

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

For infection prevention & control purposes and to keep you safe and well visitors are requested **not** to:

- Visit you if they are unwell or have been unwell in the previous 48 hours.
- Sit on your bed or use the patient toilets.
- Touch your wounds, or any medical devices, drips or catheters.

How can I find out more?

Contact the Infection Prevention & Control Department on:

Stoke Mandeville Hospital Tel: 01296 315337

Public Health England Tel: 0344 225 3861 (option 4, option 1)

NHS Choices Website: <http://www.nhs.uk/pages/home.aspx>

www.buckshealthcare.nhs.uk

Follow us on Twitter @buckshealthcare.

What is Salmonella? (food poisoning)

Patient information leaflet

If you require a translation or alternative format of this leaflet please call Infection Prevention & Control on 01296 315337

Safe & compassionate care,

every time

What is Salmonella?

Salmonella are bacteria often found living in food, which can cause illness in people. Salmonella is one of the most common causes of food poisoning.

How do you get Salmonella?

- Usually from eating raw or undercooked food, particularly meat, poultry and eggs or foods that have been in contact with these.
- By drinking unpasteurised, contaminated milk.
- Person-to-person spread can occur, particularly from contact with individuals with diarrhoea.
- Some exotic pets particularly reptiles carry salmonella as part of their normal gut flora, and thorough hand washing must follow caring for such pets.

What are the symptoms of Salmonella?

The symptoms can include:

- Diarrhoea
- Nausea and vomiting
- Stomach pains and cramps
- High temperature
- Headache
- Malaise (tiredness)

Symptoms usually develop 12-72 hours after becoming infected and usually last 4-7 days. The infection often clears without treatment although some people remain infectious for longer.

Who gets Salmonella?

Anyone can get salmonella, but young children, the elderly and people whose immune systems are not working properly have a greater risk of becoming seriously unwell.

How is Salmonella treated?

In most cases symptoms clear without treatment. However in some young children and the elderly occasionally antibiotics may be prescribed. It is essential to complete the course even if your symptoms have improved.

You should drink plenty of fluids to keep hydrated.

While you are in hospital you will be nursed in a side room and nursing staff will wear gloves and aprons to protect you and other patients. You will have to stay in a side room for 48 hours after your diarrhoea has stopped. Visitors should wash their hands with soap and water before and after leaving your side room.

How can I avoid catching Salmonella?

- By thoroughly cooking **all foods**, especially meat, poultry and eggs as salmonella is destroyed by cooking.
- By keeping raw meat away from cooked foods and ready to eat foods (foods that will not be cooked e.g. salad, bread, cheese etc.).
- Keep all kitchen surfaces and equipment including knives, chopping boards and dish cloths clean.
- Cleaning work surfaces, crockery and utensils thoroughly in hot water and detergent after they have been used for raw meat.
- Only drink pasteurised milk and avoid drinking untreated water (e.g. from lakes and streams).
- Always wash hands thoroughly with soap and water and dry with clean paper towel/clean hand towel:
 - After going to the toilet
 - After changing babies nappies
 - After contact with pets and animals
 - Before preparing, serving and eating food
 - After handling raw food
 - If you have not received the “Hand Hygiene Benefits Everyone” leaflet please ask your nurse for one
- If no water is available to clean hands, where possible you can use disposable wet wipes.
Keep pets away from food, crockery and worktops.

Do I need to stay away from work or school?

Yes, while you are ill and have symptoms you are infectious. Children and adults should **stay away from nursery, school or work for 48 hours after the symptoms have stopped.**