

# Campylobacter

## WHAT IS CAMPYLOBACTER?

*Campylobacter* is a bacteria that can lead to a serious infection. 1.5 million people get sick from *Campylobacter* in the US each year.

The infection is particularly dangerous for:

- Children younger than 5 years
- People 65 years and older

## HOW IS CAMPYLOBACTER TRANSMITTED?

The infection is spread through swallowing the *Campylobacter* bacteria. This can happen through contaminated food. It can also transfer from contaminated food to surfaces, particularly surfaces where food is being prepared. Additionally, it can live in untreated water sources and in the poop of animals.

## WHAT FOODS CAN BE CONTAMINATED WITH CAMPYLOBACTER?

- Undercooked/raw chicken, beef and turkey
- Undercooked/raw eggs
- Raw (unpasteurized) dairy products
- Raw vegetables

## WHAT ARE THE SYMPTOMS OF CAMPYLOBACTER INFECTION?

Symptoms vary depending on the person infected and their own medical history. Common symptoms include:

- Diarrhea
- Bloody Diarrhea
- Nausea
- Vomiting
- Fever
- Abdominal Cramping
- Headache

## HOW DO I PREVENT CAMPYLOBACTER INFECTION?

- Ensure foods are cooked to the correct internal temperature
- Wash hands after handling animals, raw meat, using the bathroom and before eating
- Use separate cutting boards for the preparation of raw meats and other food



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

## TREATMENT FOR CAMPYLOBACTER

Most people with this infection do not need antibiotics. To avoid dehydration, drink plenty of fluids while diarrhea lasts. Some people with serious illness or at risk of serious illness might need antibiotics.

## RETURN TO WORK GUIDELINES

People who work in settings with a high risk of spreading infections, such as:

- Restaurants
- Healthcare facilities
- Daycares

Or children who attend daycare should wait until they have been free of symptoms for 48 hours before returning.

**Learn more about internal cooking temperatures and tips on how to keep your food safe here!**



**IF YOU BELIEVE YOU HAVE BEEN EXPOSED AND ARE SICK WITH CAMPYLOBACTER, CONTACT YOUR PRIMARY CARE PROVIDER RIGHT AWAY!**

