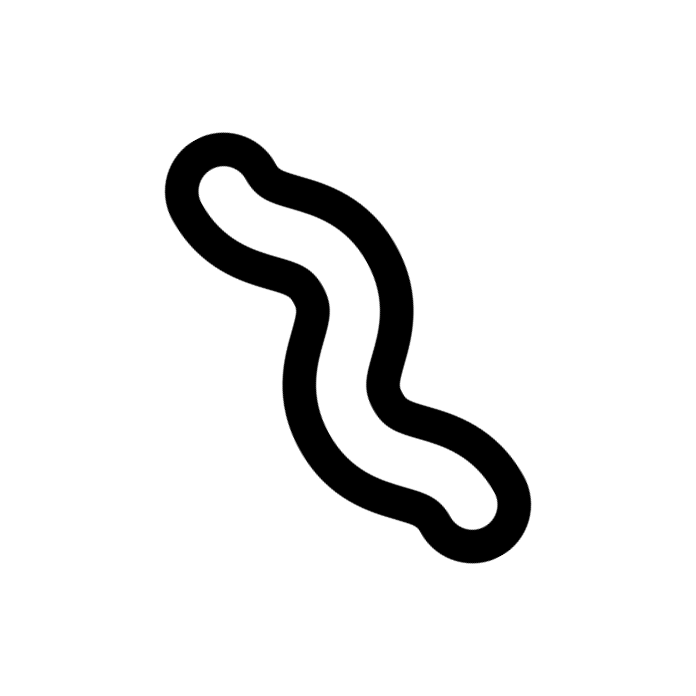
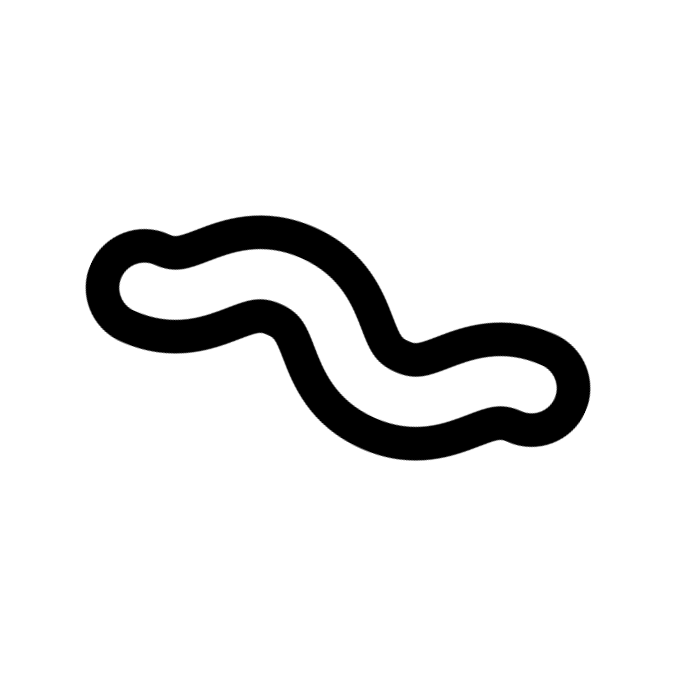
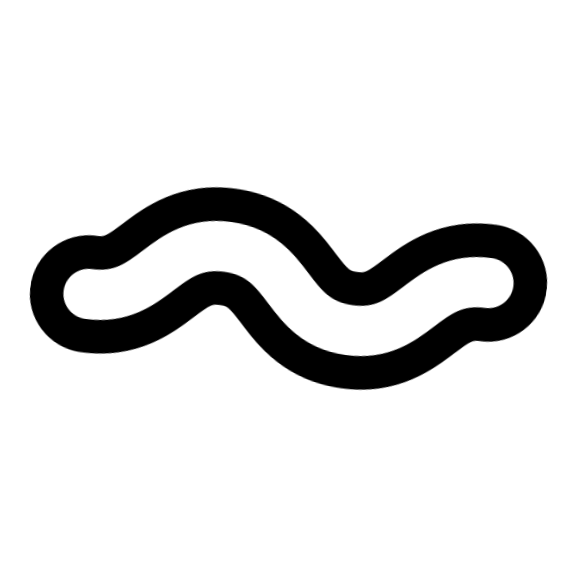
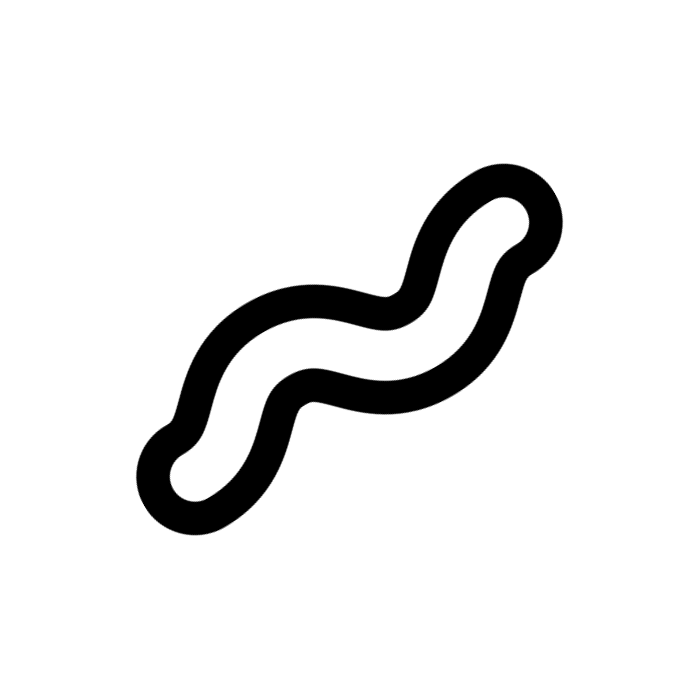
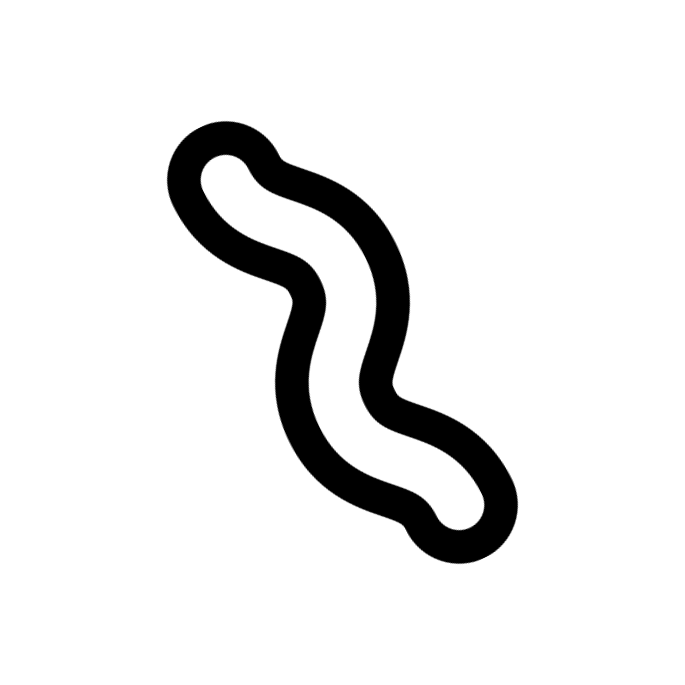
