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Gastroenteritis Impact on General Health and Proper Approach

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Gastroenteritis, is an inflammation of the gastrointestinal tract, affecting the stomach and intestines. It is most frequently caused by viral infections, particularly norovirus and rotavirus, although bacterial pathogens like *Salmonella* and *Escherichia coli* can also be responsible. The condition is characterized by symptoms including diarrhea, vomiting, abdominal cramps, and fever. Transmission typically occurs through contaminated food, water, or direct contact with infected individuals. While gastroenteritis is usually self-limiting, leading to recovery within a few days, it can be particularly dangerous in vulnerable populations such as young children, the elderly, and those with weakened immune systems.