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NF94-164 Salmonella

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Salmonella

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- The Disease:** Consumption of live *Salmonella* bacteria can result in the foodborne infection, Salmonellosis. Symptoms include stomach pain, diarrhea, nausea, chills, fever and headache that normally appear six to 48 hours after eating a contaminated food. The illness may last three to five days and affects infants, young children, elderly, and immunocompromised individuals (patients on drug therapy, elderly, young) more severely.
- The Organism:** Many species of *Salmonella* exist; several cause foodborne illness. *Salmonella typhimurium* has been the species which accounts for most foodborne illnesses related to this bacteria. Recently another species, *Salmonella enteritidis*, has been associated with foodborne diseases resulting from consumption of contaminated undercooked eggs. The bacteria is easily destroyed with heat.
- Sources:** *Salmonella* bacteria are normal microflora of many animals and poultry. Unpasteurized milk can also contain this bacteria.
- Control** Thoroughly cook all poultry, poultry products, eggs, ground meat products, and fish. Do not drink unpasteurized milk. Thoroughly wash hands before and after handling raw meat, poultry and egg products. Use clean utensils and surfaces to prepare these items. Wash utensils, cutting boards and surfaces thoroughly with hot soapy water and rinse before preparing other foods.
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