



CAMPYLOBACTERISIS

WHAT IS CAMPYLOBACTERIOSIS?

- Campylobacteriosis is a gastrointestinal illness caused by the bacteria (germ) Campylobacter.
- It is found in the stool of infected persons or animals.
- In various studies, Campylobacter has been found in the feces of 30-100% of chickens, turkeys, and waterfowl.

WHO CAN GET CAMPYLOBACTERIOSIS?

- Anyone can get campylobacteriosis.

WHAT ARE SYMPTOMS OF CAMPYLOBACTERIOSIS?

Symptoms appear from 1 to 10 days after exposure, with an average of 2 to 5 days. Symptoms may include:

- fever
- fatigue
- abdominal cramping
- mild to severe diarrhea (may be bloody)
- nausea
- vomiting
- dehydration.

It is also possible to be infected and not have any symptoms.

HOW IS CAMPYLOBACTERIOSIS SPREAD?

- The infection is spread through contact with contaminated feces, by infected persons not properly washing their hands after using the bathroom (person-to-person transmission is uncommon), poultry that is either not cooked or undercooked, contaminated raw food, unpasteurized raw milk or raw milk products, or from water that has not been chlorinated or boiled. Wild and domestic animals (particularly puppies and kittens with diarrhea) may also be a source of infection.

HOW IS CAMPYLOBACTERIOSIS DIAGNOSED?

- Campylobacteriosis is diagnosed by doing a stool test.

HOW IS CAMPYLOBACTERIOSIS TREATED?

- Treatment may include antibiotic therapy, but many people recover without any treatment.

HOW CAN I HELP PREVENT CAMPYLOBACTERIOSIS?

- Wash hands for at least 20 seconds with soap and warm water after using the bathroom or changing diapers. Make sure children also wash their hands well.
- Wrap fresh meat in plastic bags at the market to prevent blood from dripping on other foods.
- Wash hands well before and after preparing food, especially after handling raw meat or poultry.
- Disinfect all utensils and kitchen surfaces after contact with raw meat. Use a bleach solution to sanitize the kitchen area.
- Cook all poultry to 165 degrees. Make certain that meat is white (not pink) and juices run clear (not bloody).
- Do not drink unpasteurized milk or eat milk products made from unpasteurized milk.
- Do not drink untreated water.
- Wash your hands after handling animals or pets and their waste.

People with campylobacteriosis should not work as food handlers, childcare workers, or healthcare workers or attend childcare as long as they have diarrhea. They should be diarrhea free for a minimum of 24 hours before returning to work or childcare.

Campylobacteriosis is a Washington State reportable disease and must be reported to your local health department in Lewis County, contact Communicable Disease Surveillance and Response at 360-740-1223 during business hours or leave a voicemail on our confidential reporting after hours line at 360-740-1275.



WHEN SHOULD I STAY HOME FROM WORK, SCHOOL, OR CHILDCARE?

YOU SHOULD NOT ATTEND WORK, SCHOOL, OR CHILDCARE IF ONE OF THE FOLLOWING APPLIES:

- You have had a fever, diarrhea, nausea, or vomiting within the past 24 hours.
- You do not feel well enough to participate in regular activities.