CAMPYLOBACTERIOSIS (CAMPY)

What is campylobacteriosis?

Campylobacteriosis is an infectious foodborne illness caused by *Campylobacter* bacteria. It is one of the most common causes of diarrheal illness in the United States.

How is campylobacteriosis spread?

You usually get it from eating contaminated food, especially raw or undercooked poultry. You can also get it from drinking contaminated water or raw milk, or handling infected animal feces (poop).

What are the signs and symptoms of campylobacteriosis?

Some infected people don't have any symptoms. If you do have symptoms, they start two to five days after you are infected. They usually last about one week, and can include:

- Diarrhea (which could be bloody)
- Cramping
- Abdominal pain
- Fever
- Fatigue
- Nausea and vomiting

How is campylobacteriosis diagnosed?

Healthcare providers use laboratory tests to detect the bacteria in stool, body tissue, or fluids.

How is campylobacteriosis treated?

Most people get better without treatment. You should drink extra fluids for as long as the diarrhea lasts. People who have a severe infection or a weakened immune system may need to take antibiotics.

Who is most at risk?

People with weakened immune systems, such as people with the blood disorders thalassemia and hypogammaglobulinemia, AIDS, or people receiving chemotherapy are at greater risk of developing complications from infection.

What type of health problems are caused by campylobacteriosis?

Most people who get *Campylobacter* infection recover completely within two to five days, although recovery can take up to 10 days. Some people may shed the bacteria in their stool for several weeks after recovery, which might result in spreading infection to other people.

Campylobacter infection can result in arthritis, irritable bowel syndrome (IBS), or Guillain-Barré syndrome (GBS). In higher risk individuals, the infection can spread to the bloodstream. More severe illness can also cause dehydration and symptoms that mimic acute appendicitis or ulcerative colitis.

How can campylobacteriosis be prevented?

- Wash your hands thoroughly with soap and water before and after preparing food, using the toilet and changing diapers.
- Keep raw poultry away from other foods. Use separate cutting boards and clean them properly.

- Cook food to the right temperature. All poultry and foods containing poultry, such as sausages and casseroles, should be cooked to reach a minimum internal temperature of 165°F.
- Refrigerate raw meats. Never leave raw meat at room temperature.
- Avoid drinking raw milk. Drink pasteurized milk.
- Avoid drinking untreated water from a pond, lake or stream.

Where can I get more information?

- Your personal healthcare provider
- Centers for Disease Control & Prevention
- Food & Drug Administration

Rev. 04/2018