

# PRESS RELEASE

FOR IMMEDIATE RELEASE

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## SALMONELLA CASES REPORTED IN SHASTA COUNTY

SHASTA COUNTY - The county of Shasta has seen an uptick in the number of cases of Salmonella. Salmonella is a common bacterial disease that affects the intestinal tract. The reported cases have not been linked to a single cause or event. Salmonella illness can be serious; however, many cases go unreported as symptoms can resolve on their own.

### Salmonella Symptoms

Symptoms usually start 6 hours to 6 days after infection. They include fever, stomach cramps and diarrhea that can be bloody. Most people recover within 4 to 7 days without antibiotic treatment. But some people with severe diarrhea may need to be hospitalized or take antibiotics.

Call your doctor if you have:

- Diarrhea and a fever higher than 102°F
- Diarrhea for more than 3 days that is not improving
- Bloody stools
- Prolonged vomiting that prevents you from keeping liquids down
- Signs of dehydration, such as:
  - Making very little urine
  - Dry mouth and throat
  - Dizziness when standing up

### Causes of Salmonella Infection

The Centers for Disease Control and Prevention states a person can get a Salmonella infection from a variety of foods, including chicken, turkey, beef, pork, eggs, fruits, sprouts and other vegetables. Other sources include processed foods, such as nut butters, frozen pot pies and stuffed chicken entrees. Some recent Salmonella outbreaks that sickened people in many states were linked to flour, peanut butter, salami sticks, onions, prepackaged salads, peaches and ground turkey.

Food isn't the only way Salmonella spreads to people. The bacteria also spread through contaminated water, the environment, people and animals. Even pets and animals at petting zoos, farms, fairs and schools and daycares can carry Salmonella and other harmful germs.

Cooking and eating are a part of most holiday celebrations. As the season approaches, be sure to do so safely: Wash your hands often, thaw food correctly, do not eat raw dough or batter, cook food thoroughly and do not use unpasteurized eggs.

Use a food thermometer to ensure that foods are cooked to a safe internal temperature:

- 145°F for beef, pork, ham, veal and lamb (then let the meat rest for 3 minutes before carving or eating)
- 145°F for fish with fins (or cook until flesh is opaque and separates easily with a fork)
- 160°F for ground beef, ground pork, ground veal and ground lamb
- 160°F for egg dishes that do not contain meat or poultry
- 165°F for egg dishes that contain meat or poultry
- 165°F for poultry (chicken, turkey, duck), including ground chicken and ground turkey
- 165°F for leftovers and casseroles
- Microwave food thoroughly. Follow recommended cooking and standing times.
- Cook eggs until both the yolk and white are firm.

For information about food safety, visit [www.cdc.gov/foodsafety/communication/holidays.html](http://www.cdc.gov/foodsafety/communication/holidays.html)

For general Salmonella information, visit [www.cdc.gov/salmonella/index.html](http://www.cdc.gov/salmonella/index.html)

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