**FACT SHEET**

**Campylobacteriosis (Campylobacter or campy infection)**

**What is campylobacteriosis?**
Campylobacteriosis is an infection of the intestines of people and animals caused by a bacterium (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 2 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 swim while you have diarrhea, or for 24 hours after symptoms have resolved.
- 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.foodsafety.gov)
- [http://www.cdc.gov/HEALTHYPETS/](http://www.cdc.gov/HEALTHYPETS/)

For safe travelling tips:

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

Revised 09/15