you with a container and spatula when visiting the toilet to provide the specimen. First, line the toilet bowl with toilet paper, then after using the toilet remove part of the excreta with the spatula and place it in the container.
- **Wash hands thoroughly** with soap under warm running water. Wash front and back of both hands and especially in between the fingers and thumb. Wash for at least 10 seconds, and then **DRY** both hands thoroughly.

Treatment

In some cases of Salmonella, severe dehydration may occur. This will require the replacement of body fluids by intravenous therapy.

For uncomplicated cases, medication is not generally indicated.