

## CAMPYLOBACTER ENTERITIS

### Campylobacter Enteritis

Campylobacter enteritis is a food born illness caused by Campylobacter bacteria. Symptoms may include diarrhea (sometimes bloody), abdominal pain, fever, nausea, and vomiting. Symptoms may be mild or severe and can last up to a week. Some people with infections may have no symptoms.

### How is Campylobacter Enteritis Spread?

Campylobacter bacteria are found in animals, most frequently poultry and cattle. Puppies, kittens, other pets, swine, sheep, rodents and birds may also be sources of infection. Illness occurs from ingesting food or water contaminated with the bacteria or from contact with infected pets or animals. It does not take very many bacteria to cause an infection. Most raw poultry is contaminated with *Campylobacter jejuni* bacteria.

### Incubation Period

The period of time from when a person ingests contaminated food or water to the time they develop symptoms is usually 2 to 5 days but can range from 1 to 10 days, depending on the amount of bacteria ingested.

### How can you prevent campylobacter enteritis?

- Avoid cross contamination of food by:
  - washing and sanitizing utensils and cutting boards that have been in contact with raw poultry or meat.
  - keeping raw fruits and vegetables as well as ready to eat foods separate from raw poultry and meat.
- Wash your hands after handling raw poultry or meat, before preparing or eating food, after using the toilet, and after cleaning up dog or cat feces.
- Cook poultry and meat thoroughly.
- Do not drink unpasteurized milk.
- Do not drink untreated water.

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