

Fact Sheet

Campylobacteriosis

What is Campylobacteriosis?

Campylobacteriosis is a disease caused by bacteria called *Campylobacter*.

What are the symptoms?

Most people with Campylobacteriosis have diarrhea, stomach pain and fever. The diarrhea may be bloody and there can also be nausea and vomiting (throwing up). The person is usually sick for 1 week. Some people don't have any symptoms at all.

Who can get it?

Anyone can get campylobacteriosis, however it happens more in children and young adults.

How does a person get it?

People often get it by eating or drinking contaminated food, water or unpasteurized milk. For example, cutting meat or poultry on a cutting board and then using the unwashed cutting board to prepare vegetables or other raw foods can put people at risk for getting sick. Some people have become sick from touching the stool of a dog or cat that has the disease. People don't usually pass it on to others.

What is the treatment?

Most people with *Campylobacter* will feel better without taking medicine. People sick with Campylobacteriosis should drink lots of fluids. In more severe cases, antibiotics can be used. The healthcare provider will make decisions about treatment.

How can it be prevented?

- Wash hands with soap and water after using the toilet, changing diapers, touching pets or their stool (e.g. after cleaning a litter box), and before cooking or eating food.
- Eat only well cooked meats bought from store, chicken/turkey or eggs.
- Avoid unpasteurized milk or cheese.
- Keep raw foods away from cooked foods and wash cutting boards, counters, knives/ulus and hands.