



Canadian Food  
Inspection Agency

Agence canadienne  
d'inspection des aliments

# Food Safety Facts on **Salmonella**



*Food* SAFETY

Canada

## What is foodborne illness?

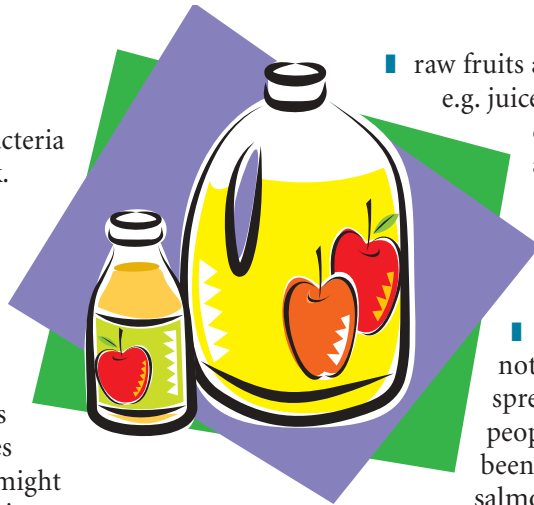
Foodborne illness is the term used when people get sick from eating contaminated food. Food can be contaminated by viruses, bacteria and parasites. People often call foodborne illness ‘food poisoning’.

People may think that they have the flu when they have ‘food poisoning’ because the symptoms can be almost the same. Some symptoms of foodborne illness are stomach cramps, nausea, vomiting, diarrhea and fever.

# Follow **four simple food safety steps** to prevent foodborne illness

## What are Salmonella and salmonellosis?

- *Salmonella* is a type of bacteria that can make people sick. The disease you get from *Salmonella* is called salmonellosis.
- *Salmonella* bacteria live in the environment, in animal feed and in the intestines of animals. This means that foods or places exposed to animal waste might contain *Salmonella* bacteria.



- raw fruits and vegetables and their products, e.g. juice (if they have been exposed to contaminated soil, or have touched a contaminated product, surface or dirty hands).

## How can I protect myself and my family?

- People who have salmonellosis should not prepare food because they could spread the bacteria and make other people sick. Do not eat food that has been prepared by someone who has salmonellosis.

- Follow the basic food safety steps:

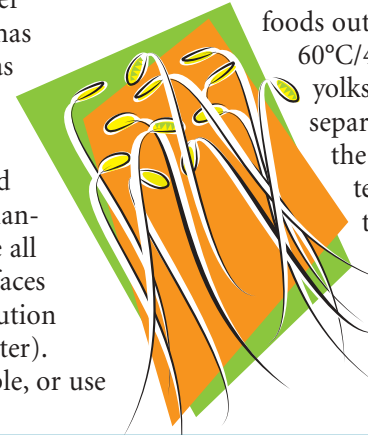
**Clean:** Wash your hands well with soap and hot water for 20 seconds before and after handling or preparing food. Clean and sanitize all cooking equipment, utensils and work surfaces before and after use with a mild bleach solution (use 5 ml/1 tsp bleach in 750 ml/3 cups water). Rinse with clean water. Let air dry if possible, or use

clean kitchen towels or paper towels. Wash fresh fruits and vegetables with clean water. Use a food scrub brush. Never use dirty or cracked eggs.

**Separate:** Don't cross-contaminate. Keep raw foods away from ready-to-eat foods while shopping, storing and preparing foods.

**Chill:** Refrigerate at or below 4°C (40°F) or freeze at or below -18°C(0°F).

**Cook:** Cook foods to proper temperatures and hold at or above 60°C (140°F). Keep foods out of the danger zone (4°C to 60°C/40°F to 140°F). Cook eggs until the yolks and whites are firm. Cook stuffing separately from poultry so the bird and the stuffing are cooked to proper temperatures. Don't eat foods that contain raw or lightly cooked eggs e.g. eggnog, mayonnaise, Hollandaise sauce, raw cookie dough, salad dressings, ice cream and mousses. Drink only pasteurized milk, juice and cider.

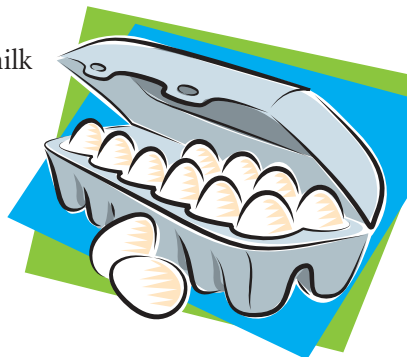


## What are the symptoms of salmonellosis?

- Symptoms of foodborne salmonellosis include diarrhea, abdominal cramps, vomiting and fever. These symptoms appear 6 to 72 hours after exposure. People with salmonellosis can be sick for several days. Sometimes *Salmonella* can infect the entire body.

## Where could I come in contact with salmonella?

- raw and undercooked meat, especially poultry
- unpasteurized (raw) milk and milk products like raw milk cheeses
- eggs (this is rare)
- sprouts (uncooked seed and bean sprouts)



Food	Temperature
ham, ready-to-eat, fully cooked	You can eat it cold or you can heat it.
beef, lamb and veal steaks and roasts	71°C (160°F) medium 77°C (170°F) well done
ground beef, pork, veal and lamb; pork chops, ribs and roasts; egg dishes	71°C (160°F)
stuffing and casseroles, hot dogs, leftovers	74°C (165°F)
chicken and turkey breasts	85°C (185°F)
turkey and chicken (whole bird), chicken and turkey legs, thighs and wings	85°C (185°F)
ground chicken and turkey	85°C (185°F)

# Safeguarding Canada's Food Supply

The Canadian Food Inspection Agency (CFIA) is the Government of Canada's regulator for food safety, animal health and plant protection.

Food safety and consumer protection are essential to the health of Canadians. At the CFIA, the safety of Canada's food supply is central to everything we do.

**For more information on food safety,  
visit the Canadian Food Inspection Agency  
website at**

**[www.inspection.gc.ca](http://www.inspection.gc.ca)**

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