

Salmonella

Sources	<p><b>Food:</b> A variety of foods have been linked to Salmonella, including vegetables, chicken, pork, fruits, nuts, eggs, beef and sprouts.</p> <p><b>Animals and their environments:</b> Particularly reptiles (snakes, turtles, lizards), amphibians (frogs), birds (baby chicks) and pet food and treats.</p>
Incubation period	6 hours to 6 days
Symptoms	Diarrhea, fever, stomach cramps, vomiting
Duration of illness	4 to 7 days
What to do	<p>Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe, call your doctor.</p> <p>Antibiotics are recommended only for patients who have a serious illness (such as severe diarrhea, high fever, or bloodstream infection), or are more likely to develop a severe illness or complications (infants, adults over 65 years old, and people with weakened immune systems).</p>
Prevention	<ul style="list-style-type: none"><li>• Avoid eating high-risk foods, including raw or lightly cooked eggs, undercooked ground beef or poultry, and unpasteurized (raw) milk.</li><li>• Wash your hands after contact with animals, their food or treats, or their living environment.</li></ul>