

Campylobacteriosis

What is campylobacteriosis?

Campylobacteriosis, or campylobacter enteritis, is a bacterial illness caused by *C. jejuni*.

What are the symptoms of campylobacteriosis and how soon do they appear?

Symptoms are cramping, abdominal pain, bloody diarrhea, fever, and malaise. These may be accompanied by nausea, headache and muscle pain. Rarely are Campylobacter infections severe. Symptoms usually occur within 2 to 5 days. Illness can last up to 10 days, but relapses are not uncommon.

How is it spread?

Campylobacter are generally spread by eating or drinking contaminated food or water. It can also be acquired by close contact with infected animals. However, proper food handling and sanitation will prevent transmission.

How long is an infected person contagious?

Generally, infected people will carry the bacteria for weeks.

What is the treatment for campylobacteriosis?

Most people recover on their own or simply require fluids to prevent dehydration. Antibiotics are occasionally used to treat severe cases or to shorten the time a person is contagious. Since relapses occasionally occur, antibiotics can be used to prevent a recurrence of symptoms.

How can I prevent campylobacteriosis?

- Avoid improperly prepared foods and practice sanitary food preparation.
- Wash hands with antibacterial soap and warm water before and after handling foods, after using the bathroom or changing a baby's diaper, and after contact with animals.
- Make sure children, particularly those who handle pets, wash their hands properly.
- Purchase only inspected eggs, animal products and pasteurized milk.
- Wrap fresh meats in plastic bags at the market to prevent blood from dripping on other foods.
- Refrigerate foods promptly.
- Defrost meats in the refrigerator; minimize holding at room temperature.
- Wash cutting boards and counters used for preparation immediately after use to avoid cross contaminating other foods.
- Avoid eating raw or undercooked meats and eggs, particularly when using a microwave oven for food preparation.
- Avoid unpasteurized milk and juice.
- When traveling, drink only chlorinated or boiled water.

Where can I get more information?

http://www.cdc.gov/nczved/dfbmd/disease_listing/campylobacter_gi.html

