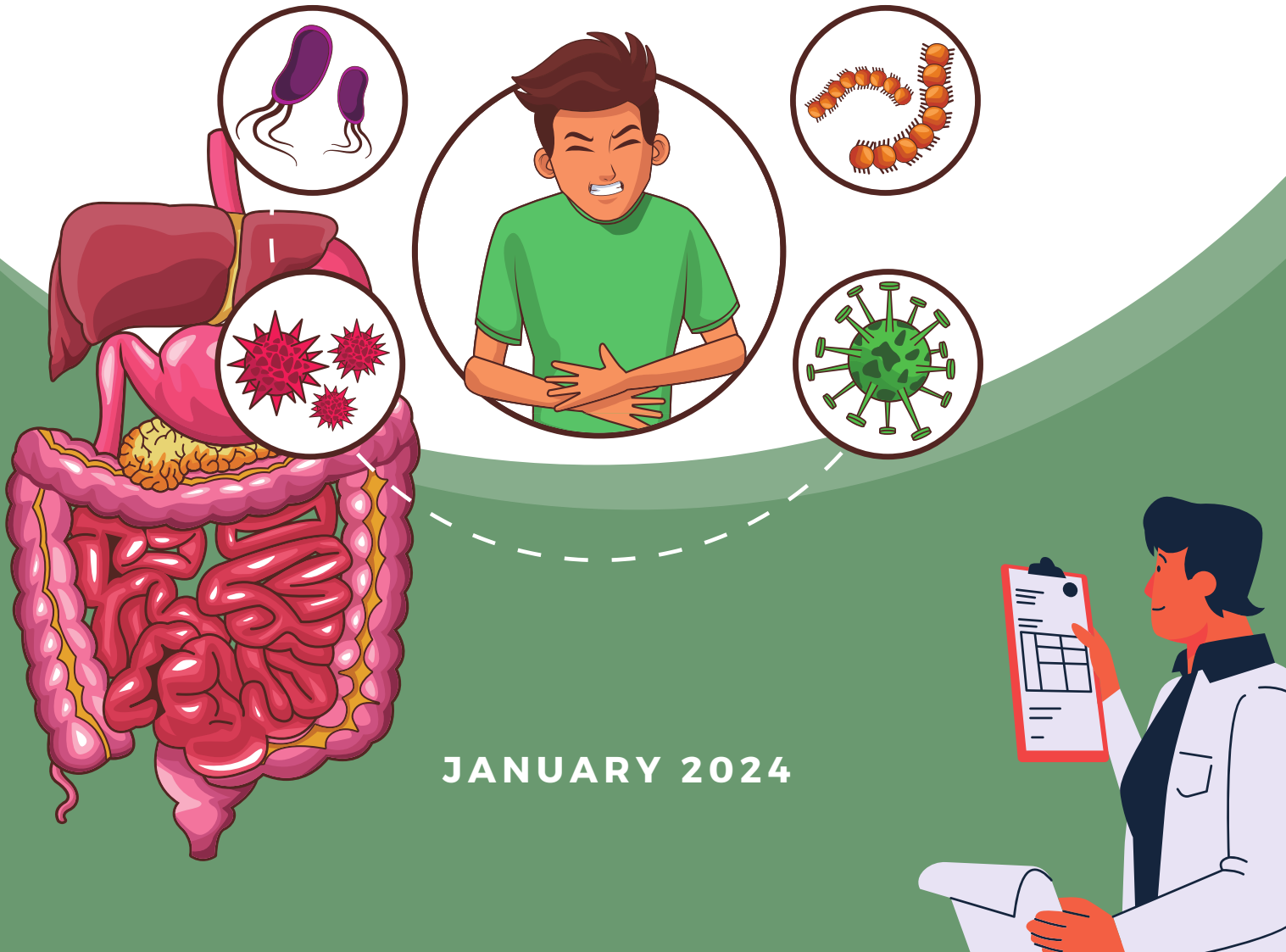


MEDICAL BULLETIN
JANUARY 2024

SALMONELLA

Salmonella is a genus of bacteria that can cause food poisoning and various illnesses in humans and animals. There are many different species and strains of Salmonella, and they are commonly found in the intestines of birds, reptiles, and mammals, including humans. Salmonella bacteria are known for their ability to survive in a wide range of environments, which can make them a common source of foodborne illnesses.



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KEY NOTES ON SALMONELLA

Transmission:

Salmonella infections are typically contracted through the consumption of contaminated food or water. Common sources include undercooked poultry, eggs, unpasteurized milk, and other dairy products, as well as fruits and vegetables contaminated during handling or through contact with infected animals.

Symptoms:

Salmonella infections can lead to a variety of symptoms, which typically appear 6-72 hours after exposure. Common symptoms include diarrhea, abdominal cramps, fever, nausea, vomiting, and headache. In some cases, the infection can be severe and lead to dehydration or bloodstream infections, which can be life-threatening.

Diagnosis:

Doctors can diagnose a Salmonella infection through laboratory tests on stool samples or other bodily fluids. This helps identify the specific strain of Salmonella and guides treatment decisions.

Treatment:

In most cases, Salmonella infections resolve on their own without the need for specific treatment. Patients are often advised to stay hydrated and may be given oral rehydration solutions. In severe cases or for vulnerable populations like young children, the elderly, or individuals with weakened immune systems, antibiotic therapy may be necessary.

Prevention:

Preventing Salmonella infections involves practicing good food hygiene and safety measures. This includes thoroughly cooking poultry and eggs, avoiding cross-contamination between raw and cooked foods, washing hands and surfaces regularly, and refraining from consuming raw or undercooked eggs and unpasteurized dairy products.

