



Disease of the Month: Campylobacter (Campy)

What is Campylobacter?

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

What are symptoms of Campylobacter?

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 do not have any symptoms at all.

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 soon after infection do symptoms appear?

Symptoms usually start 2 to 5 days after the infection, with a

range of 1 to 10 days and can last 7 to 10 days.

Where are Campy bacteria 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.

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 can happen.

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Special Points of Interest DID YOU KNOW?

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.

TIPS: Preventing Campylobacter

Since Campylobacter is found in the feces (stool), people with diarrhea (especially children in day care centers or people who handle food) 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. The following are tips for preventing Campylobacter infection.

- * 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.

CURRENT NEWS

CRYPTOSPORIDIOSIS OUTBREAK

Officials from the Oklahoma State Department of Health (OSDH) and Okmulgee County Health Department have been investigating and confirmed that the cause of a gastroenteritis outbreak occurring among residents of Okmulgee and surrounding counties is Cryptosporidiosis.

Cryptosporidiosis is a gastrointestinal illness caused by the *Cryptosporidium* parasite. The disease is transmitted through fecal-oral transmission of the parasite by ingesting contaminated drinking or recreational water, consumption of contaminated food, and contact with infected persons or animals. Symptoms can last up to 2 weeks and can include:

- * Watery diarrhea,
- * Stomach cramps,
- * Fever,
- * Nausea, and
- * Vomiting.

As of July 31, 2007, 15 cases of Cryptosporidiosis have been confirmed through laboratory analysis, while 81 individuals are reporting symptoms. For more information on Cryptosporidiosis and tips on preventing it, [click here](#).

The Tulsa Health Department collects Emergency Room chief complaint data to monitor the emergence of illnesses, such as influenza, in our community. For additional information on THD's county-wide surveillance system please [click here](#)

REPORTED CASES OF SELECTED DISEASES

Disease	Tulsa County		Oklahoma	
	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2006	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2006
<i>Campylobacter</i>	21	22	217	210
<i>E. coli</i> O157:H7	1	4	12	20
<i>Giardia</i>	6	10	57	87
Hepatitis A	0	2	3	5
Hepatitis B	88	14	67	81
Hepatitis C	213	202	784	1098
Rabies (Animal)	1	2	59	44
Salmonella	29	39	202	307
Shigella	28	5	55	98

Discrepancies between state and county numbers may result from cases being reported directly to the county. Also, Tulsa County totals for Hepatitis B includes perinatal cases.

Surveillance Report

Tulsa Health Department (THD) each year analyzes Tulsa Area Syndromic Surveillance System (TASSS) data for specific seasonal illness. During the summer, individuals visiting the emergency rooms with symptoms relating to West Nile virus are closely monitored. Most people (about 4 out of 5) who are infected with WNV will not show any symptoms at all. Some persons experience mild symptoms. These symptoms include: fever, headache / body aches / fatigue, nausea or vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach or back.

With the hot and humid summer weather here, the following steps are ways to prevent West Nile virus from affecting you:

- * Stay indoors at dawn, dusk, and in the early evening.
- * Wear long-sleeved shirts and long pants when outdoors.
- * Avoid shaded areas where mosquitoes may be resting.
- * Use insect repellent containing 20-30% DEET for individuals 2 months and older. For babies under 2 months use mosquito netting over baby carrier. Using more DEET than necessary will not improve protection but may cause adverse reactions.
- * Get rid of mosquito breeding sites by emptying standing water from birdbaths, boats, buckets, tires, unused pool, pool covers, roof gutters, and other containers. Change the water in pet dishes and replace the water in birdbaths weekly. Keep children's wading pools empty and on their sides when they are not being used.
- * Make sure you have good screens on your windows and doors to keep mosquitoes out.



A *Culex quinquefasciatus* mosquito on a human finger