

Campylobacter

What is campylobacter ?

- Campylobacter infection is an infectious disease caused by bacteria of the genus *Campylobacter*.
- Campylobacter frequently reported as a cause of foodborne illness.



How is Campylobacter transmitted?

- Contact with stool from infected birds, farm animals - chickens and turkeys, or pets - dogs, cats, hamsters and birds)
- Contaminated water and food
- Unpasteurized milk
- Person-to-person through hands or surfaces touched to the mouth(fecal-oral route)



Who is susceptible Campylobacter?

- Anyone can get Campylobacter infection



Symptoms of campylobacter infection?

The symptoms generally appear 2-5 days after the exposure with a range of 1-10 days after exposure.

- Diarrhea
- Cramping
- Abdominal pain
- Nausea
- Vomiting
- Some infected persons do not have any symptoms.



How is *Campylobacter* diagnosed?

- *Campylobacter* infection is diagnosed when a culture of a stool specimen yields the organism.

What is the treatment for *Campylobacter*?

- Almost all patients recover without any specific treatment.
- Patients should drink extra fluids as long as the diarrhea lasts.
- Antibiotics (in more severe cases)
- Most patients recover completely within 2-5 days although sometimes recovery can take up to 10 days.



How can *Campylobacter* infection be prevented?

- All poultry should be cooked to reach a minimum internal temperature of 165 °F.
- Wash hands with soap before preparing food and after handling raw foods of animal origin and before touching anything else.
- Thoroughly cleaning all cutting boards, countertops, and utensils with soap and hot water after preparing raw food of animal origin
- Do not prepare food or pour water if you are infected with the bacteria



How can *Campylobacter* infection be prevented? (Cont)

- Avoid eating raw eggs and uncooked meats
- Avoid consuming unpasteurized milk and untreated surface water
- Wash hands with soap after contact with pet feces
- Make sure that persons with diarrhea, especially children, wash their hands carefully and frequently with soap to reduce the risk of spreading the infection

