

**MSAD # 13 / RSU #83
Health Alert**

**Gastrointestinal Illness – Salmonellosis
Important Notice to Parents
<Date>**

Salmonellosis is a diarrheal disease caused by bacteria from the genus Salmonella.

Symptoms can include diarrhea, nausea, vomiting, stomach cramps, and fever. Most people recover within 4 to 7 days without medical treatment.

Symptoms usually begin 12 - 36 hours, range of 6 - 72 hours, after exposure.

Salmonella is transmitted by undercooked or contaminated food or beverages; person-to-person by the fecal-oral route; and contact with infected or carrier animals including amphibians, reptiles and poultry.

A person can spread Salmonella at anytime while symptomatic. Infected people may carry Salmonella in their bodies for weeks or months without symptoms and unknowingly infect others.

Any ill individuals should remain home during the symptomatic period and for at least 24 hours after all symptoms resolve. If your child is sick during the day, please do not send them to school the next day even if they are feeling fine.

Frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals, after swimming, and before and after food preparation will help prevent contact with the bacteria.

Contact your primary care provider if gastrointestinal symptoms last more than a few days or are severe.

Please contact the school nurse, Mel Chadbourne, RN if you have any questions. More information is also available at the Maine CDC web site.