

SALMONELLA

Patient: Good morning. Can I ask you a few questions about salmonella? They say there is a big danger of salmonella infection **nowadays**.

Nurse: Good morning, yes, that's true.

Patient: Well, I have two children and I would like to know how to protect them and how to **recognize** this illness.

Nurse: You can get salmonella by eating food contaminated by salmonella – this can **happen** during **food processing** or food **handling** (for example by unwashed hands). **Beef, poultry**, milk, and eggs are very often infected with salmonella. Contaminated foods usually look and smell normal. Salmonella is also in the **faeces** of some animals and you can become infected if you do not wash your hands after contact with these faeces. **Reptiles** and for example **hamsters** usually carry salmonella. You should always wash your hands **immediately** after handling one of these animals.

Patient: And what are the symptoms?

Nurse: Usually diarrhoea, fever, and **abdominal cramps**. They start 12 to 72 hours after infection, and the illness usually lasts 4 to 7 days.

Patient: How do doctors diagnose salmonella?

Nurse: They ask questions about your symptoms, foods you have recently eaten, and your work and home

environments. A **stool** analysis and blood tests can be done to **confirm** the diagnosis.

Patient: And how is salmonella treated?

Nurse: Most people **recover** without special treatment. Dehydration caused by diarrhoea is the most common complication. To prevent dehydration try to drink a cup of water or rehydration drink for each large stool you have. Sometimes diarrhoea and dehydration can be so **severe** that it is necessary to go to the hospital. Try to **avoid** foods that are high in fat and sugar, spicy foods, alcohol, and coffee for 2 days after all symptoms have **disappeared**.

Patient: Is there any prevention?

Nurse: To prevent salmonella do not eat **raw** or **undercooked** eggs. Raw eggs can be used in some foods such as salad dressings, ice cream, and mayonnaise. Avoid raw or unpasteurized milk or other **dairy** products. Wash or **peel** fruit and vegetables before eating it. Wash your hands before handling any food, after contact with animal faeces and after handling reptiles (including **turtles**) and other animals carrying salmonella.

Patient: Thank you very much.

Nurse: **You're welcome.**

SLOVNÍ ZÁSoba

nowadays = v dnešní době

to recognize = rozpoznat

to happen = stát se

food processing = zpracování potravin

handling = manipulace

beef = hovězí

poultry = drůbež

faeces = výkaly

reptile = plaz

hamster = křeček

immediately = ihned

abdominal cramps = křeče v břiše

environment = prostředí

stool = stolice

to confirm = potvrdit

to recover = zotavit se

severe = zlý, těžký

to avoid = vyhnout se

to disappear = zmizet

raw = syrový

undercooked = nedovařený

dairy = mléčný

to peel = oloupat, okrájet

including = včetně

turtle = želva

You're welcome. = Není zač.



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