Salmonellosis

Definition:
Salmonellosis is caused by a bacteria called *Salmonella.*

Signs and symptoms:
Symptoms include diarrhea, fever and abdominal cramps. Illness may last for 4 to 7 days.

Transmission:
Salmonellosis is primarily transmitted to a person through swallowing the bacteria from a contaminated item. Illness may result from consumption of contaminated food, unpasteurized (raw) milk, water that has not been disinfected, or contact with cattle, chickens or the feces of infected people or animals.

Diagnosis:
Salmonellosis is diagnosed by clinical symptoms and laboratory tests. Laboratory tests include testing of stool, blood, urine or other body fluid for the presence of salmonella bacteria.

Role of the School Nurse:

Prevention
- Provide education to students and staff regarding good hand washing with soap and water
- Promote proper hand washing after handling animals, especially reptiles and baby chicks or ducks and avoid having these animals in the classroom
- Avoid swallowing water when swimming or playing in lakes, ponds, streams, and any swimming pools (including backyard "kiddie" pools)
- Exclude symptomatic students and staff from school and school trips, especially involving swimming
- Provide education on good food safety practices
- Promote washing of fruits and vegetables
- Avoid unpasteurized dairy and juice products

Treatment Recommendations
- If symptoms are noted, the child should be referred to their primary care provider for assessment
- Non-specific supportive therapy, including hydration, is important

Exclusions
- Students should be excluded from school while symptomatic with diarrhea
- Educational modifications may be warranted in children with a positive diagnosis
- See Maine Food Code for exclusions for students or staff handling food

Reporting Requirements
- Salmonellosis is a reportable disease – report to Maine CDC at 1-800-821-5821

Resources:
- Maine CDC salmonella website (including fact sheet)
  http://www.maine.gov/dhhs/boh/ddc/epi/disease/salmonellosis.shtml
- Federal CDC Salmonella website http://www.cdc.gov/salmonella

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