

Campylobacteriosis (*Campylobacter* or campy infection)

What is campylobacteriosis?

Campylobacteriosis is an infection of the intestines of people and animals caused by a bacteria (germ), *Campylobacter*. This illness is often referred to as “campy”. These germs are found in the bowel movement (stool) of infected people and animals and in contaminated water and foods.

What are the symptoms?

Symptoms usually begin 3 to 5 days after exposure, but can range from 1 to 10 days, and may include:

- Diarrhea (sometimes bloody)
- Abdominal pain
- Nausea and vomiting
- Fatigue
- Fever

Some infected people have no symptoms at all but can still spread the infection to others.

How is it spread?

- Eating raw or undercooked poultry.
- Eating other foods cross-contaminated by raw poultry.
- Consuming raw milk or milk products.
- Drinking or swallowing contaminated water (e.g. lakes, rivers, springs, streams, ponds).
- Having contact with an infected animal.
- Infants may get the infection by contact with poultry packages in shopping carts.

Who gets campy?

Anyone can get campy. Those who travel internationally are more likely to develop infection.

Infants, young children, the elderly, and those immunocompromised are at greater risk to develop serious complications.

What should I do if I have symptoms?

- Contact your healthcare provider.

How is campy diagnosed?

- By testing a stool sample.

How is campy treated?

- Most people who have healthy immune systems will recover without treatment.

How can I prevent the spread of campy?

- Cook all poultry products to 165 F.
- Do not consume raw milk or milk products.
- Wash and/or peel raw fruits and vegetables.
- Prevent cross contamination in the kitchen:
 - Use separate cutting boards for meats and other foods.
 - Clean and sanitize cutting boards, counter tops, and utensils.
- Do not prepare food for others.
- Do not drink improperly treated drinking water.
- Do not swallow recreational water.
- Do not swim while you have diarrhea.
- Wash your hands with warm, soapy water for 20 seconds:
 - After using the bathroom or changing diapers.
 - After contact with animals or their environments (petting zoos, farms, fairs, household animals).
 - Before eating or preparing foods.
 - After handling raw meat.
- Assist young children with hand washing.
- Properly dispose of dirty diapers.
- Do not send your child to daycare or preschool if he/she has diarrhea.
- Do not go to work if you are a health care worker, food handler, or day care worker.

For further information visit:

- www.foodsafety.gov
- <http://www.cdc.gov/HEALTHYPETS/>

Report campy cases to Saint Louis County Department of Health by calling 314 615 1630