

Campylobacteriosis

What is Campylobacteriosis?

Campylobacteriosis is an infection caused by a bacteria called campylobacter. People with Campylobacter infection usually have diarrhea (often bloody), fever, and stomach cramps. Nausea and vomiting may accompany the diarrhea. Symptoms usually start two to five days after infection and last about one week.

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 1.5 million Americans get campylobacteriosis each year.

How do you get Campylobacteriosis?

Most Campylobacter infections are probably acquired by eating raw or undercooked poultry or eating something that touched it. Campylobacter are also transmitted by other foods, including seafood, meat, and produce; by contact with animals; and by drinking untreated water.

People can get infected when a cutting board that has been used to cut and prepare raw chicken isn't washed before it is used to prepare foods that are served raw or lightly cooked, such as salad or fruit. People can also get infected through contact with dog or cat feces. Very rarely, people have become infected through a transfusion of contaminated blood.



Campylobacter does not usually spread from one person to another.

Outbreaks have been associated with poultry, raw (unpasteurized) dairy products, seafood, untreated water, produce, and puppies.

How is Campylobacteriosis diagnosed?

Campylobacter infection is diagnosed when a laboratory test detects Campylobacter bacteria in stool (poop), body tissue, or fluids. The test could be a culture that isolates the bacteria or a rapid diagnostic test that detects genetic material of the bacteria.

What is the treatment for Campylobacteriosis?

Most people recover from Campylobacter infection without antibiotic treatment. Patients should drink extra fluids as long as diarrhea lasts. Some people with, or at risk for, severe illness might need antibiotic treatment. These people include those who are 65 years or older, pregnant women, and people with weakened immune systems, such as those with a blood disorder, with AIDS, or receiving chemotherapy.

How can Campylobacteriosis be prevented?

Wash your Hands:

- Campylobacter and other harmful germs can survive on your hands. Wash your hands thoroughly with soap and water during these times:
 - Before, during, and after preparing food and before eating food
 - After using the toilet and after changing diapers or cleaning up a child who has used the toilet
 - After blowing your nose, coughing, or sneezing
 - Before and after caring for someone who is sick
 - Before and after treating a cut or wound
 - After touching pets and other animals or their food or poop
 - After touching garbage

Keep Certain Foods Separated:

- Keep raw poultry away from other foods. Use separate cutting boards and clean them properly.
 - Use one cutting board for raw meat (including poultry, seafood, and beef)
 - Use another cutting board for fresh fruits and vegetables, and other foods
 - Clean all cutting boards, countertops, and utensils with soap and hot water after preparing any type of raw meat

Cook Food to the Right Temperature:

- Be extra careful with poultry, one of the top causes of Campylobacter illnesses in the United States. Poultry includes chicken, turkey, duck, goose, and other farmed birds.
 - All poultry and foods containing poultry, such as sausages and casseroles, should be cooked to reach a minimum internal temperature of 165°F. If you are served poultry that appears to be undercooked in a restaurant, send it back for further cooking.

Drink Pasteurized Milk:

- Raw milk can carry Campylobacter and other harmful germs that can make you very sick. The risk of getting sick from drinking raw milk is greater for:
 - infants and young children, adults aged 65 and older, and pregnant women
 - people with weakened immune systems, such as people with the blood disorders thalassemia and hypogammaglobulinemia, AIDS, or people receiving chemotherapy

Do Not Drink Untreated Water:

- It is important to know where drinking water comes from, if it's been treated to remove harmful germs, and if it's safe to drink.
 - Do not drink untreated water from a stream, river, pond, or lake
 - Be sure that wells are located a safe distance from possible sources of contamination, such as septic tanks, livestock, and manure
 - If you have a septic tank or well, have it inspected regularly to ensure that it is functioning properly

Take Care with Pets:

- Pets sometimes carry Campylobacter and other germs that can make you sick. CDC's tips can help keep you and your pets healthy: <https://www.cdc.gov/campylobacter/pets.html>.

For more information:

Visit the Centers for Disease Control and Prevention's website at <https://www.cdc.gov/campylobacter/index.html> or call Huron County Public Health at 419-668-1652 ext. 269.