

epiTRENDS

A Monthly Bulletin on Epidemiology and Public Health Practice in Washington

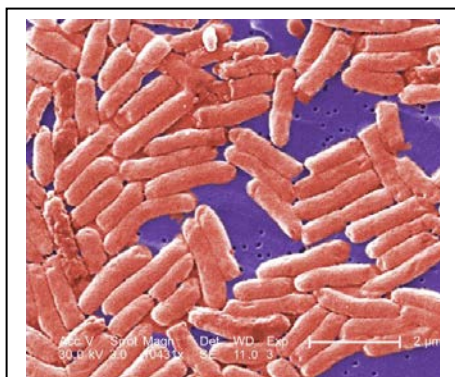
June 2018 Volume 23, Number 6

Salmonella Infections and Kratom

Salmonellosis is one of the more common types of bacterial diarrheal infections in this country. A wide variety of exposures have caused salmonellosis outbreaks. A 2017-2018 multistate outbreak of salmonellosis involved a novel source of exposure.

Salmonellosis

Salmonella are bacteria that cause an infection in people known as salmonellosis. The bacteria are spread when food, water, and the environment are contaminated by the fecal matter of people, or more commonly animals, infected with *Salmonella*. Children under five years of age, persons over 65 years of age, and individuals with weakened immune systems are most susceptible to infection, and are more likely to develop a serious illness and complications as a result of salmonellosis.



www.cdc.gov

People who experience salmonellosis typically report symptoms of diarrhea (occasionally bloody), fever, nausea, and stomach cramps that beginning 12-72 hours after exposure. Occasionally people who become infected with *Salmonella* do not develop any signs or symptoms of their infections. From the onset of symptoms, illness generally lasts from four to seven days, but it may persist longer. Most people will recover from this disease without any treatment. In more severe cases, *Salmonella* may spread from the intestines, where it normally establishes itself, to the bloodstream and other organs in the body. When diarrhea becomes severe or complications occur, a person may need to be hospitalized



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(PFGE). Results from these laboratory tests identified strains of *Salmonella* I 4,[5],12:b:-, *S.* Okatie, and *S.* Thompson associated with the outbreak.

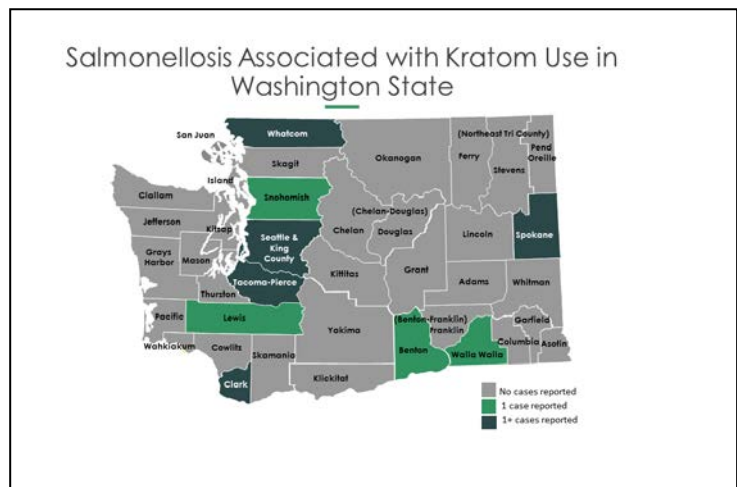
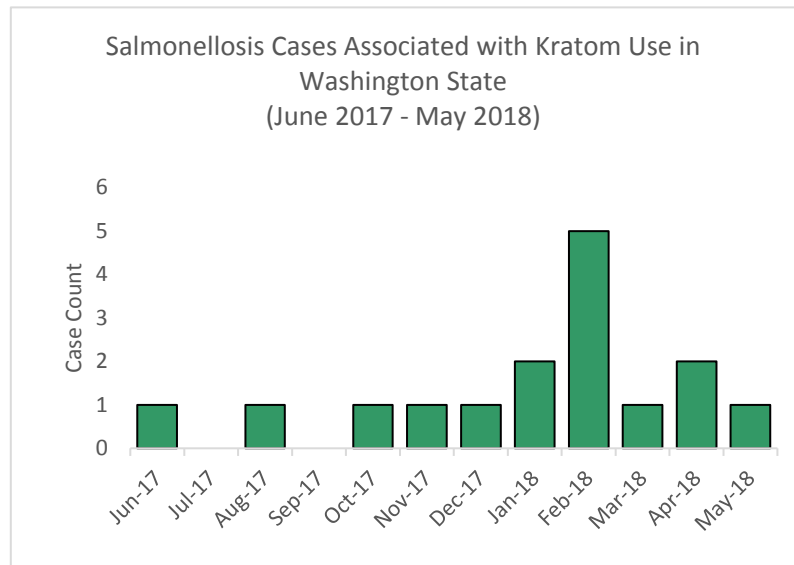
Among the 16 ill people residing in Washington, eight (50%) were male, and ages ranged from 4 to 60 years, with a median age of 34. Among these cases, three hospitalizations and no deaths were reported. Counties with reported kratom-associated cases include Benton, Clark, King, Lewis, Pierce, Snohomish, Spokane, Walla Walla, and Whatcom counties.

Prevention

People should be aware that kratom could be contaminated with *Salmonella* and could make people ill. There is currently no knowledge on how to safely use kratom to prevent infection. For that reason, the Centers for Disease Control and Prevention (CDC) currently recommends that people do not consume kratom in any form, to prevent potential *Salmonella* infection.

Best practices to avoid spreading *Salmonella* infection to other people, and to avoid becoming infected include:

- Practice good hand hygiene by washing hands after using bathroom facilities,
- Promptly wash kitchen utensils and cooking surfaces that come into contact with raw poultry and meat, and
- Avoid drinking or eating any high-risk item that has not been thoroughly treated such as raw milk, untreated water, raw or expiring foods, or known *Salmonella*-contaminated products such as kratom.



The CDC continues to inform consumers that contaminated kratom products may have been unrecognized and therefore still available for purchase. If any symptoms of diarrhea, nausea, vomiting, fever, or stomach cramping arise in a person who has had recent exposure to kratom products, we advise that this person seek medical care for possible *Salmonella* infection.

Resources

CDC multistate outbreak web posting:

<https://www.cdc.gov/salmonella/kratom-02-18/index.html>

FDA Multistate outbreak web posting:

<https://www.fda.gov/Food/RecallsOutbreaksEmergencies/Outbreaks/ucm597265.htm>

FDA Kratom Overview:

<https://www.fda.gov/NewsEvents/PublicHealthFocus/ucm584952.htm>

CDC MMWR Kratom Exposures Reported to Poison Centers:

<https://www.cdc.gov/mmwr/volumes/65/wr/mm6529a4.htm>