# Salmonella

## Sources

<table>
<thead>
<tr>
<th>Food:</th>
<th>A variety of foods have been linked to Salmonella, including vegetables, chicken, pork, fruits, nuts, eggs, beef and sprouts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animals and their environments:</td>
<td>Particularly reptiles (snakes, turtles, lizards), amphibians (frogs), birds (baby chicks) and pet food and treats.</td>
</tr>
</tbody>
</table>

## Incubation period

12 to 72 hours

## Symptoms

Diarrhea, fever, stomach cramps, vomiting

## Duration of illness

4 to 7 days

## What to do

- 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.
- 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).

## Prevention

- Avoid eating high-risk foods, including raw or lightly cooked eggs, undercooked ground beef or poultry, and unpasteurized (raw) milk.
- Wash your hands after contact with animals, their food or treats, or their living environment.