



Community Bulletin

INDIAN OCEAN TERRITORIES

Salmonellosis – Public Health Message

Number: D40/2018

Date: 11 July 2018

Relevant: Christmas Island

Topic: Salmonellosis Infection

The Christmas Island Health Service has two confirmed cases of salmonellosis infection. The two cases have been isolated and are being treated by health service staff. In the interest of public health we have attached a leaflet explaining the infection, signs and symptoms, treatment, what to do if you are infected and how to reduce the risk of contracting salmonellosis.

Important points to note are that salmonellosis occurs when people swallow the bacteria by eating undercooked meat (especially chicken) and raw or undercooked eggs. Other foods may also have the bacteria if they have been prepared on cutting boards or with utensils that have been in contact with raw food. **Hand hygiene** is a very important aspect of managing the spread of salmonellosis and it is very important to wash your hands thoroughly after going to the toilet and before preparing food.

Symptoms may include

- Diarrhoea
- Stomach cramps
- Fever
- Loss of appetite
- Headache
- Nausea and vomiting

If you have any of these symptoms, avoid going to work and keep children at home. Salmonellosis usually resolves without treatment and most people recover within 2 – 7 days.

If your symptoms persist or if you are concerned at all, please call the Health Service on 9164 8333.

Leslie Heath
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