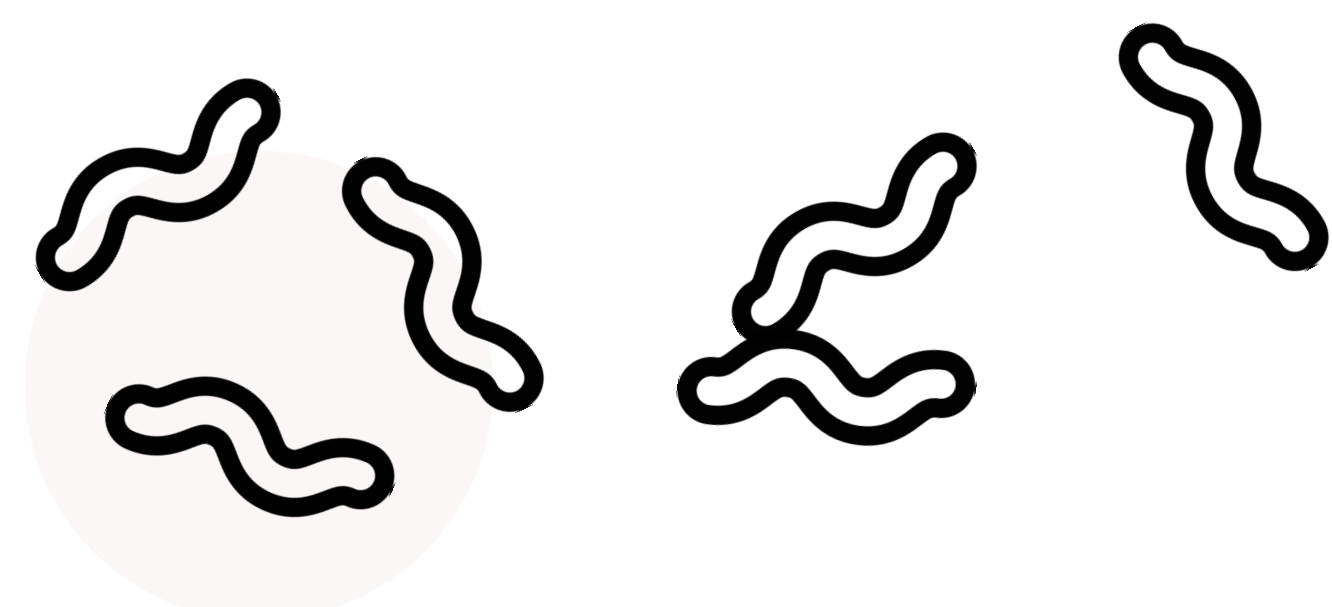
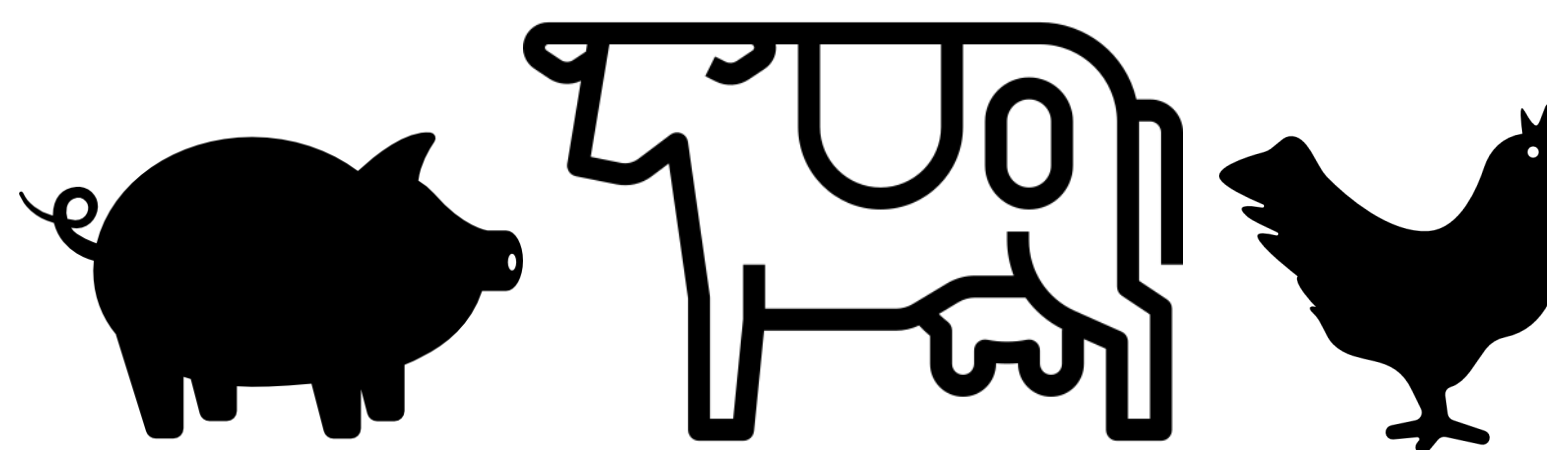


