

Mayo Clinic Minute: Salmonella infection

Salmonella has been in the news thanks to a recent outbreak linked to cantaloupes. Dr. Jesse Bracamonte is a family medicine physician at Mayo Clinic. He has some tips on how to keep from being bit by this bacterial bug.

VIDEO	AUDIO
	A bacterial infection, salmonella affects the intestinal tract.
Jesse Bracamonte, M.D. Family Medicine Mayo Clinic	“Salmonella is contracted through poorly cooked foods such as meat, poultry, eggs, milk, poor water conditions or poor sanitation.”
	The infection can also be spread through human and animal feces.
	“Salmonella, may cause an intestinal infection, such as having diarrhea, abdominal cramps, bloating, and, in some cases, fever.”
	The good news, according to Dr. Jesse Bracamonte, is that generally, cases will resolve on their own within a few days.
	“In some cases, with severe illness, where it's unrelenting beyond a few days, seeking prompt medical attention is very important.”
	So how can you protect yourself? Be careful when preparing food, especially raw meat and poultry. Prevent cross-contamination of foods, and most importantly, wash your hands.
	For the Mayo Clinic News Network, I'm Joel Streed

Dr. Bracamonte says that salmonella is also harbored in some animals, such as reptiles and birds. So if you have those pets, it's important that after handling those pets, you wash your hands appropriately,