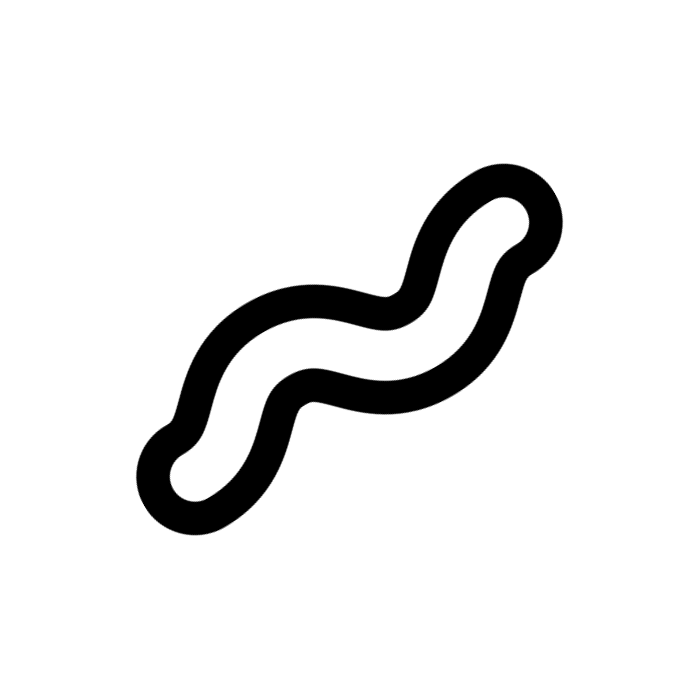
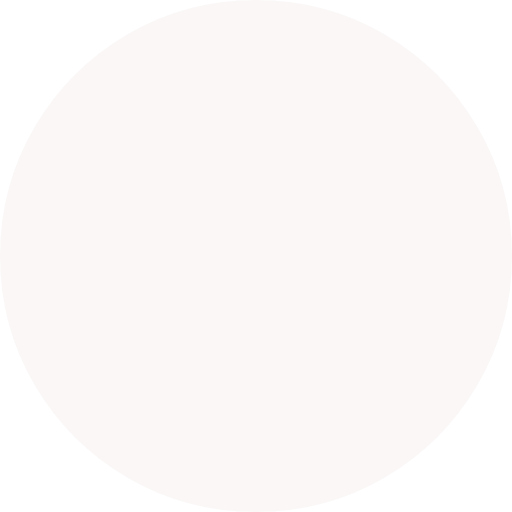
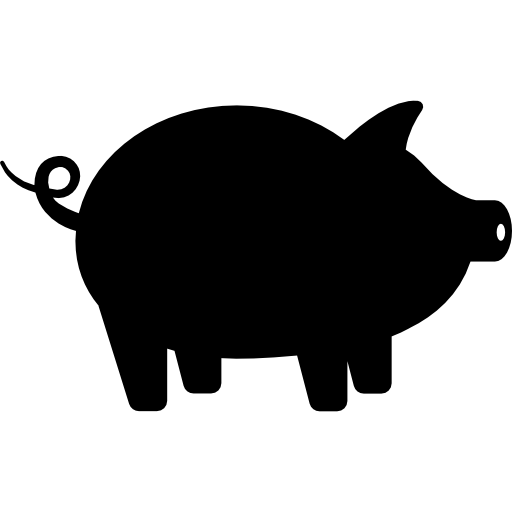
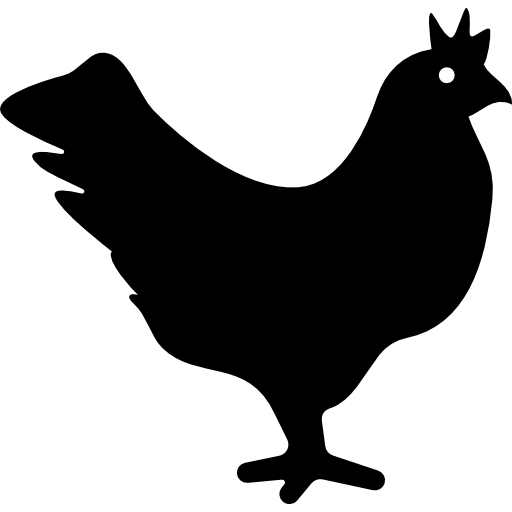
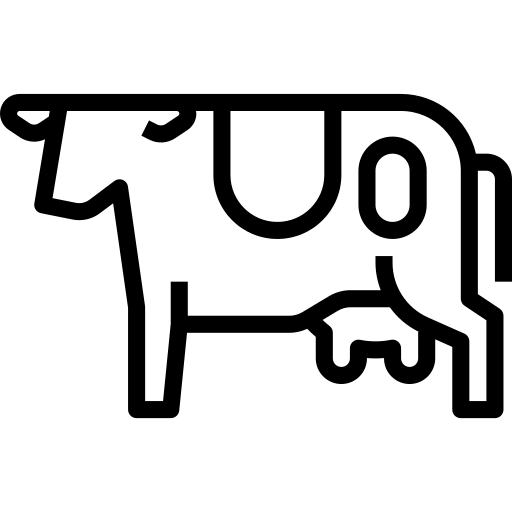
**Campylobacteriosis**

