

## **CAMPYLOBACTERIOSIS**

### **(Campylobacter Species)**

Campylobacteriosis is a bacterial enteric disease caused by a bacteria called Campylobacter. The bacteria is found in the feces of infected people, pets (kittens and puppies), wild animals, poultry and raw milk.

#### **How does it spread?**

It is commonly spread through direct contact with:

- infected animals, especially puppies, kittens and fowl
- drinking unpasteurized (raw) milk, contaminated water, or eating undercooked poultry meats
- from person to person if the hands of an infected person are not washed properly after using the toilet

#### **Signs and symptoms of illness.**

Diarrhea, cramps, fever, malaise, nausea and vomiting.

#### **Who is at risk?**

All age groups are at risk.

#### **How long before illness starts?**

2 to 5 days but could be 1 to 10 days depending on dose ingested.

#### **How long does illness last?**

Symptoms usually stop by themselves within 1 to 4 days and no longer than 10 days. However the infected person can still have the bacteria in their feces for up to 7 weeks, and therefore can be passed on to someone else. The infection may be treated with antibiotics.

#### **Prevention:**

- Thorough hand washing is the best prevention. Make sure hands are properly washed after using the toilet, changing diapers, handling pets or before preparing foods.
- Clean and sanitize counter tops and utensils immediately after the preparation of foods, particularly meats and poultry.
- Drink only pasteurized milk. Drink water from a safe water supply.
- Avoid using raw eggs in foods that do not require cooking; e.g. egg nog, caesar salad dressing. Use pasteurized liquid eggs instead.
- Defrost meats safely under running water, on a plate in the fridge, or in the microwave oven.
- Cook meat and poultry to a minimum internal temperature of 74°C (165°F).
- Keep hot foods hot (60°C, 140°F) before serving and cold foods cold (4°C, 40°F, or colder).
- Avoid preparing or handling any food if ill with diarrhea.

**For more information on common foodborne illness or to speak with a Public Health Inspector, call the Peterborough County-City Health Unit at 705-743-1000.**