



WHAT YOU NEED TO KNOW

## CAMPYLOBACTER FACT SHEET

### What is Campylobacter?

Campylobacter is a globally common bacteria caused intestinal disease. It is caused by the bacteria *C. jejuni* and is one of the leading causes of diarrhea. Most infections are singular and not a result of an outbreak.

### What are the symptoms?

- Severe diarrhea. May be bloody.
- Stomach cramps
- Fever
- Nausea and vomiting
- Some individuals may show no symptoms.

**Symptoms appear usually 2 to 5 days after exposure. Typically lasts 7 days, up to 10.**

### How can it be prevented?

- Cook all poultry thoroughly. (165°F internal temp.)
- Do not reuse utensils or dishes that were used with raw meat or poultry until washed in warm soapy water.
- Use only pasteurized milk and dairy.
- Drink water from only known, safe sources.
- Practice good hygiene and thoroughly wash your hands after using the bathroom, changing a diaper, before and after you prepare food.

### How can it be spread?

- Eating raw or undercooked poultry.
- Cross contaminated water or food that came in contact with infected poultry.
- Unpasteurized milk, contaminated water or produce.
- Very rare to spread person to person

### How it is treated?

- Antibiotics normally are not required and will clear up on its own.
- Drink plenty of fluids to prevent dehydration
- **Do not return to work until you are cleared by a health care provider**
- Hospitalization may be required on rare occasions