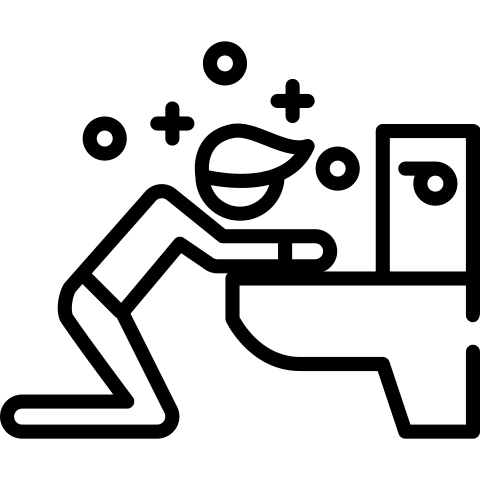
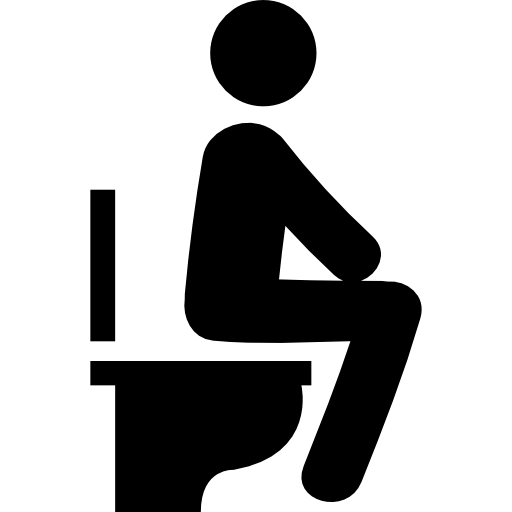
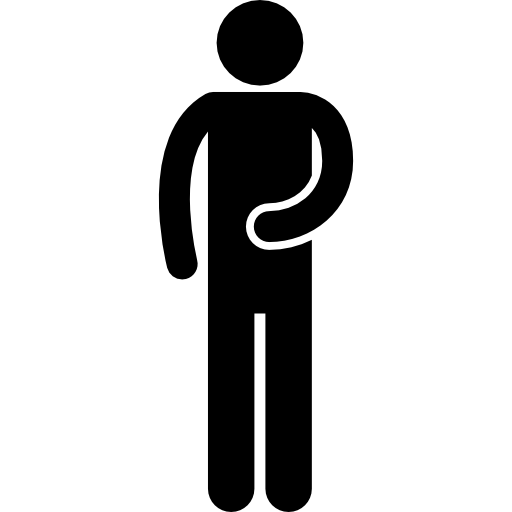
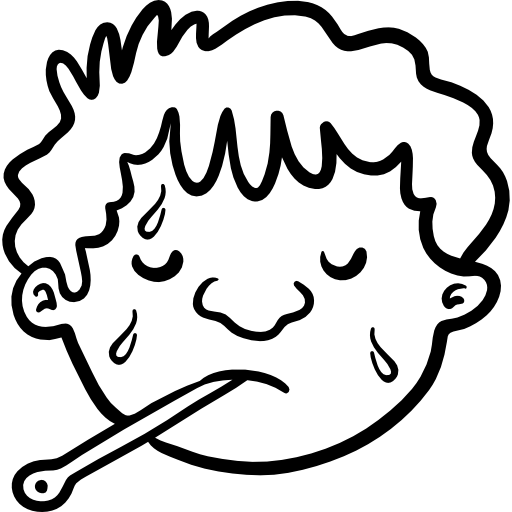
Fact Sheet



