

CAMPYLOBACTERIOSIS

WHAT IS CAMPYLOBACTERIOSIS?

Campylobacteriosis is an infection caused by the bacteria known as *Campylobacter jejuni*. A small amount of *Campylobacter* organisms can lead to infection. This is one of the most common causes of diarrhea illness in the U.S.

SIGNS AND SYMPTOMS

- Stomach ache
- Fever
- Bloody diarrhea
- Nausea
- Vomiting

205 DAYS

Symptoms typically develop 205 days after the infection and last about one week or less. Complications include irritable bowel syndrome (IBS), temporary paralysis, and arthritis. *Campylobacter* infections rarely result in long-term health problems.

HOW DOES IT SPREAD?

Campylobacter is spread through direct contact with the bacteria.

Contact can occur in different ways:

- Eating food that has been contaminated with bacteria like undercooked meat and poultry
- Drinking contaminated water or unpasteurized milk
- Swimming in a lake, river or pool with *campylobacter* contamination and accidentally ingesting the water
- Contact with infected pets as well as farm animals



HOW IS IT TREATED?

Most infections typically clear up on their own. The only treatment is drinking a lot of fluids such as water to replace fluids lost due to diarrhea. If someone has a severe form of the illness, they are treated with antibiotics. During treatment, sex should be avoided until all sores are healed.



PREVENTION

- Wash your hands often especially when handling foods, working with animals, and after using the restroom.
- Keep pets away from food preparation surfaces.
- Do not drink water from unknown sources
- Cook all meats, eggs, and poultry thoroughly.

