



P.O. Box: 48577, **DUBAI**, U.A.E.

Tel: 04 267 8866, Fax: 04 267 8855

P.O. Box: 457, **SHARJAH**, U.A.E.

Tel: 06 565 8866, Fax: 06 565 6699

ص.ب: ٤٨٥٧٧، دبي، ا.ع.م.

هاتف: ٢٦٧ ٨٨٦٦ - فاكس: ٢٦٧ ٨٨٥٥

ص.ب: ٤٥٧، الشارقة، ا.ع.م.

هاتف: ٥٦٥ ٨٨٦٦ - فاكس: ٥٦٥ ٦٦٩٩

E-mail: [info@zulekha Hospitals.com](mailto:info@zulekha Hospitals.com) • Website: [www.zulekha Hospitals.com](http://www.zulekha Hospitals.com)



## Salmonella

### 1. What is Salmonella?

Salmonella are (bacteria) germs that are present in many foods and when eaten can cause food poisoning. It is a common cause of food poisoning throughout the world.

### 2. What does Salmonella cause?

- Diarrhoea
- Stomach pains
- Temperature
- Nausea/Sometimes Vomiting
- Dehydration

Salmonella is most often associated with foods such as poultry, meat, dairy products and eggs. Germs can also spread from person to person by contaminated hands and equipment.

### 3. How can it be prevented?

Thorough hand washing and drying is one of the most important factors in preventing the spread, particularly after visiting the toilet, before handling food and before eating and drinking

Good kitchen hygiene and thorough cooking of all foods derived from animal sources, in particular egg products, poultry and raw meat. Avoid mixing raw and cooked food, especially during preparation.

### 4. How is it treated?

Usually no specific treatment is required, apart from ensuring that adequate fluids are taken. Antibiotics may be prescribed in some circumstances, but this is not usually necessary.

### 5. When can I return to work?

Normally following food poisoning, people can return to work or school, 48 hours after their last symptom has cleared up. However, in a small number of people, Salmonella can be present in the bowel for weeks or months after the symptoms have gone and they are called Carriers. You should tell you employer you have had salmonella if you work with vulnerable groups such as the elderly, the young, those in poor health or if you handle food