Campylobacteriosis is a diarrheal disease in humans caused by *Campylobacter* bacteria.

Many pigs, cows, chickens, and other birds and animals that show no signs of illness carry *Campylobacter*.

# Common Signs and Symptoms



Diarrhea

Nausea and Vomiting

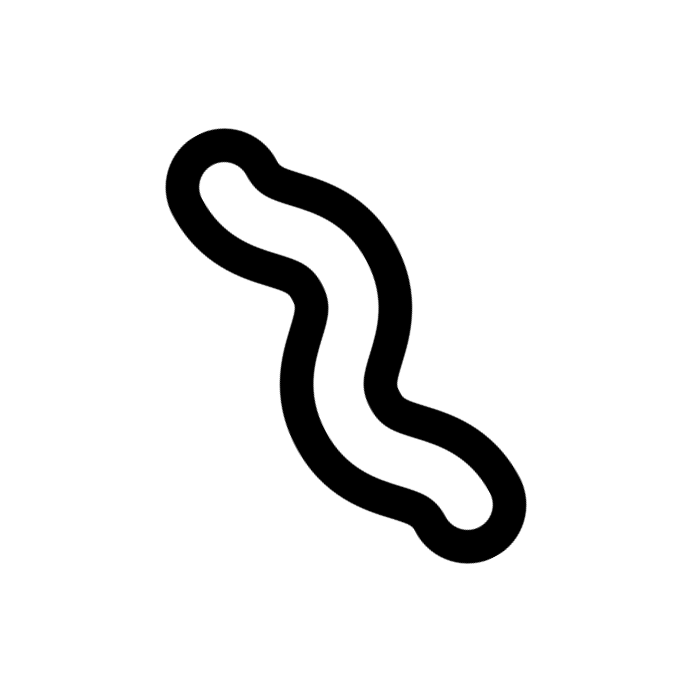
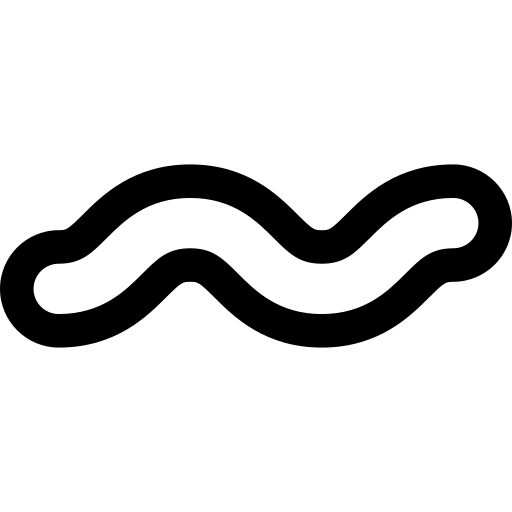
