

## What is Campylobacter?

- It is a bacteria (germ)
- It is found in the stool (bowel movement) of an infected person, animal or pet



## What are the symptoms?

Illness usually occurs in 3-5 days after exposure, and may last up to a week.

The illness may be mild to severe. Some people may not feel sick at all, but can still infect others.

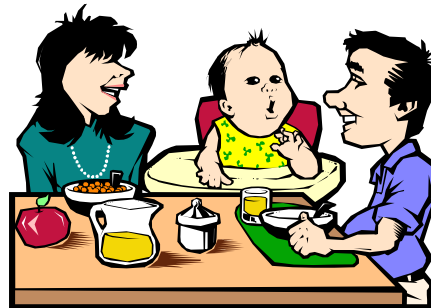
Some symptoms are:

- Diarrhea (possibly bloody)
- Stomach pain (sometimes confused with appendicitis)
- Fever
- Nausea and vomiting
- Tiredness

Treatment with antibiotics may benefit some people.

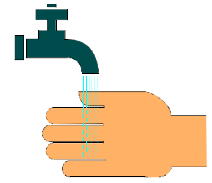
## How is Campylobacter spread?

- By not washing your hands after using the toilet or changing diapers
- Not washing your hands after handling or caring for animals
- Not washing your hands after handling raw poultry
- Not washing your hands before fixing food, eating food, or feeding others
- By drinking unpasteurized (raw) milk, untreated water or undercooked meat or chicken.



## How can you avoid getting Campylobacter?

**Wash your hands with soap and water, especially:**



- After using the toilet
- After changing a diaper
- After handling or caring for animals, especially puppies and kittens
- After handling raw meats or poultry
- Before handling food or eating

## Clean and Disinfect Contaminated Surfaces

You can use **1 TBS** (tablespoon) bleach in **1-gallon** cool or lukewarm water to disinfect:

- Bathroom fixtures after use by the sick person
- Toys and infant furniture after use by the sick child
- Pet cages and waste areas (clean away from food preparation areas)

## Prepare Food Safely!

- A person with diarrhea should **NOT** prepare food for others.
- Keep **COLD** foods **COLD (below 40°F)**.
- Keep **HOT** foods **HOT (above 160°F)**.
- Thoroughly cook **poultry, meat, and eggs** to kill Campylobacter.
- Do not drink unpasteurized milk.
- Use a cutting board for meat and poultry that is not used for other foods. Clean cutting boards and knives with hot soapy water, and rinse with a bleach solution.
- Do not drink untreated water. Avoid getting water in your mouth when swimming or playing in lakes or streams.

## What else?

- **Food handlers, health care workers and childcare providers** with diarrhea should not work.
- **Keep your child home and inform your childcare provider** if your child has diarrhea.

MCHD provides services without regard to race, religion, color, national origin, sex, age, marital status, mental or physical disability, political affiliation or sexual orientation.

**If you have questions, call:**



Marion County Health Dept  
3180 Center St NE  
Salem, OR 97301

(503) 588-5342  
(503) 588-5400 TDD

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# Prevent Campylobacter

