**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

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.

**FOR MORE INFORMATION**

Visit the CDC here: [Campylobacteriosis - CDC](https://www.cdc.gov/salmonella/index.html)

This fact sheet is for information purposes and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care professional.