# Campylobacteriosis

Fact Sheet



Campylobacteriosis is a diarrheal disease in humans caused by *Campylobacter* bacteria.



Many pigs, cows, chickens, and other birds and animals that show no signs of illness carry *Campylobacter*.

## Common Signs and Symptoms



Diarrhea



Nausea and Vomiting



Stomach Pain



Fever

The most common symptom is diarrhea, which may have blood in it. Feeling tired is another common symptom. Signs and symptoms usually start two to five days after exposure and last about a week. Some infected people do not have any symptoms.

## Spread of *Campylobacter*

People can get sick with *Campylobacter* through:



Eating Undercooked Food

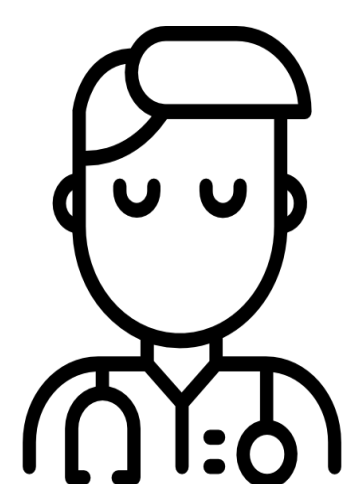


Drinking Contaminated Water or Raw Milk



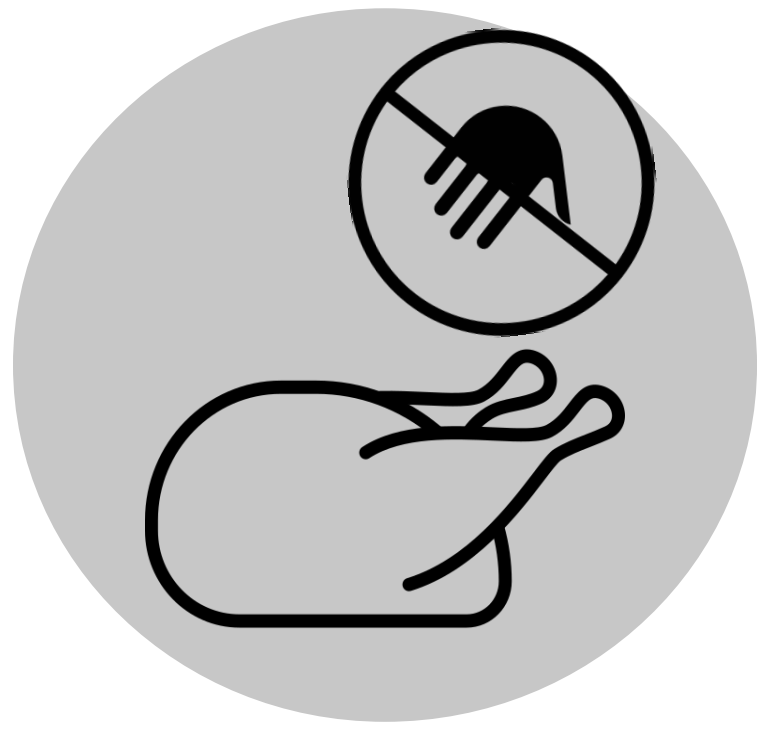
Contact with the Stool of Infected Animals