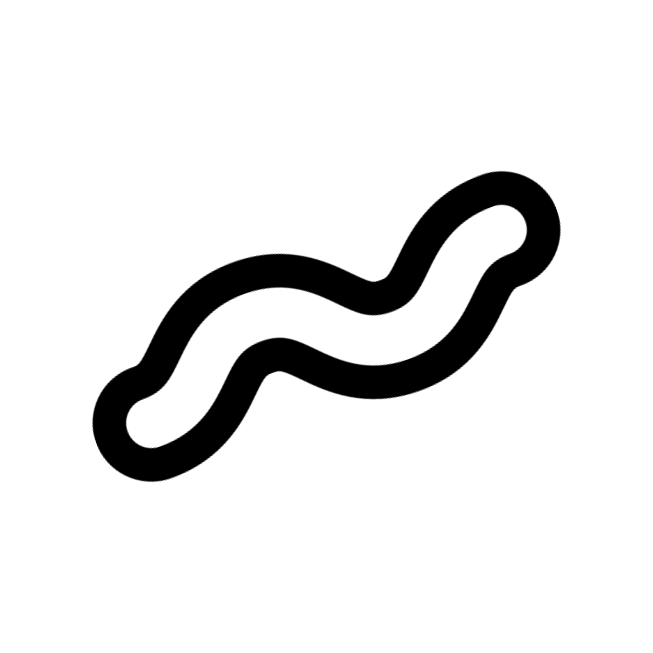
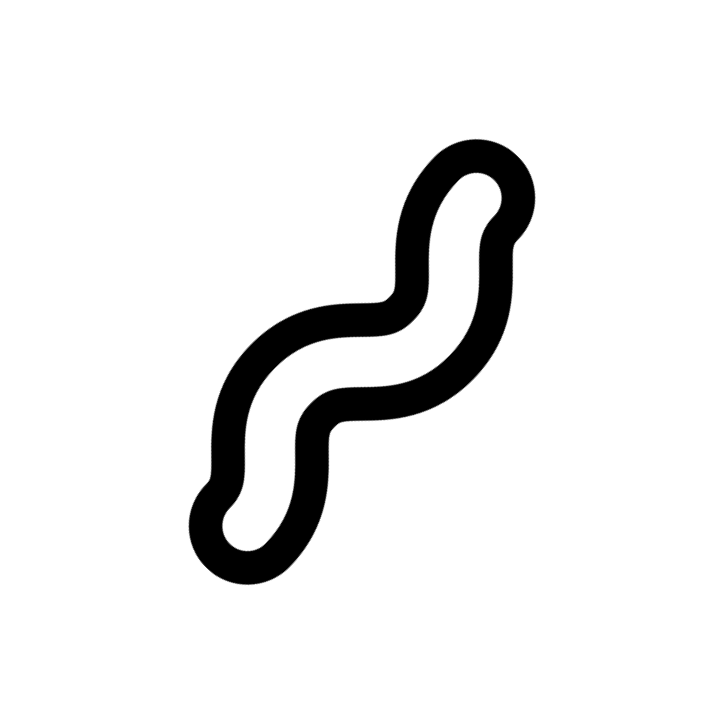
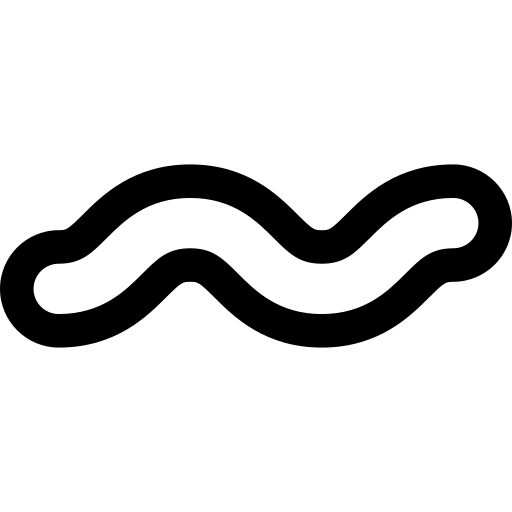
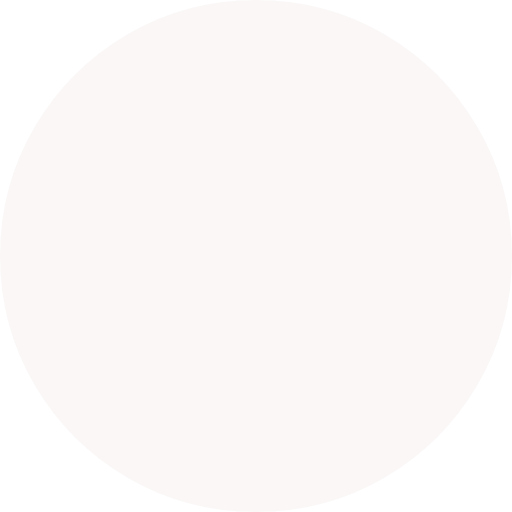
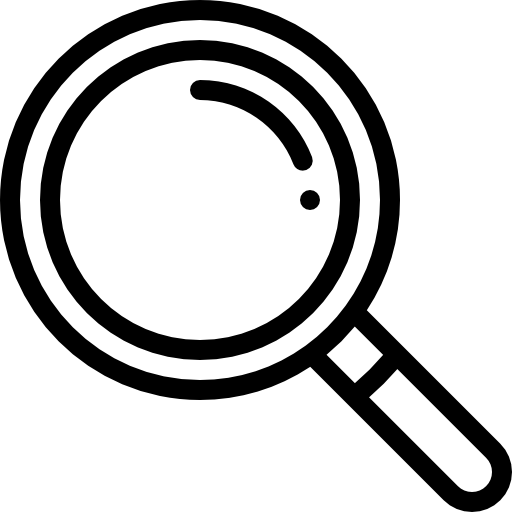
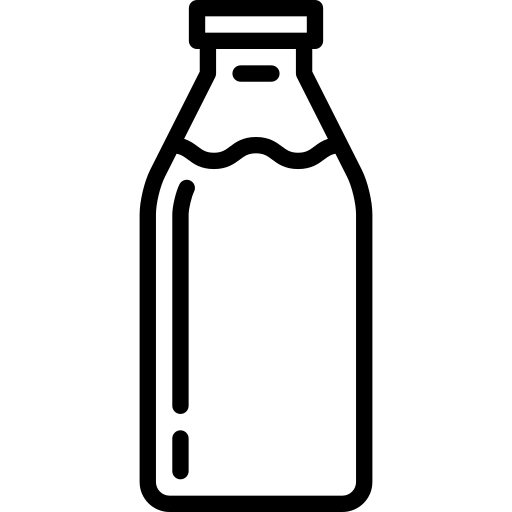
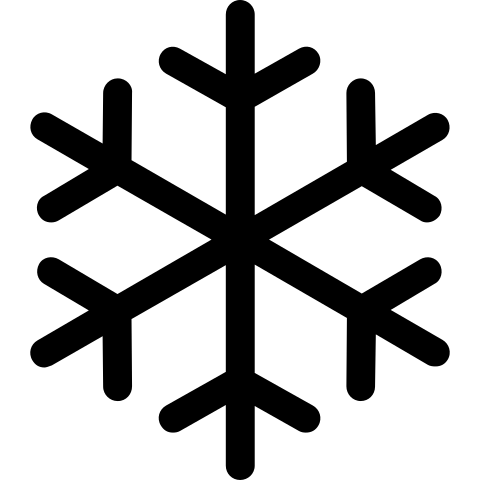
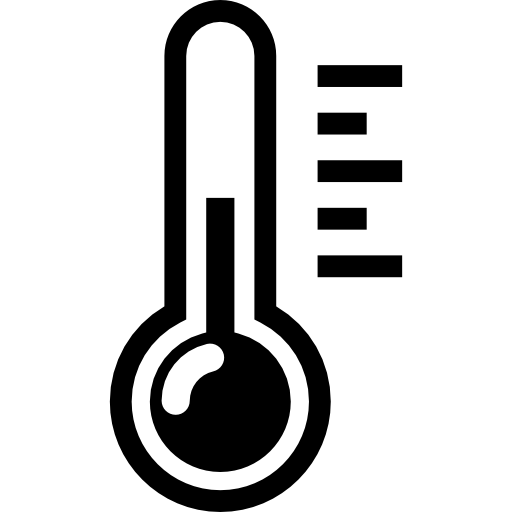
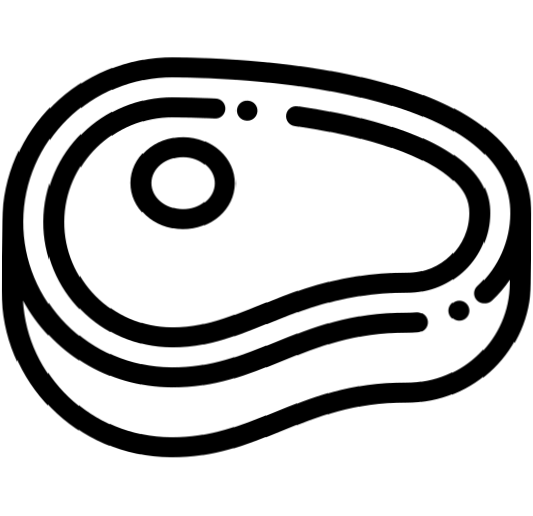
Stomach Pain

