



Gila County Health & Emergency Management

Prevent. Promote. Protect.

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Campylobacteriosis Fact Sheet

Background

Campylobacteriosis is an infectious disease caused by bacteria of the genus *Campylobacter*. It affects the intestinal tract and is a major cause of traveler's diarrhea. It usually spreads through contaminated food or water, and contact with infected animals.



Symptoms

A person with Campylobacteriosis may have diarrhea (frequently bloody), abdominal pain, fever, nausea and sometimes vomiting. Symptoms usually start 2 to 5 days after exposure. The illness typically lasts 1 week. Some persons who are infected with *Campylobacter* do not show any symptoms at all.

Transmission

Most cases of Campylobacteriosis are caused by handling or eating raw or undercooked poultry. One common way to become infected is by cutting poultry on a cutting board, then using the unwashed cutting board to prepare vegetables or raw foods. The *Campylobacter* bacteria on the cutting board can then spread to the other foods. The bacteria do not usually spread from person to person, except through diarrhea. Larger outbreaks of Campylobacteriosis are usually related to drinking unpasteurized milk or contaminated water.

Treatment

Most persons infected with *Campylobacter* will recover without any specific treatment. Patients should drink plenty of fluids to prevent dehydration. In more severe cases, antibiotics may be given and can shorten the duration of the symptoms.

Prevention

- Cook all poultry products to an internal temperature of 180°F (82°C)
- Send back any undercooked poultry that you receive in a restaurant for further cooking
- Wash hands with soap after handling raw meat products
- Use separate cutting boards for meat products and other foods
- Carefully clean all cutting boards, countertops and utensils with soap and hot water
- Avoid drinking raw milk and untreated water
- Supervise the frequent hand washing of children with diarrhea
- Wash hands with soap and water after contact with pet feces



For more information

If you need more information, please contact your primary care physician or Gila County Division of Health & Emergency Management at (928) 402-8811.