



Salmonella - Fast Facts

Salmonella is the **second most common type of bacterial food poisoning** in Scotland. You can become ill from salmonella infection by eating contaminated foods, drinking contaminated water or by coming into direct contact with a person carrying the infection.

Which foods can it be found in?

- Undercooked poultry
- Raw meat
- Raw eggs
- Unpasteurised dairy products
- Raw pet food

Who can contract salmonella?

Anyone can become ill from salmonella, but there is a higher rate of illness in vulnerable people such as young children, those with weakened immune systems and older people.

Symptoms of salmonella

Diarrhoea, stomach pain, high temperature, headache, nausea and vomiting.

Duration of illness

Average seven days.

How common is it?

On average **800 cases of salmonella** are reported per year in Scotland.

How you can reduce the risk of salmonella

- Check it's cooked – cooking kills harmful germs. Use a food thermometer to check food is 75°C or above in the thickest part.
- Keep raw meat and ready-to-eat foods separate – use different chopping boards and utensils or wash thoroughly between uses.
- Cover and chill – cover raw meat and store at the bottom of the fridge so juices cannot drip on to other foods.
- Avoid spreading germs – make sure hands are cleaned with soap and hot water. Ensure utensils and surfaces are thoroughly clean before use.
- People vulnerable to infection who wish to eat raw or runny eggs should ensure they are from the British Lion code or an equivalent scheme.

If you think you have food poisoning, contact your GP or call NHS 24 on 111

More information

For more information on food safety at home and when you're eating out, visit:
www.foodstandards.gov.scot/consumers/food-safety

Find out more about salmonella visit:
www.foodstandards.gov.scot/salmonella-fact-sheet

If you have any questions about the information on this page, please contact:
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