

Remember

- ▶ If you are employed as a food handler, legally you are not allowed to handle food until you have been microbiologically cleared by a doctor or through your local Public Health Service.
- ▶ Don't handle food until you are free of all symptoms for at least 24 hours.
- ▶ Strict hand hygiene is important. Clean hands thoroughly:
 - ▶ After contact with soiled articles
 - ▶ After going to the toilet
 - ▶ Before handling food
 - ▶ After playing or working with animals
 - ▶ After touching raw meat including poultry
- ▶ Clean hands are hands that are washed with soap and water for 20 seconds and thoroughly dried on a clean dry cloth towel or disposable paper towel for a further 20 seconds.
- ▶ Avoid contact with infants, the elderly or those with long term illness until you are free of all symptoms for at least 24 hours.
- ▶ Cook food thoroughly - the bacteria dies when food is steaming hot.

For more information contact
Auckland Regional Public Health Service,
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Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

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Salmonella infection (Salmonellosis)

A disease carried by food & animals



Salmonella Infection

What is it?

Salmonella is a bacteria that causes an infection of the bowel. It is usually caught from eating contaminated or poorly handled food. Other sources are infected household pets, farm animals, or an infected person who handles food.

What are the symptoms?

Diarrhoea, vomiting, abdominal pain, headache and fever usually occur 6 - 72 hours after contact with the bacteria.

These symptoms usually last 3 to 5 days.

How is it treated?

Usually extra fluid and rest are recommended. However, a doctor should always be consulted if symptoms are severe and may give further advice or treatment.

How is it spread?

People become infected when they swallow the bacteria. This can happen:

- When handling food, especially un-cooked chicken, meat or un-pasteurised milk
- When eating undercooked meat, including poultry
- When drinking from an untreated water supply (eg tank or bore water)
- From contact with infected animals, especially puppies and kittens with diarrhoea, tropical fish and reptiles
- From contact with the manure from farm animals.
- From contact with infected people, including children and babies.

How to prevent it

- Be careful when cleaning up after ill people. Faeces should be cleaned up using first a detergent solution then a solution of household chlorine bleach.
- Clean hands thoroughly after contact with soiled articles, after going to the toilet and before handling food.
- Clean hands are hands that are washed with soap and water for 20 seconds and thoroughly dried on a clean dry cloth towel or disposable paper towel for a further 20 seconds.
- If you are employed as a food handler, legally you are not allowed to handle food until you are cleared of infection. This can be done through your local Public Health Service or your doctor
- Healthcare workers, childcare workers and pre-schoolers should not return to work or preschool until they have been symptom free for at least 24 hours.
- Avoid contact with infants, the elderly or those with long term illness until you are symptom free for at least 24 hours.
- Thaw frozen meat completely
- Cook meat and poultry thoroughly
- Keep raw meat and poultry separate from other foods in the refrigerator
- Store raw foods underneath cooked foods to prevent contamination
- Thoroughly scrub and dry knives, cutting boards and other surfaces after contact with raw meat and poultry