

This leaflet gives general advice. For further information please ask either the nursing or medical staff who are providing your care and treatment or contact the Infection Prevention and Control Team on 01386 502552.

If you would like this leaflet in a different language, larger print size, in audio, Braille or any other format please contact the

PALS team by phone on

☎ 01905 760020;

by letter ✉ Communications,
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2 Kings Court, Charles Hasting Way,
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**Worcestershire
Health and Care**
NHS Trust



SALMONELLA

INFECTION

What is it?

Your questions answered

**An Information Leaflet
for
Patients and Staff**

WHAT IS IT?

Salmonella is a common type of food poisoning caused by a bacteria (germ) that causes illness in humans and animals.

HOW IS IT SPREAD?

You catch salmonella after eating food contaminated with the bacteria (germ), eg unpasteurised milk, raw meat, undercooked poultry and eggs etc. It is also possible to catch salmonella from someone else who is infected. Salmonella is most common in the summer months.

WHAT ARE THE SYMPTOMS?

Salmonella usually causes diarrhoea, stomach ache and sickness. You may also suffer headaches, tiredness and fever.

WHAT IS THE INCUBATION PERIOD?

The time taken from swallowing the germ until the illness starts is usually 12–72 hours.



IS THERE ANY TREATMENT?

There is usually no specific treatment except drinking plenty of clear fluids. However, some people may become very ill and they should seek further advice from their GP. In severe illness, antibiotic treatment may be necessary.

IS IT INFECTIOUS?

In normal healthy individuals, the illness lasts 2–3 days. Infection is most likely to be spread to others while diarrhoea is present. However, the germ may still be present in the stools for a few days after symptoms have gone. If hands are not washed properly, it may be spread to others.



HOW DO YOU PREVENT THE SPREAD OF IT?

Infection normally results from a combination of contaminated foods, poor kitchen hygiene and inadequate cooking.

- Always ensure raw food is never stored above cooked food in the fridge.
- All food should be well cooked to eradicate salmonella, especially eggs, chicken and meat.
- Always wash hands using plenty of soap and warm running water.

If you have an illness with diarrhoea and sickness, especially if it is salmonella, you must not touch or prepare food for anyone else until you have been free of symptoms for 48 hours.

HOW SOON CAN THE PERSON RETURN TO WORK/ THE CARE SETTING?

Normally people may return to work once they no longer have any signs of illness (diarrhoea or vomiting) for at least 48 hours.

Food handlers will need to contact their local Environmental Health Department prior to returning to work in case further testing of stools is required. Anyone who has salmonella will be followed up by either an Environmental Health Officer or Public Health Department.