

Mayo Clinic Minute: Know the symptoms of salmonella infection

Video	Audio
	Stomach cramping, diarrhea, fever – all common symptoms of salmonella infection.
Summer Allen, M.D. Family Medicine Mayo Clinic	“An infection with salmonella for patients will often appear like a stomach bug or stomach flu.”
	Dr. Summer Allen, a Mayo Clinic family medicine specialist, says symptoms usually last two to seven days.
Dr. Allen	“And most people don’t require any treatment outside of fluids and some rest and making sure that they stay hydrated.”
Graphic Risk of severe illness Young children Older adults Weakened immune systems	Those at highest risk of severe illness are young children, older adults and those with weakened immune systems.
Dr. Allen	“If someone feels they’re dehydrated, and they need to seek medical attention or have a condition that compromises their immune system, then they may need antibiotics.
	The bacteria live in the intestinal tract. It can spread from animals to humans and person to person. Good hand hygiene is one way to decrease your chance of infection.
Dr. Allen	“If people wash their hands thoroughly or, in some cases, at least use hand sanitizer, that’s going to be extremely helpful and protective to them.”
	For the Mayo Clinic News Network, I’m Vivien Williams.