*Campylobacter* can also spread between people through poor hand hygiene.

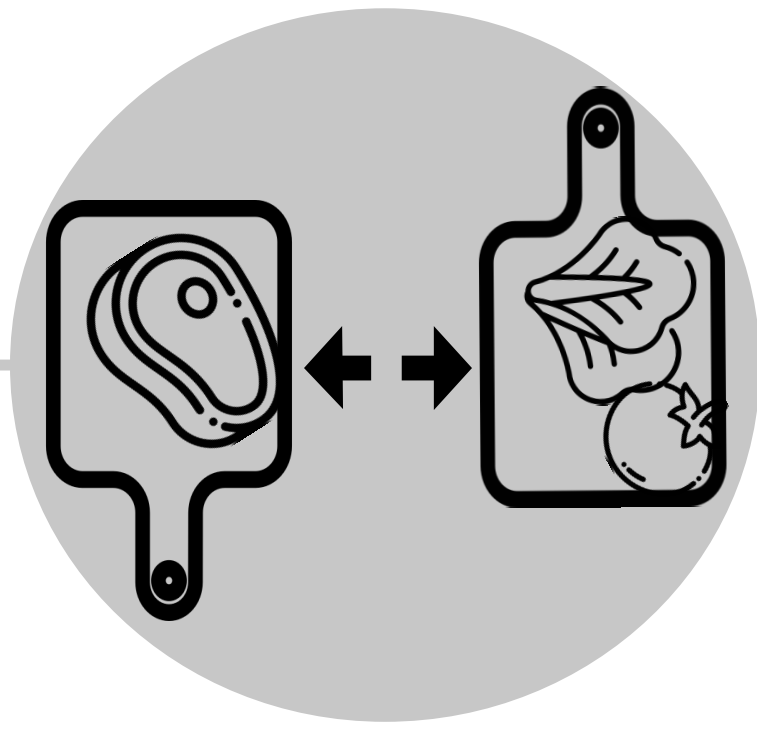


Talk to your doctor if you think you have *Campylobacter*. Your doctor may ask for a stool sample to send to a laboratory. Most people do not need treatment. Few people with *Campylobacter* get very sick and may need antibiotics.

# Prevent *Campylobacter*



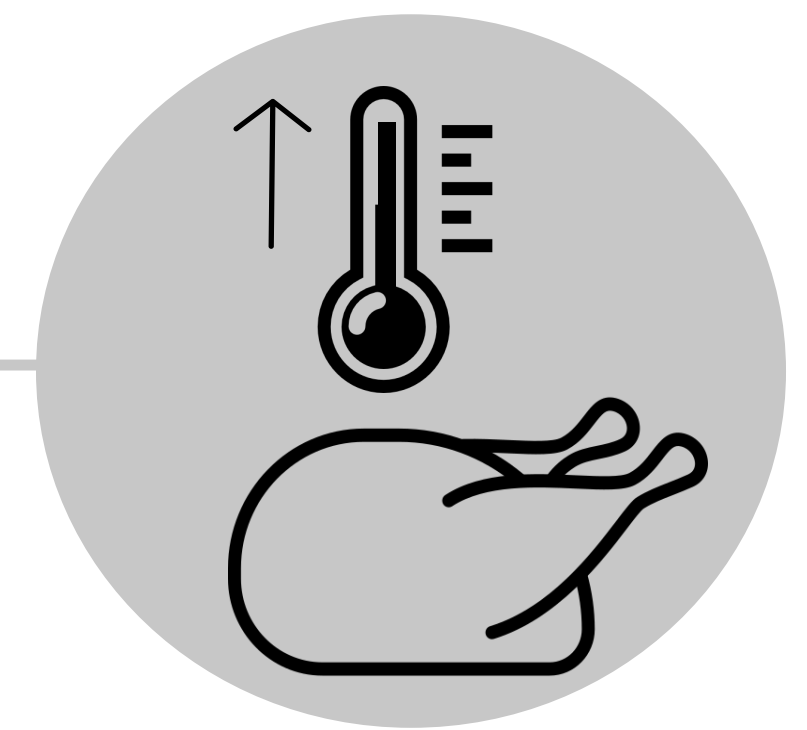
Do not let infants and children touch raw poultry products or packaging



