

Campylobacteriosis Information Sheet

What is Campylobacteriosis?

Campylobacteriosis is a disease caused by a bacteria (germ) called *Campylobacter*. This bacteria is found in the stool (poop) of infected people and animals. *Campylobacter* is one of the most common causes of diarrhea in the United States and infections occur more often in the summer than in the winter.

How can you catch Campylobacteriosis?

You can catch campylobacteriosis by putting anything in your mouth that has touched the stool of an infected person or animal. The bacteria do not come directly from the mouth of an infected person. A person may be infected without knowing it but still spread the disease to others by not washing their hands after using the toilet. People also become infected by:

- Eating undercooked meat, especially poultry, or other contaminated food
- Using dirty cutting boards or counters to prepare ready to eat foods (for example, after cutting chicken you cut apples without cleaning the surface)
- Drinking or eating raw unpasteurized milk products
- Handling infected animals such as cats, dogs, farm animals, rodents or birds

What are the symptoms of Campylobacteriosis?

Within 1-10 days after coming in contact with this germ, people may have some or all of the following symptoms:

- Mild to severe diarrhea (may be bloody)
- Stomach cramps
- Fever (often high)
- Vomiting

People with severe symptoms should be seen by a doctor.

How can you be treated for Campylobacteriosis?

In mild cases, the body gradually gets rid of the infection on its own with rest and extra fluids. In severe cases, your doctor may prescribe antibiotics.

How can you prevent Campylobacteriosis?

- Wash hands with soap and water especially after bathroom use, diaper changes, and contact with animals.
- Wash hands before and after preparing any food or beverages.
- Clean bathrooms well and have separate towels for sick persons.
- Thoroughly cook all meats, especially poultry, and animal products.
- Thoroughly clean and disinfect countertops and cutting boards.
- Drink/eat only pasteurized milk products and safe drinking water.