

CAMPYLOBACTER FACT SHEET

What is campylobacter?

Campylobacter is a common intestinal disease caused by bacteria that occurs throughout the world. Most cases are caused by the bacteria *C. jejuni*, and it is one of the leading causes of diarrhea. Most infections are singular and not a result of an outbreak.

What are the symptoms?

Symptoms may include:

- 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 and typically last 7-10 days.

How can it be prevented?

- Cook all poultry thoroughly. (to at least 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.
- Rinse fresh fruits and vegetables with water before eating them.
- Drink water from only known, safe sources.
- Practice good hygiene and thoroughly wash your hands after using the bathroom, changing a diaper, and before and after preparing food.

How is it spread?

- By eating raw or undercooked meat (especially poultry)
- By eating food or drinking water that came in contact with infected poultry
- By drinking unpasteurized milk, contaminated water, or produce

It very rarely spreads person to person.

How is it treated?

- Most people recover without antibiotic treatment.
- Drink plenty of fluids to prevent dehydration.
- **Do not return to work until cleared by a health care provider.**
- Hospitalization may be required on rare occasions.

More information: <http://www.cdc.gov/campylobacter>

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

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