



Symptoms

Abdominal pain and diarrhoea, fever, nausea and occasionally vomiting.

Incubation Period (Time between infection and onset of symptoms)

6 – 72 hours, usually 12 – 36 hours.

Duration of Illness

Few days – 3 weeks.

Where Salmonella are found

*Salmonellae* are widely distributed and can be found in the intestinal tract of humans and animals, raw meat, poultry, untreated milk, eggs and unwashed fruit and vegetables.

How You May Become Infected

- Bacteria can get onto your hands, utensils or work surfaces from the contaminated food which in turn can contaminate foods which are ready-to-eat.
- Bacteria can transfer from raw to cooked foods if not properly separated.
- Bacteria may be transferred to food from infected food handlers if hygiene practices are poor e.g. not washing hands after using the toilet.
- If contaminated foods are not cooked adequately bacteria will not be killed.
- If there is no adequate temperature control bacteria may multiply.
- Person to person spread via the faecal-oral route especially in infants (N.B. People may still excrete bacteria when symptoms disappear).

How to Prevent Salmonella Food Poisoning

- Wash hands with warm water and soap frequently when handling food, particularly after handling raw meat and poultry.
- Thoroughly clean all utensils and work surfaces before use.
- Where possible use, separate areas, utensils and surfaces for the preparation and storage of raw and cooked foods.
- Store perishable foods under refrigeration below 5°C. Use a thermometer to check the temperature.
- Use pasteurised egg as an ingredient when making products which will not be cooked further e.g. mayonnaise, chocolate mousse, cake icing.
- Defrost meats and poultry thoroughly before cooking.
- Cook all meats, poultry and eggs thoroughly.
- Cool foods quickly if not to be eaten straight away, and then store in the refrigerator.
- Consume foods within their Use-by dates.
- Do not reheat foods more than once.
- Make sure foods are piping hot if reheated.
- Do not wash out poultry as the water splashes which fall on surrounding surfaces may contain Salmonella. If you must wash poultry, ensure the area is cleaned and disinfected afterwards.
- Wash fruit, vegetables and salad before consumption.

*For further advice contact:-* Environmental Health, Clackmannanshire Council, Kilncraigs, Greenside Street, Alloa (Tel. 01259 450000)