Use separate cutting boards for raw and cooked meat and vegetables, fruit, or cheese



Do not eat or drink unpasteurized dairy products, including raw milk



Cook poultry thoroughly



Always wash your hands with soap and water:

- Before eating, preparing food, and after preparing food
- After using the toilet or changing diapers
- After touching animals, especially chickens
- If you are taking care of someone with *Campylobacter* after cleaning the bathroom, helping with toileting, changing diapers, or touching soiled clothing or linens

Additional prevention methods include:

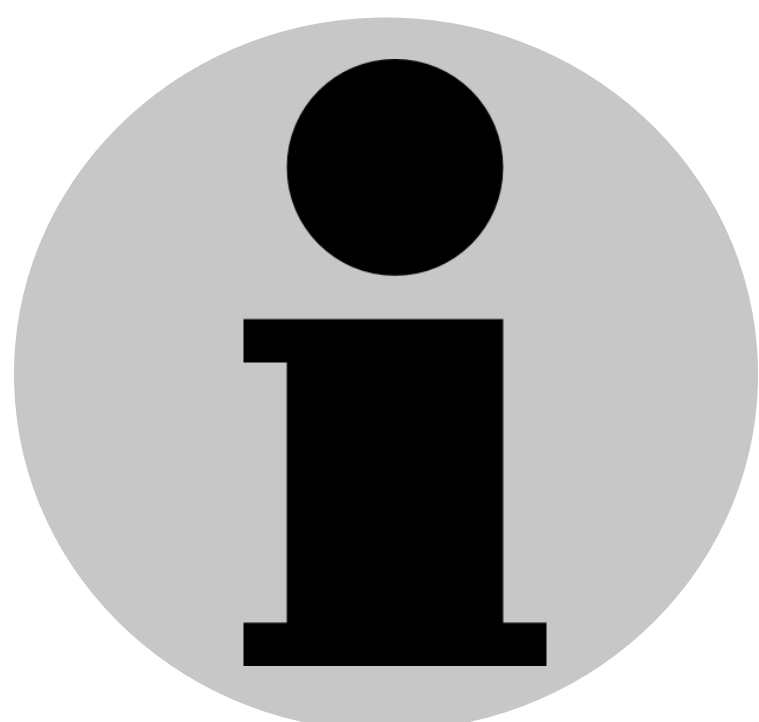
- Use only clean utensils, dishes, and cutting boards when cooking or preparing food
- Avoid drinking untreated water when hiking or camping
- Avoid swallowing water when swimming or boating



Until 24 hours after diarrhea stops, people with *Campylobacter* should not:

- Work as food handlers or cooks
- Provide direct patient care
- Attend daycare or school

## For More Information, Visit:



1. [www.maine.gov/dhhs/campylobacter](http://www.maine.gov/dhhs/campylobacter)
2. [www.cdc.gov/campylobacter](http://www.cdc.gov/campylobacter)

You can also call Maine CDC at 1-800-821-5821.