

## **Transmission of Salmonella after Symptoms have Disappeared**

There is a possibility that Salmonella bacteria can be shed up to several weeks after symptoms have gone. Good handwashing precautions and use of hand sanitizer along with proper handling of foods and pets should be maintained during this time. This should be sufficient to ward off possibility of transmission.

Those who have had the illness/symptoms may return to work after having at least 1 day of NO symptoms. This also includes food handlers, daycare employees, employees at health care facilities, restaurant employees, and other employees that work directly with the very young, older adults, and immune compromised individuals.

For the group of employees mentioned above, before returning to work they should:

- Notify and discuss with supervisor. Employees already have set safety regulations they need to follow, but this should be reviewed prior to returning to work.
- Employees should receive good advice about good hand washing technique. *See guidelines below.*
- Confirmation of disease eradication by follow up stool cultures is no longer necessary unless specifically requested by your employer or health care provider.

## **Pregnant Females**

### Salmonella

- Females experiencing symptoms of salmonella should see their primary health care provider. Antibiotics may be warranted.

### Chlorine

- Females who are pregnant are not at any greater health risks when compared to other individuals with exposure to chlorine. If they wish, they may use facial masks to ward off potential nausea due to odor of chlorine. If any concerns or unusual reactions or symptoms, please contact health care provider.

## **Good Handwashing Technique**

- Remove jewelry, don't allow clothing to touch sink
- Keep hands lower than elbows and wet hands with warm water
- Use at least 1 teaspoon of antibacterial soap from soap dispenser and lather thoroughly
- Cover all areas of hands, fingers, and up to one inch above wrists with soap
- With firm and circular motions, rub hands together with soap for a minimum of 15 seconds
- Make sure to clean under fingernails
- Rinse thoroughly with warm water, again keep hands lower than elbows
- Dry hands with paper towel and discard before you turn off water
- Only then should you turn off water using a clean, dry paper towel to turn knobs
- Apply hand sanitizer