



SALMONELLOSIS

Department of Health and Human Services



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Salmonellosis is a disease caused by a germ called *Salmonella*. This type of bacteria is found in the intestines of people and animals. You can get salmonellosis by ingesting meat, eggs, or milk that contain the bacteria. You can also get it by touching the feces of iguanas, turtles, lizards, snakes, baby chicks, and ducklings. If you get sick from *Salmonella*, you may start to vomit and have cramps and diarrhea within 8 hours to 3 days. Sometimes the infection can spread from your intestines to other parts of your body. If this happens, your doctor will treat you with antibiotics. You can protect yourself from salmonellosis. Make sure meat and eggs that you eat are cooked enough to kill bacteria. The best way to tell if a hamburger is cooked enough is to put a meat thermometer into the center and make sure it reads at least 160°F. Do not eat hamburgers that are pink in the middle. Keep raw meat away from foods that will not be cooked, and wash hands, utensils, and counters with hot soapy water after they touch raw meat. Drink only pasteurized milk and juice. Do not eat raw eggs or foods that include raw eggs, such as homemade ice cream or eggnog. Keep eggs in the refrigerator and throw out eggs that are cracked. Wash your hands with soap and warm water before preparing food, before eating, after you use the bathroom, and after you handle reptiles or anything they touched.

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