



Fact Sheet: Campylobacter

What is Campylobacter?

It is an intestinal infection caused by bacteria called *Campylobacter jejuni*. It is one of the most common causes of diarrhea in the world.

What are the symptoms?

- Diarrhea
- Abdominal pain
- Nausea
- Vomiting
- Possibly fever

The illness usually lasts 2 to 5 days, sometimes longer in adults. Some people may be infected with the bacteria and not feel sick, but can still spread the disease to others.

How is it spread?

Campylobacter is spread through direct contact with the bacteria. You can become infected by:

- Eating food contaminated with the bacteria — most often undercooked meat, raw meats, and poultry
- Drinking contaminated water or unpasteurized milk
- From contact with feces of infected dogs, cats, and other animals
- From contact with the feces of an infected person

(The infected person can spread the disease to other people throughout the course of the disease, which may last from several days to several weeks.) People who are not treated can excrete the bacteria in their stool for as long as 2-7 weeks.

How is it treated?

Campylobacter is diagnosed by stool culture. Most infections are mild and clear up by themselves. Generally, the only treatment is drinking lots of fluids, such as water and juice, to replace body fluids lost due to diarrhea. Severe illness is treated with antibiotics. Take all medicines as prescribed even if you start to feel better. Follow up with your health care provider to assure that you are no longer infected.

If you are a food service worker, a health care worker, or a childcare worker: report your illness to your supervisor and do not work until your illness is over and your medical provider says it is OK to return to work.

How is it prevented?

- Cook thoroughly all meat, poultry, and eggs.
- Do not re-use utensils used with raw meat or poultry until they are washed in hot soapy water.
- Consume only pasteurized milk and dairy products.
- Don't drink water from unsafe or unknown sources.
- Take care of pets and provide them with proper veterinary care.
- Use good hygiene and wash your hands after using the bathroom or changing a diaper, and before you eat.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or 257-3612.

Visit our website at: www.gchd.us or the Centers for Disease Control & Prevention at: www.cdc.gov

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