

9 Where can I get further information?

For more information on Salmonellosis or any other infectious diseases, please consult your health care professional.

You can also contact an Environmental Health Officer at the Council on 6429 8900 or e-mail admin@centralcoast.tas.gov.au

Salmonellosis

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1 What is Salmonellosis?

Salmonellosis is an infectious disease that is caused by the recognised food pathogen, Salmonella. This illness occurs world-wide, but only a small number of cases are detected and reported.

2 Who does it commonly affect?

Infants and young children make up a majority of reported cases of Salmonellosis. Most cases of this illness are sporadic, but outbreaks in institutions and child care centres are not uncommon.

3 How do I get Listeriosis?

Salmonella is naturally found in many domestic and wild animals. Some people can act as carriers for this illness, which means they generally don't experience any symptoms but can pass it on to others via person-to-person contact. Salmonellosis can also be spread from infected animals to humans. Salmonella is a recognised food pathogen that can cause illness if contaminated foods are ingested. This illness is generally transmitted in foods that have not been stored adequately (i.e. refrigerated under 5°C) or are not thoroughly cooked. The most common foods that are associated with this illness include:

- Raw and undercooked eggs and egg products;
- Raw milk and milk products;
- Poultry;

- Raw red meats;
 - Unwashed salads, fruits and vegetables;
- Some shellfish and filter feeders such as oysters.

4 What is the incubation period?

The incubation period is usually between six to 72 hours, with an average of 12 to 36 hours. It is important to remember that due to the incubation period, it is not always the last thing you ate that is causing the illness.

5 What are the common symptoms?

This illness commonly presents as gastroenteritis with fever, vomiting, nausea, abdominal pain, headache and diarrhoea. Symptoms usually last between three and five days, but in the elderly and infants it can cause dehydration.

6 What treatment is available?

Treatment for this illness depends on the symptoms. More information on treatment options can be obtained from your medical practitioner.

7 How can I prevent infection?

There are many ways to prevent this infection and they include the following:

- ✓ Thoroughly cooking food such as meat and egg products;

- ✓ Adequate temperature control (refrigerators must be below 5°C);
- ✓ Storing covered raw products on the lower shelves of the refrigerator;
- ✓ Keeping all food preparation areas clean;
- ✓ Drinking only pasteurised milk products;
- ✓ Boiling any untreated water prior to consumption;
- ✓ Washing hands before handling food and after handling raw foods;
- ✓ Ensuring infected people do not prepare food for others.

7 What is the role of the Environmental Health Officer

If you are experiencing gastroenteritis symptoms you are encouraged to seek medical advice. Your medical practitioner may take a faecal sample, which is to be sent away for testing in a laboratory to determine the pathogen that is causing your illness.

The State's Department of Health and Human Services will contact your local council to inform them of the result. An Environmental Health Officer will contact you to conduct a routine confidential interview in an attempt to identify a possible cause of your illness. This interview will also determine if there is a possible link between other cases.