



Campylobacteriosis

What is Campylobacteriosis?

Campylobacteriosis is an infection caused by a bacteria called campylobacter. The infection causes diarrhea, which is sometimes bloody, as well as cramping, stomach pain, fever, nausea and vomiting. The illness usually lasts for one week and it begins two to five days after exposure to the bacteria.

How common is Campylobacteriosis?

Campylobacteriosis is one of the most common diarrheal illnesses in the United States. It is more common during the summer. Most cases of campylobacteriosis are isolated and are not part of an outbreak. It is estimated that 2.4 million Americans get campylobacteriosis each year.

How do you get Campylobacteriosis?

Most cases of campylobacteriosis come from eating raw or undercooked poultry such as chicken or turkey. It can also be transmitted through unpasteurized milk or contaminated water. Babies can get campylobacteriosis by touching poultry packages in shopping carts. People have also been infected from contact with the stool (poop) of an infected cat or dog. Campylobacteriosis is not usually spread from person to person unless the ill person is producing a large volume of diarrhea.



While most cases of campylobacteriosis are isolated cases, outbreaks of campylobacteriosis can occur. Outbreaks are usually caused by unpasteurized milk or contaminated water.

How is a Campylobacteriosis diagnosed?

Many illnesses can cause diarrhea. Campylobacteriosis is diagnosed by testing a stool (poop) sample for the bacteria.

What is the treatment for Campylobacteriosis?

Most people recover without any treatment. Recovery usually takes 2 to 5 days while more severe cases may take 10 days to clear. Patients should drink lots of fluids while they have diarrhea. In severe cases, a doctor may prescribe antibiotics.

Long term complications from campylobacteriosis are rare however some people may develop arthritis after their infection. It is also estimated that 1 in 1,000 people infected with campylobacteriosis will develop Guillain-Barre syndrome which affects the body's nerves.



How can Campylobacteriosis be prevented?

- Cook poultry thoroughly. All juices should run clear and there should no be any pink left. Chicken should be cooked to an internal temperature of 165 ° F.
- Wash hands with soap before preparing food.
- Wash hands with soap after handling raw meat or poultry.
- Do not use the same kitchen utensils for meat and poultry as other foods. This includes cutting boards and knives.
- Do not consume unpasteurized milk or untreated water.
- Persons with diarrhea, especially children, should wash their hands often with soap to avoid spreading illness.
- Wash hands with soap after contact with pet stool (poop).



For more information:

Visit the Centers for Disease Control and Prevention's website at www.cdc.gov or call Huron County Public Health at 419-668-1652.