

## NEWS RELEASE

For Immediate Release:  
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### **North Dakota Department of Health Warns Against Consuming Kratom**

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) is reporting North Dakota’s first case of kratom-associated *Salmonella* infection linked to a national outbreak. The individual consumed kratom purchased online. The NDDoH tested the remaining kratom provided by the individual and found the same strain of *Salmonella*. The NDDoH has been working with the Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), and other state health departments to investigate the multistate outbreak of *Salmonella* infections associated with kratom.

Forty cases from 27 states have been reported, including the case from North Dakota. Of the 31 cases for whom information is available, 14 have been hospitalized. Cases range in age from 6 to 67 years, with a median age of 41. No deaths have been linked to this outbreak.

Laboratory evidence and information gathered during interviews with ill persons indicates that kratom, a plant native to southeast Asia, is the likely source of this outbreak. There are no FDA-approved uses for kratom, but people may use it as a dietary supplement or as a recreational drug. Individuals have reported consuming kratom in powder, pills, or tea. “The outbreak investigation is ongoing,” Laura Cronquist, epidemiologist with the NDDoH, said. “Since investigators have not identified any common brands or suppliers of *Salmonella*-contaminated kratom products, federal and state health officials recommend that people do not consume kratom in any form.”

Salmonellosis (*Salmonella* infection) can cause mild to severe illness. The most common symptoms include diarrhea, abdominal pain, and fever. Symptoms typically begin within 12 to 72 hours after exposure to the bacteria, but can take as long as 16 days. Symptoms generally resolve without treatment in four to seven days, but severe cases and cases involving complications may require hospitalization. Severe illness is more likely to occur in infants, the elderly, and those with impaired immune systems. Please contact your health care provider if you think you may have become ill from consuming kratom. If you are diagnosed with salmonellosis,

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tell your health care provider about all products you may be using. According to the FDA, consumers should be aware that some products may not list kratom on the labeling.

For information about the uses and effects of kratom, please visit the FDA's website at <https://www.fda.gov/Food/RecallsOutbreaksEmergencies/Outbreaks/ucm597265.htm>. To learn more about the outbreak of *Salmonella* infections linked to kratom, please visit the CDC's website at <https://www.cdc.gov/salmonella/kratom-02-18/index.html> or contact Laura Cronquist, North Dakota Department of Health, at 701.328.2378.

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