FoodSafety.gov

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.

Date Last Reviewed November 15, 2024