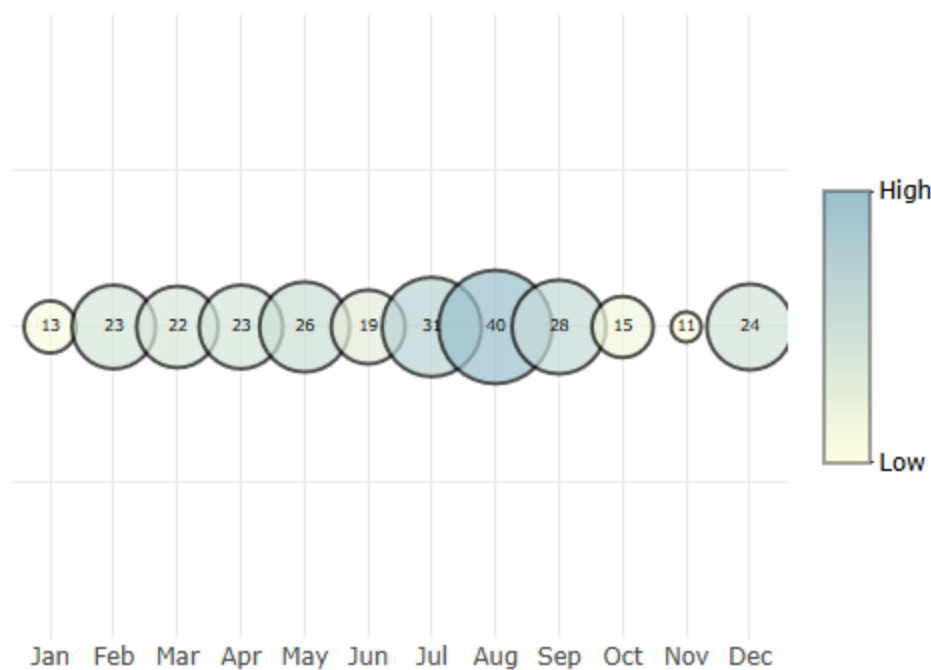


Salmonellosis

Seasonality

- ❑ Salmonellosis cases peak during the summer months due to warmer temperatures that promote bacterial growth and increased outdoor food preparation (e.g., picnics, barbecues).

Total Cases Reported Per Month in SWDH(2017–2024)



Causative Agent

Salmonellosis is a bacterial infection caused by Salmonella species, primarily Salmonella enterica.

Mode of Transmission

Common transmission methods include:

- ❑ Consuming raw or undercooked meat, poultry, eggs, or seafood
- ❑ Eating contaminated fruits and vegetables
- ❑ Drinking unpasteurized milk or juice
- ❑ Contact with infected animals, particularly reptiles, amphibians, and poultry
- ❑ Cross-contamination of food during preparation
- ❑ Poor hand hygiene after handling contaminated surfaces or fecal matter

Symptoms

Symptoms typically appear 6 hours to 7 days after exposure and last 4 to 7 days. Common symptoms include:

- ❑ Diarrhea (which may be bloody in severe cases)
- ❑ Abdominal cramps
- ❑ Fever
- ❑ Nausea and vomiting
- ❑ Headache
- ❑ Dehydration in severe cases, particularly among young children, older adults, and immunocompromised individuals
- ❑ Complications may include bacteremia (infection spreading to the bloodstream) and reactive arthritis in some cases.

Exposure Sources and Risk Factors

- ❑ Raw or undercooked animal products (poultry, beef, eggs, seafood)
- ❑ Fresh produce contaminated by animal waste
- ❑ Contact with animals such as reptiles (e.g., turtles, snakes, lizards) and backyard poultry
- ❑ Poor food handling and inadequate sanitation
- ❑ International travel to regions with poor food and water safety
- ❑ Risk factors include young children, older adults, immunocompromised individuals, and those with chronic illnesses.

Preventive Measures

Preventing Salmonellosis involves food safety, hygiene, and proper cooking practices:

- ❑ Thoroughly cooking meat, poultry, and eggs to safe internal temperatures
- ❑ Avoiding consumption of raw eggs and unpasteurized dairy products
- ❑ Washing hands frequently, especially after handling raw meat, animals, or using the restroom
- ❑ Preventing cross-contamination by using separate utensils and cutting boards for raw and cooked foods
- ❑ Washing fruits and vegetables before consumption
- ❑ Refrigerating perishable foods promptly to prevent bacterial growth