



CAMPYLOBACTERIOSIS

Campylobacteriosis is a disease caused by germs named Campylobacter. Campylobacter causes diarrhea, stomach cramps, fever, nausea and vomiting, and bloody stool that usually lasts 2-7 days. These symptoms may be mild or severe.

Campylobacteriosis is common in children and young adults. Campylobacter germs are found in some raw foods and in the stool (or bowel movement).

The germ can be found in foods such as raw chicken, turkey, beef, other meats, or eggs, and unpasteurized milk or cheese. Infected persons and animals (like cattle, poultry, dogs, cats, birds, and turtles) can also have campylobacter in their stool. Persons who are infected may carry the germ in their stool for several weeks, even after they feel better.

You can get campylobacter:

- If you eat raw or undercooked foods such as meat, poultry, or eggs.
- If you eat cooked food that came into contact with infected raw food.
- If you eat food or drinks that an infected person prepared.

- If you are in close contact with another child or adult who has campylobacteriosis.
- If you touch an infected animal or pet or their stool.

To Prevent the infection:

- Wash your hands with soap and water after using the toilet, changing diapers, touching pets, and before and after handling foods.
- Wash your hands after touching an animal or their stool (i.e., after cleaning a litter box).
- Avoid unpasteurized milk or cheese.
- Eat only well-cooked meats, poultry, or eggs.
- Keep raw foods away from cooked foods by washing cutting boards, utensils, and hands, and not reusing packages.
- If you have diarrhea or possible campylobacter:
- See your family doctor.
- Drink lots of fluids to prevent dehydration.
- If you or a family member work as a food handler, work in health care or daycare or attend a daycare, see a Nurse or Doctor if you have these symptoms.