Fever

The most common symptom is diarrhea, which may have blood in it. Feeling tired is another common symptom. Signs and symptoms usually start two to five days after exposure and last about a week. Some infected people do not have any symptoms.

**Spread of *Campylobacter***

People can get sick with *Campylobacter* through:

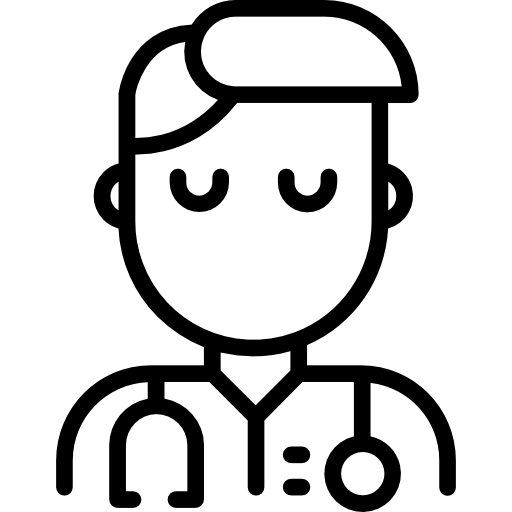


Eating Undercooked Food

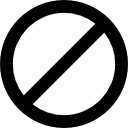
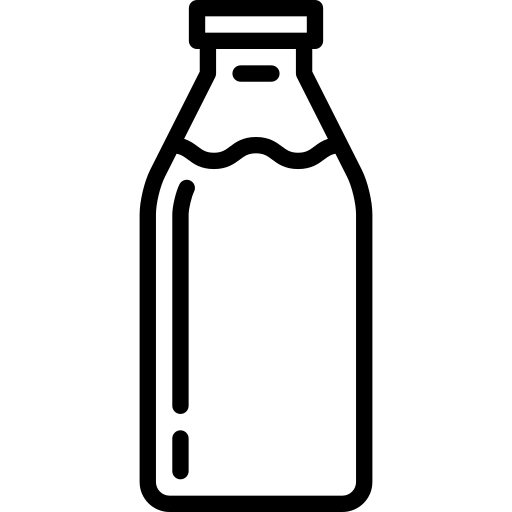
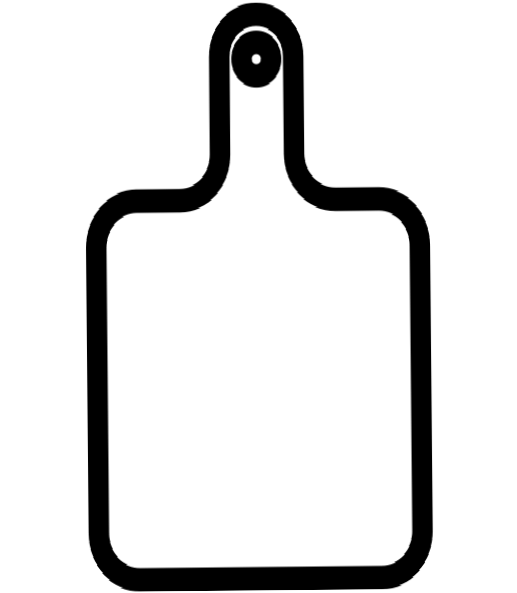
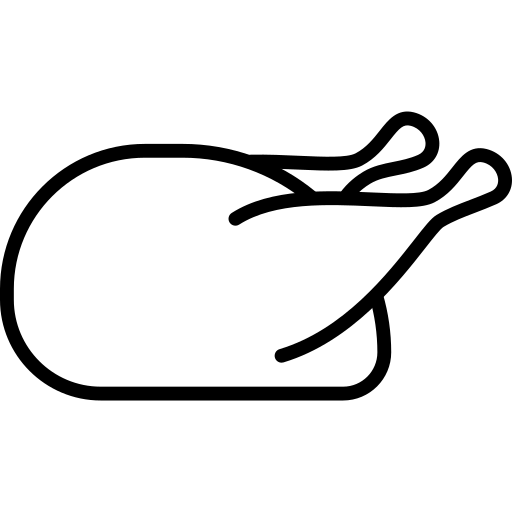
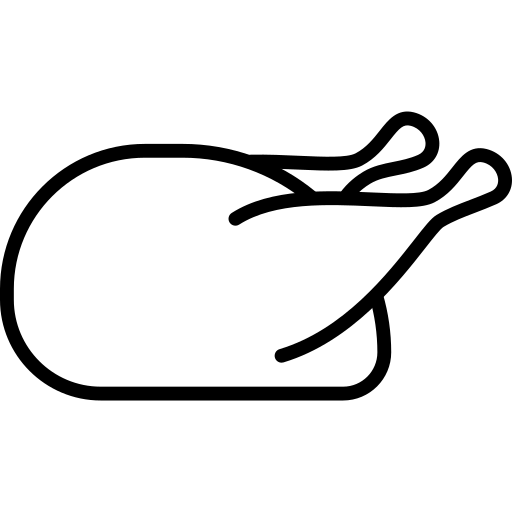
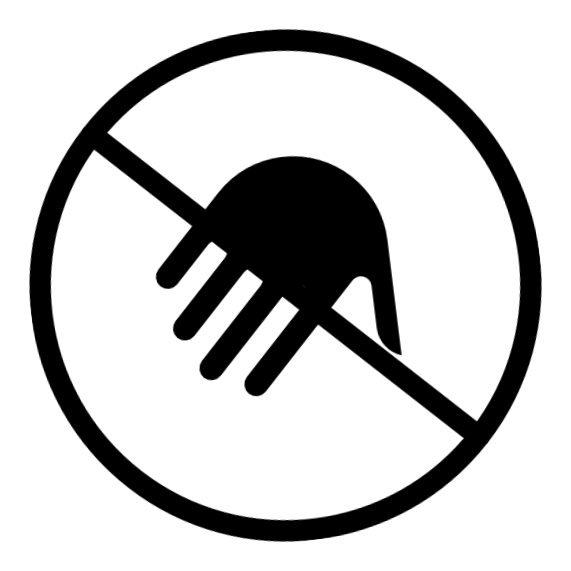
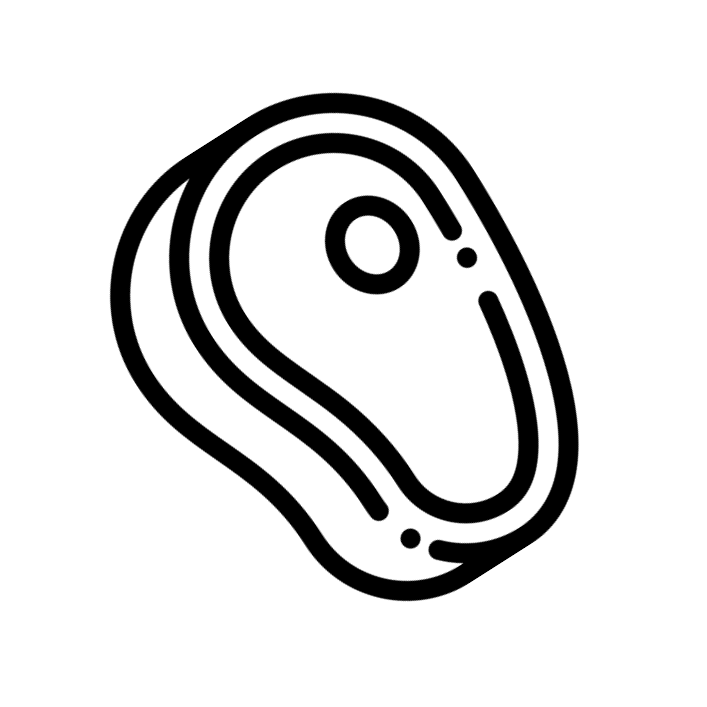
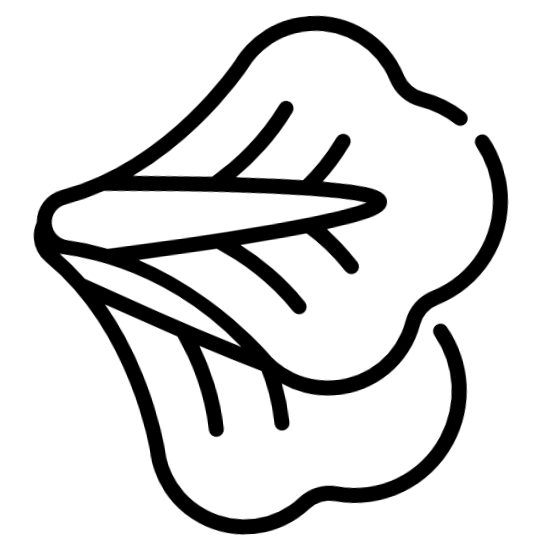
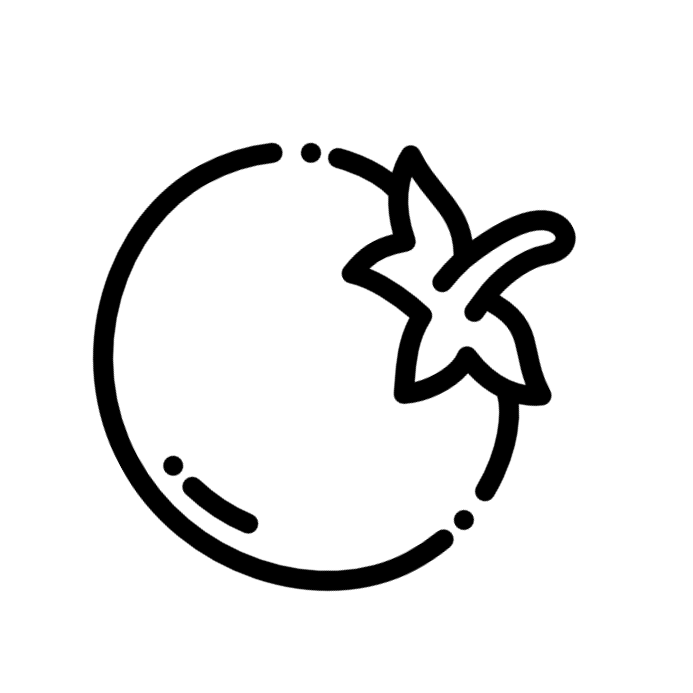
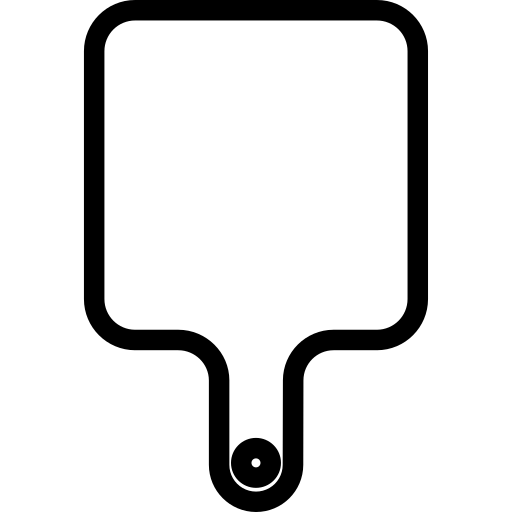
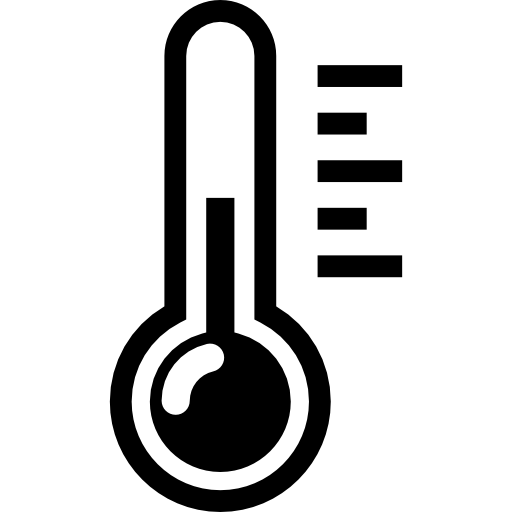
Drinking Contaminated Water or Raw Milk

