

Mayo Clinic Minute: Wash your pet's food and water bowl to prevent salmonella

Video	Audio
	Do you wash your pet's food and water bowls regularly? If not, you could be creating an environment that harbors salmonella, which can infect both you and your furry friend.
	While salmonella is a common cause of food poisoning, it can also be spread by animals and their environments.
<p>Tina Ardon, M.D. Family Medicine Mayo Clinic</p>	"Salmonella is a bacterial infection that people can get from touching contaminated food or through contaminated water, or perhaps from their pets and their food and their feces."
	One of the best ways to keep yourself safe from salmonella is prevention.
	"So that requires us to wash our hands consistently. Be thoughtful about washing your pet bowls, be thoughtful about their food. Wash your hands after you handle certain animal environments — maybe their beds, sheets, that sort of thing."
	Young children, older adults and people who are immunocompromised are especially at high risk of getting sick from salmonella infection.
	"Most patients will recover on their own. Some patients may have more trouble and be so ill that they'll require things like IV fluids, perhaps hospitalization, and in rare cases, antibiotic therapy."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.