Salmonella Outbreak

Prelims – Current events of national and international importance | Health.

Why in News?

A salmonella outbreak tied to eggs from a California-based distributor has led to illnesses and hospitalizations across multiple states, according to U.S. health officials.

- Salmonella infection (salmonellosis) is a ***common bacterial disease*** that affects the intestinal tract.
- **Caused by -** It is usually caused by eating raw or undercooked meat, poultry, and eggs or egg products or by drinking unpasteurized milk.
- **Transmission** - Salmonella bacteria typically live in animal and human intestines and are shed through stool (feces).
- Humans become infected most frequently through contaminated water or food.
- It spreads person-to-person via contaminated hands, surfaces, and utensils.
- Close contact with infected individuals or animals increases risk, especially in poor hygiene conditions.
- **Symptoms**
    - Upset stomach
    - Bloody stool
    - Diarrhea
    - Fever with chills
    - Pain and cramps in belly
    - Nausea and vomiting
    - Headache
    - Loss of appetite
- Some people with salmonella infection have no symptoms.
- Most people develop diarrhea, fever and stomach (abdominal) cramps within 8 to 72 hours after exposure.
- Most healthy people recover within a few days to a week without specific treatment.
- In some cases, diarrhea can cause severe dehydration and requires prompt medical attention.
- **Severity** - Life-threatening complications also may develop if the infection spreads beyond the intestines.

According to the Centers for Disease Control and Prevention (CDC), over a million people in the US get infected, and around 420 deaths are reported each year.

Reference

[Hindustan Times | Salmonella outbreak in US]