

# Campylobacteriosis

## Campylobacter is a reportable disease – report to 1-800-821-5821

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### Definition

Campylobacteriosis is caused by a bacterium called *Campylobacter*.

### Signs and symptoms

Symptoms of *Campylobacter* infection include: diarrhea, (sometimes bloody) stomach pains and cramps, nausea, fever, vomiting and fatigue.

### Transmission

Campylobacteriosis is primarily transmitted to a person through swallowing the bacteria from a contaminated item. Known exposures that result in illness include handling contaminated packaging, consumption of contaminated food, raw or undercooked poultry, unpasteurized (raw) milk, water that has not been disinfected, or contact with infected people or animals. A small number of organisms (less than 500) can cause illness – such as a drop of juice from raw chicken meat.

### Diagnosis

Campylobacteriosis is diagnosed by clinical symptoms and laboratory tests for the presence of *Campylobacter* species in stool samples.

### Treatment Recommendations

- If symptoms are noted, the child should be referred to their primary care provider.
- Almost all persons recover without any specific treatment.

### Role of the School Nurse

#### Prevention

- Provide education to students and staff regarding good hand washing with soap and water.
- Promote proper hand washing after handling animals, especially chickens.
- Avoid swallowing water when swimming or playing in lakes, ponds, streams, swimming pools and backyard “kiddie” pools.
- Provide education on good food safety practices, especially handling poultry.
- Avoid unpasteurized dairy and juice products.

### Exclusions

Students should be excluded from school and school activities while symptomatic with diarrhea, nausea, vomiting, fever and fatigue.

### Reporting Requirements

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### Resources:

- Maine CDC *Campylobacter* website (including fact sheet)  
<http://www.maine.gov/dhhs/boh/ddc/epi/disease/campylobacter.shtml>
- DOE Child Nutrition Services <http://www.maine.gov/education/sfs/index.html>
- Federal CDC *Campylobacter* website  
<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/campylobacter/>
- USDA food safety website [http://www.fsis.usda.gov/food\\_safety\\_education/index.asp](http://www.fsis.usda.gov/food_safety_education/index.asp)
- FDA food safety website <http://www.fda.gov/Food/FoodSafety/default.htm>
- Federal CDC raw milk website <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>