# Salmonella

**Sources**

- **Food:** A variety of foods have been linked to Salmonella, including vegetables, chicken, pork, fruits, nuts, eggs, beef and sprouts.
- **Animals and their environments:** Particularly reptiles (snakes, turtles, lizards), amphibians (frogs), birds (baby chicks) and pet food and treats.

**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.