



## 1. What is campylobacteriosis?

Campylobacteriosis (cam-py-lo-bak-ter-o-sis) is an infectious disease caused by a bacteria (germ) that affects the intestines. It is the most common cause of diarrhea in the United States. Most cases occur in the summer months.

## 2. How do you get campylobacteriosis?

You can get campylobacteriosis by:

- Eating raw or undercooked poultry meat (especially chicken)
- Drinking contaminated water or unpasteurized milk
- Cross contamination of other foods by these items
- Handling infected pets and animals
- Touching your mouth with contaminated hands

Anyone can get campylobacteriosis, but it can be very serious in infants, younger children (ages 1-5) and persons who have other medical problems.

## 3. How do you know if you have campylobacteriosis?

The most common symptoms of campylobacteriosis include:

- Diarrhea
- Fever
- Abdominal pain
- Nausea
- Blood in the stool

These symptoms may appear two to five days after contact with the germs. People infected with campylobacteriosis can pass the germs in their stool for a few days to a week or more. Since it is passed in the stool, people with diarrhea should reduce their daily activities and contact with others.

## 4. How is campylobacteriosis treated?

Majority of those who get campylobacteriosis will recover completely on their own within two to five days, although sometimes recovery can take up to 10 days. In severe cases, antibiotics are used to kill the germ and shorten the time of the illness. Patients should drink extra fluids as long as the diarrhea lasts.

## 5. How can campylobacteriosis be prevented?

- To prevent spreading the infection, every member of the household should wash their hands with soap and clean water often, especially at these times:
  - Before eating or preparing food
  - After using the bathroom or changing diapers
  - After handling pets or animals
- Cook all poultry products thoroughly (all poultry should be cooked to 165°F).
- Wash cutting boards and countertops immediately after using them to prepare raw foods.
- Wrap fresh meats in plastic bags at the market to prevent bloody liquid from dripping on other foods.
- Drink pasteurized milk.
- Refrigerate foods promptly; do not let them sit out at room temperature.

### Sources

1. *Campylobacteriosis*. L.A. Department of Public Health. <http://publichealth.lacounty.gov/acd/>
2. *Campylobacteriosis*. California Department of Public Health. [www.cdph.ca.gov/healthinfo](http://www.cdph.ca.gov/healthinfo)
3. *Campylobacteriosis*. Centers for Disease Control and Prevention. [www.cdc.gov/](http://www.cdc.gov/)

For additional resources, please visit the L.A. County Department of Public Health website <http://publichealth.lacounty.gov>.