

Salmonella

BACKGROUND Salmonellosis is caused by the Salmonella bacteria. 2500 serotypes have been identified. Maine often has cases associated with national clusters (at least a few times a year). Currently, an outbreak of cases in other states identified a common food item in stuffed chicken products leading to a recall by Barber Foods. CDC outbreak page: <http://www.cdc.gov/salmonella/frozen-chicken-entrees-07-15/index.html>. At this time no Maine cases are part of this outbreak.

SYMPTOMS AND TRANSMISSION Salmonellosis is spread by 1) consumption of contaminated food products; 2) contact with animals; 3) fecal-oral person-to-person contact

- Common symptoms include: diarrhea, fever, nausea, headache, abdominal pain, vomiting. Dehydration and septicemia is possible
- Symptoms develop 12-72 hours after exposure to bacteria, illness lasts 4-7 days
- Persons at risk for severe illness include children younger than 5, older adults and people with weakened immune systems

DATA

- As of July 13, 2015 63 confirmed cases reported
- Case counts for previous years:

2010	2011	2012	2013	2014
133	134	161	131	127

DIAGNOSIS is based on:

- Patient symptom history
- Laboratory testing - bacterial stool culture

TREATMENT

- Self-limiting illness – no treatment is necessary

PREVENTION

- Persons with diarrhea should stay home from work, school and other activities
- Wash fruits and vegetables with clean water
- Cook meats to proper temperatures
 - Especially frozen raw foods that can be cooked in the microwave, such as stuffed chicken products
- Practice good food safety
 - Clean: Wash hands and surfaces with soapy water; wash all fruits and vegetables
 - Separate: Keep raw poultry/meat/fish/eggs away from other foods in grocery carts and at home; use separate cutting boards; don't re-use plates/utensils
 - Cook: cook/reheat to appropriate temperatures
 - Chill: Refrigerate or freeze meat, poultry and eggs at appropriate temps
- Wash hands well with soap and water after touching animals, especially baby chicks and chickens.

Sources used: federal CDC, 2014 and Control of Communicable Disease Manual, 19th edition 2008

Last updated: JULY 13, 2015