

How can I Reduce the Risk of Salmonella?

Always wash hands before & after handling raw poultry, meat and eggs.

Do not allow cross contamination. Keep raw meat, fish and poultry away from other foods. After preparation, clean all equipment and countertops with hot water and anti-bacterial soap.

Eat all food (particularly eggs) before their 'use-by' date.

Cook food to the recommended temperature. Eggs should be cooked to an internal temperature of 65°C and chicken breasts to an internal temperature of 80°C.

THE DANGER ZONE

The 'Danger Zone' is between 20°C and 60°C. Do not eat food that has been sitting in the 'Danger Zone' for more than an hour. Food can be left for two hours at temperatures between 5°C and 20°C.

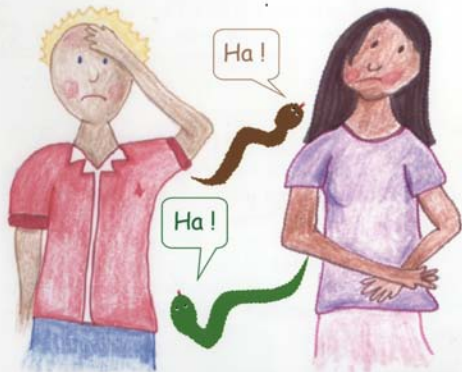
YOU CAN BEAT THE BUGS!

AH!

KATIE WENSLEY 11.2.15

Salmonella

HOW TO BEAT THE BUGS!



CAUSES, SYMPTOMS, PREVENTION
& MORE INFORMATION

By Katie Wensley

What is Salmonella?

Salmonella is a group of bacteria that attack the stomach & intestines of humans and other animals.

In some cases, Salmonella infects the blood which causes a more serious problem.

Salmonella is known to affect 13,000 people in England and Wales every year. It can affect anyone, but it is more common in children, the elderly and people who are already ill.



A Salmonella bacterium

How can I Get Salmonella?

Salmonella is caused by eating foods that are contaminated with Salmonella bacteria. There are many different foods that can carry Salmonella, but the most commonly contaminated foods are: poultry, unpasteurized eggs, unpasteurized milk and most meats. However, once food is cooked to the correct temperature, Salmonella is destroyed.



Salmonella is contagious, so if someone in your household has Salmonella, wash your hands frequently, and do not allow the infected person to prepare food or beverages. This lowers the chances of others becoming infected.

What are the Symptoms?

As with most illnesses, different people will have different symptoms, however, common things to look out for include:

- ◆ Diarrhoea
- ◆ Vomiting
- ◆ Nausea
- ◆ Fever
- ◆ Stomach Pain
- ◆ Headache



What Should I do if I Think I Have Salmonella?

If you suspect you have Salmonella, drink plenty of fluids, your body can get very dehydrated due to diarrhoea. And, see a doctor for a professional diagnosis.



Although Salmonella are bacteria, antibiotics are not usually prescribed, because they can make the infection last longer: antibiotics are only given in severe cases.