

What is it? *Salmonella* are bacteria that cause diarrhea. Signs of infection usually start between 6 hours to 6 days after exposure. Some signs are:



Stomach cramps



Diarrhea (sometimes bloody)



Fever

How does it spread? *Salmonella* can live in the poop and environment of people and animals. It can also be in food, soil, and water. You can get sick by:



Eating undercooked meats or contaminated food



Skipping handwashing, especially before cooking



Kissing or touching animals, their poop, or their environment.

Who is at risk of getting very sick?



Older adults (ages 65+)



Young children under 5 years



People with weak immune systems

What do I do if I'm sick?

Stay home until you no longer have diarrhea. This is especially true if you or your child work in food service, childcare, or healthcare, or attend childcare.



How can I avoid getting it?



Clean your hands and surfaces often



Don't kiss animals



Keep raw meat separate from fruit and vegetables



Cook to the right temperature



Talk to your health care provider if you think you have *Salmonella* infection. To learn more about *Salmonella* visit www.kingcounty.gov/cd.

English
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