

# Campylobacteriosis

## (Campylobacter)

### What is Campylobacter?

- Campylobacter is a bacteria that causes an infection called campylobacteriosis.
- Campylobacteriosis is the most common diarrheal disease caused by bacteria and occurs more in the summer than the winter.
- Each year, an estimated 1.5 million people become infected by the germ in the United States.
- This disease can be spread through contaminated food and untreated water.

### Who can get Campylobacteriosis?

It only takes a small amount of the germ to make you sick and anyone can get sick from it.

#### People can get Campylobacteriosis from:

- eating raw or undercooked poultry (or eating something that touched it)
- eating un-washed fruit or other produce
- drinking untreated water
- drinking raw (unpasteurized) milk
- contact with dog or cat feces (poop)

### Symptoms of Campylobacteriosis:

Symptoms usually start 2-5 days after exposure, and usually last about a week.

#### Symptoms include:

- Diarrhea that can be bloody
- Stomach cramps or pain
- Fever
- Nausea
- Vomiting



### What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Campylobacteriosis.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

### How to decrease your chance of getting Campylobacteriosis:

The best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop) or garbage

-Keep raw poultry away from other foods.

-Cook poultry and meats all the way.

-Wash all fruits and vegetables.

-Do NOT drink untreated water or unpasteurized milk.



### Treatment:



There is not a vaccine or cure for Campylobacteriosis. People with this disease should drink plenty of fluids to prevent dehydration.

Those with a weakened immune system may be given antibiotic pills.

If your healthcare provider gives antibiotics for this illness, take them exactly as instructed. Make sure you take all the pills even if you feel better.