### 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
6 hours to 6 days

#### 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.

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Date Last Reviewed September 19, 2023