

# CDRS

## COMMUNICABLE DISEASE FACT SHEET CAMPYLOBACTERIOSIS

Communicable Disease Reporting System

*Campylobacter* is the most common bacterial cause of diarrheal illness in the United States.

### Symptoms

Infected persons may have mild or no symptoms at all. Symptoms start 1 to 10 days after exposure, but usually within 3 - 5 days.

- Mild to severe diarrhea (may be bloody)
- Stomach cramps
- Fever (can be high)
- Vomiting

### Transmission

- Infected persons or animals are contagious as long as the bacteria are in the stool - may be several days or several weeks.
- The bacteria are often found in poorly cooked meat or poultry.
- People can also get the illness from infected pets (especially puppies and kittens with diarrhea), or from handling wild animals.
- The bacteria can also be spread from an infected person to others when bacteria leave the body in the stool and enter in another person when hands, food, or objects, contaminated with stool, are put in the mouth.

### Treatment

- Most people recover without treatment.
- Patients should drink plenty of fluids as long as the diarrhea lasts.
- If the infection is severe or prolonged, antibiotics may be prescribed if necessary

### Prevention

- Wash hands well with soap and warm water after using the bathroom or changing diapers.
- Wash hands well before and after preparing food, especially after handling raw meat or poultry.
- Do not drink unpasteurized milk or eat cheese made from unpasteurized milk.
- Thoroughly cook all meats, especially poultry.
- If you are served undercooked meat, send it back for further cooking
- Make sure that other foods, such as fruits or vegetables, do not come into contact with cutting boards or knives that have been used with raw meat or poultry.
- Wash all kitchen utensils carefully with soap and warm water to avoid cross-contamination.
- Wash hands after handling animals or pets and their waste.

**All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.**

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

[www.cdinfo.com](http://www.cdinfo.com)

Columbus and Franklin County Communicable Disease Reporting System

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