



# PUBLIC FACT SHEET

## CAMPYLOBACTER

### What is Campylobacter?

Campylobacter is a bacteria which can cause an intestinal symptoms.

### How is campylobacter infection spread?

Campylobacter infection may be spread through the following ways:

- Eating or handling raw or undercooked chicken, turkey or other poultry.
- Eating contaminated fresh fruits or vegetables or drinking contaminated unpasteurized milk.
- Occasionally spread by direct contact with infected people or animals.

### What are possible symptoms?

Symptoms usually begin 2-5 days after exposure, last about a week and may include:

- Nausea
- Vomiting
- Diarrhea (may be bloody)
- Cramping
- Stomach pain
- Fever

### How is campylobacter infection diagnosed?

With a laboratory test (stool culture).

### What is the treatment?

Most people get better without treatment. In cases of severe diarrhea, doctors may order antibiotics. Drinking extra fluids, including electrolyte solutions such as Gatorade, can help prevent dehydration.

### How can I prevent campylobacter infections?

- Cook all poultry (such as chicken and turkey) thoroughly.
- Do not eat undercooked poultry.
- Wash hands with soap before and after handling raw meats.
- Avoid unpasteurized milk and unpurified water.
- Make sure persons with diarrhea, especially children, wash their hands carefully with soap and water.
- Wash hands with soap and water after having contact with pet droppings (poop).

### For more information on campylobacter infections:

Ottawa County Health Department

[www.miOttawa.org](http://www.miOttawa.org)

Medline Plus/National Institutes for Health

<http://www.nlm.nih.gov/medlineplus/ency/article/000224.htm>