

# SALMONELLOSIS

**\*\*Reportable to local or state health department\*\***

Outbreaks of Salmonella infections are unusual in childcare and school settings, but can occur, especially in settings where children are in diapers or have contact with reptiles.

## CAUSE

*Salmonella* bacteria.

## SYMPTOMS

Diarrhea, cramps, nausea, headache, fever, and sometimes vomiting. Infected persons may show mild symptoms or may not have any symptoms at all. Illness usually lasts 4 to 7 days.

## SPREAD

Salmonella bacteria leave the body through the stool of an infected person and enter another person when hands, food, or objects (such as toys) contaminated with stool are placed in the mouth. Spread can occur when people do not wash their hands after using the toilet or changing diapers. Spread can also occur through contact with reptiles, farm animals, and infected pets (usually puppies, kittens, or chicks). Most outbreaks of salmonellosis are associated with eating undercooked or raw food items that are contaminated with feces, such as eggs, poultry, meat, fruits, and vegetables.

## INCUBATION

It takes 6 to 72 hours, usually 12 to 36 hours, from the time a person is exposed until symptoms start. It can be as long as 8 days before symptoms develop.

## CONTAGIOUS PERIOD

As long as Salmonella is present in the stool, a person may pass the germs on to other people. Salmonella can be present in stool for several weeks after symptoms have stopped.

## DIAGNOSIS

Recommend parents/guardians call their healthcare provider if their child has symptoms of salmonellosis. There is a lab test to detect Salmonella in the stool.

## EXCLUSION

Childcare and School: Until diarrhea has stopped for 24 hours. Children who have Salmonella in their stools but who do not have symptoms do not need to be excluded. A longer exclusion may be necessary during outbreaks.

Individuals with Salmonella should not use swimming beaches, pools, spas, water parks, or hot tubs until 2 weeks after diarrhea has stopped. Staff with Salmonella may be restricted from working in food service or other sensitive occupations. Call your local health department to see if these restrictions apply.

See: [NAC 441A.680](#)

## TREATMENT

Antibiotic treatment is not usually given. Vomiting and diarrhea may lead to dehydration, which may become a medical emergency. Ask a healthcare provider how to prevent dehydration.

## PREVENTION/CONTROL

- Wash bedding and towels used in the past 48 hours in hot water and dry in a hot dryer at the time of treatment. Items that cannot be laundered should be sealed in a bag for one week.
- Vacuum upholstered furniture and carpeting. DO NOT use insecticide sprays.
- Wash hands thoroughly with soap and warm running water after using the toilet and changing diapers and before preparing or eating food. Thorough hand washing is the best way to prevent the spread of communicable diseases. Staff should closely monitor hand washing of all children after children have used the bathroom or have been diapered.
- Chicks, ducklings, reptiles (e.g., pet turtles, iguanas, snakes), and amphibians are potential sources of Salmonella for small children and are not recommended for childcare settings. Wash hands thoroughly with soap and warm running water immediately after handling these pets.
- Clean and disinfect diapering area and potty chairs after each use and bathroom toilets, sinks, and toys at least daily and when soiled. (See IV-4 through IV-6)
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. (See IV-4 through IV-6)
- Food Safety
  - Thoroughly cook all foods that come from animals, especially poultry.
  - Store all uncooked meat and poultry in the refrigerator on a shelf lower than any other foods and keep separate from produce, cooked foods, and ready-to-eat foods.
  - DO NOT serve unpasteurized milk or juices.
  - Use pasteurized eggs and milk in food that will not be cooked.
  - Wash and disinfect all cutting boards, knives, utensils, or dishes that have been used for raw meat or poultry before using with uncooked foods, such as fruits or vegetables, or cooked foods.
  - Use a thermometer to make sure correct temperatures are reached when cooking foods.
  - Discourage self-service food items in the school cafeteria (i.e., salad bars, trays of fruit, trays of desserts) and in the classroom.

### **For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov)