

### Is there treatment for Campy?

- \* Most people recover without any medical treatment.
- \* Persons with diarrhea should drink plenty of fluids to avoid dehydration.
- \* Antibiotics are used to treat severe cases.

### How can the spread of infection be stopped?

- \* Always refrigerate meat products.
- \* Always cook meat completely. Poultry should be cooked until the inside temperature reaches at least 163°F.
- \* Wash hands before and after preparing food.
- \* Teach children to wash hands properly, especially after using the toilet or handling pets.
- \* Clean and sanitize countertops, cutting boards, knives, and utensils after preparing foods.
- \* NEVER reuse plates or utensils for other foods after they have come in contact with raw foods before washing them.



Source: Centers for Disease Control and Prevention (CDC) and Oklahoma State Department of Health (OSDH)

## Local Resources

For information on Campylobacter visit our website at:

<http://www.tulsa-health.org/community-health/epidemiology/>

or write:

Tulsa Health Department  
Planning & Epidemiology  
5051 S. 129th E. Ave.  
Tulsa, OK 74134

Other Contact Information:

Phone: 918/595-4505

Fax: 918/595-4588

E-mail: [epidemiology@tulsa-health.org](mailto:epidemiology@tulsa-health.org)

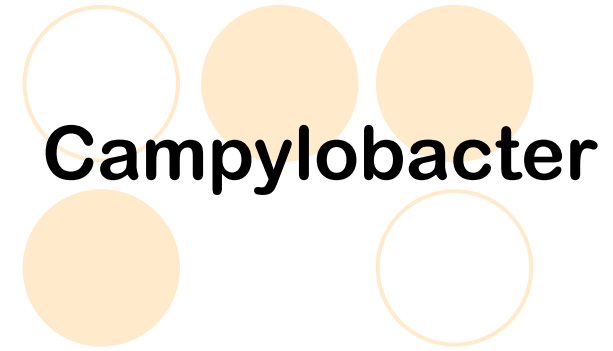
### For more information on Campylobacter, visit:

- Oklahoma State Department of Health  
(405) 271-4060  
[www.health.state.ok.us/program/cdd/infec.html](http://www.health.state.ok.us/program/cdd/infec.html)
- Centers for Disease Control and Prevention  
(888) 443-7232  
[www.cdc.gov](http://www.cdc.gov)

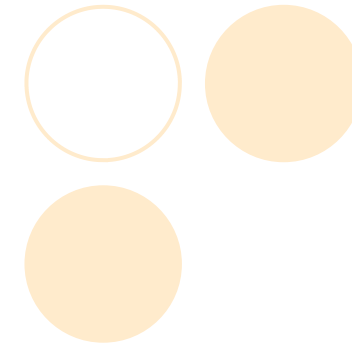


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Prepared by Planning & Epidemiology



Campylobacter is one of the most common bacterial causes of diarrheal illness in the United States. The illness occurs much more frequently in the summer months and is believed to affect over 1 million persons every year.

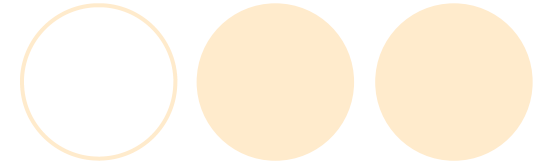


**TULSA HEALTH DEPARTMENT**

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# Campylobacter



## What is Campylobacter?

A bacterial infection of the intestines that causes diarrhea. It is the most common cause of diarrhea in the United States. Campylobacter (Campy) occurs more frequently in the summer months.

## What are the symptoms of Campylobacter infection?

Most people who become ill with Campylobacteriosis get:

- \* Diarrhea
- \* Cramping,
- \* Abdominal pain and fever.

Diarrhea may be bloody, and may be accompanied by nausea and vomiting. In persons with compromised immune systems, the organism can spread to the blood stream and cause serious life-threatening infection. Some persons who are infected with campylobacter do not have any symptoms at all.

## How soon after infection do symptoms appear?

Symptoms usually start 2–5 days after the infection, with a range of 1-10 days.

The illness usually lasts 7-10 days, but relapses are not uncommon (about 25% of cases).

## How are Campylobacter bacteria spread?

- \* Most cases of Campylobacter are associated with handling raw poultry or eating raw or undercooked poultry meat.
- \* Juice from raw chicken or pork can contaminate food utensils, cutting boards, and other kitchen surfaces which can transfer the bacteria to other food. Even one drop of juice from raw chicken meat can infect a person.
- \* People can also become ill by drinking unpasteurized milk or contaminated water.
- \* Animals can also be infected, and some persons become ill after contact with animal feces.



## How long can an infected person spread the bacteria?

- \* Individuals can shed the bacteria in their stool for a few days to several weeks after they are infected.
- \* The organism is not usually spread from person-to-person but this can happen.

## Where are Campylobacter found?

- \* Many animals such as pigs, cattle, dogs, and birds (especially poultry) can carry the bacteria in their intestines.
- \* Infected animals may contaminate meat products, water supplies, milk, and other food items.



## Should infected people be excluded from work?

- \* *Campylobacter* is transferred in the feces therefore, individuals with diarrhea (especially children in daycare or food handlers) should not go to school or work.
- \* Individuals associated with daycare centers AND food handlers must be free of diarrhea for 24 hours before returning to work or school.
- \* Hands should always be washed thoroughly after using the toilet.