



NCDHHS *Salmonella* Information

As of Wednesday, June 24, 2015 more than 100 individuals from at least 12 North Carolina counties and six other states have been identified with signs and symptoms consistent with salmonellosis such as diarrhea, stomach pain, fever, nausea, and sometimes vomiting. All consumed food from the same establishment, Tarheel Q located on Highway 64 in Lexington, NC, several days before becoming ill.

The majority of the cases have occurred among residents of Davidson County. We are asking anyone who became ill with diarrhea within four days after they ate food or drank beverages from Tarheel Q on or after Saturday, June 6th to call the Davidson County Health Department's hotline at **336-242-2300**. Collecting this information is important to help officials determine the size and scope of the outbreak.

 [Davidson County Health Department Press Release \(http://www.dchdnc.com/\)](http://www.dchdnc.com/)

About *Salmonellosis* Bacteria

Salmonellosis is an infection with bacteria called *Salmonella*. People can get *Salmonella* infection from eating raw or undercooked foods, particularly meat, poultry, eggs or unpasteurized milk. In recent years there have been more outbreaks caused by people eating contaminated fresh fruits and vegetables. People can also get it from handling pets — including dogs, cats, reptiles, birds or baby chicks, aquatic frogs and turtles — and through contact with tropical fish tanks and pet feces.

Salmonella Data Summary (As of noon on Friday, June 26, 2015)

197 cases of diarrheal illness associated with eating food from Tarheel Q Restaurant have been identified.

- Of these 197, case distribution includes 14 North Carolina counties and 6 states
 - Of the North Carolina cases 89% of cases are residents of Davidson County and Davie County
- Laboratory testing indicates that the BBQ sample and a sample from a patient who became ill during the beginning of the outbreak are both positive for *Salmonella* species. The serogroup was found to be Typhimurium. Both samples have the same PFGE pattern (i.e. DNA fingerprint).
- Over 20 additional clinical specimens are pending results at the state lab
- Of these 197 cases,

- 54% are male
- 43% are between the ages of 20 and 49
- 20% have visited their provider
- 11% have visited the ED
- 7% have been hospitalized
- No deaths
- 82% of cases had illness onset dates between Tuesday, June 16, 2015, and Sunday, June 21, 2015.

Information for the Public

Most people infected with *Salmonella* develop diarrhea, fever, and abdominal cramps 12 to 72 hours after infection. The illness usually lasts four to seven days, and most people recover without treatment. However, in some persons, the diarrhea may be so severe that the patient needs to be hospitalized to prevent severe and sometimes fatal complications. The elderly, infants, and those with impaired immune systems are more likely to have a severe illness.

Prevention steps include thorough handwashing, especially before and after handling food, after handling animals, and after using the bathroom. Safe food preparation practices are also essential, such as keeping hot foods hot and cold foods cold, washing all produce, keeping raw and cooked foods separate, and making sure all meats and eggs are thoroughly cooked.

🔗 CDC: [Salmonella fact sheet \(http://www.cdc.gov/salmonella/\)](http://www.cdc.gov/salmonella/)

🔗 CDC: [Salmonella is a Sneaky Germ: Seven Tips for Safer Eating \(http://www.cdc.gov/Features/VitalSigns/FoodSafety/\)](http://www.cdc.gov/Features/VitalSigns/FoodSafety/)

🔗 CDC: [Quick Tips for Preventing Salmonella \(http://www.cdc.gov/salmonella/general/prevention.html\)](http://www.cdc.gov/salmonella/general/prevention.html)

📄 NCDHHS: [Guidelines for Animals in North Carolina Schools \(http://epi.publichealth.nc.gov/cd/vph/AnimalsinNorthCarolinaSchools.pdf\)](http://epi.publichealth.nc.gov/cd/vph/AnimalsinNorthCarolinaSchools.pdf) (PDF, 58KB)

🔗 CDC: [N.C. Administrative Code Title 10A - Health and Human Services, Chapter 41 - Epidemiology Health, Subchapter A, Section.0302 - Sale of Turtles Restricted \(http://reports.oah.state.nc.us/ncac/title%2010a%20-%20health%20and%20human%20services/chapter%2041%20-%20epidemiology%20health/subchapter%20a/10a%20ncac%2041a%20.0302.html\)](http://reports.oah.state.nc.us/ncac/title%2010a%20-%20health%20and%20human%20services/chapter%2041%20-%20epidemiology%20health/subchapter%20a/10a%20ncac%2041a%20.0302.html) (PDF, 250KB)

🔗 FDA: [Eggs and Egg Products \(http://www.foodsafety.gov/keep/types/eggs\)](http://www.foodsafety.gov/keep/types/eggs)

Contact

Communicable Disease Branch

📞 Telephone: (919) 733-3419 (main number; 24 hours)

🔗 Website: [North Carolina Communicable Disease Branch \(http://epi.publichealth.nc.gov/cd/contact.html\)](http://epi.publichealth.nc.gov/cd/contact.html)

Media Inquiries

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