Contact with the Stool of Infected Animals

*Campylobacter* can also spread between people through poor hand hygiene.

Talk to your doctor if you think you have *Campylobacter*. Your doctor may ask for a stool sample to send to a laboratory. Most people do not need treatment. Few people with *Campylobacter* get very sick and may need antibiotics.

**Prevent *Campylobacter***



**RAW MILK**

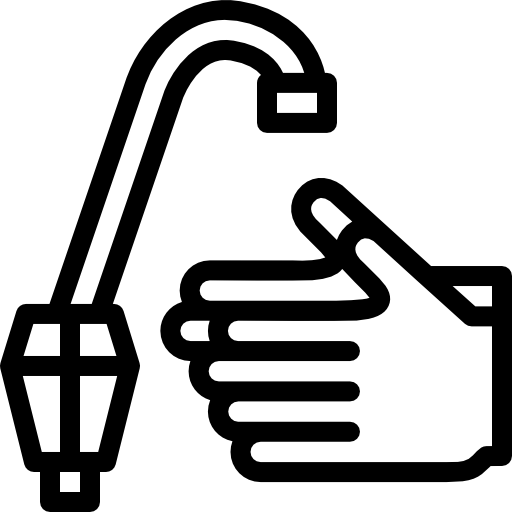
Do not let infants and children touch raw poultry products or packaging

Use separate cutting boards for raw and cooked meat and vegetables, fruit, or cheese

Do not eat or drink unpasteurized dairy products, including raw milk

Cook poultry thoroughly

Always wash your hands with soap and water:



Before eating, preparing food, and after preparing food After using the toilet or changing diapers

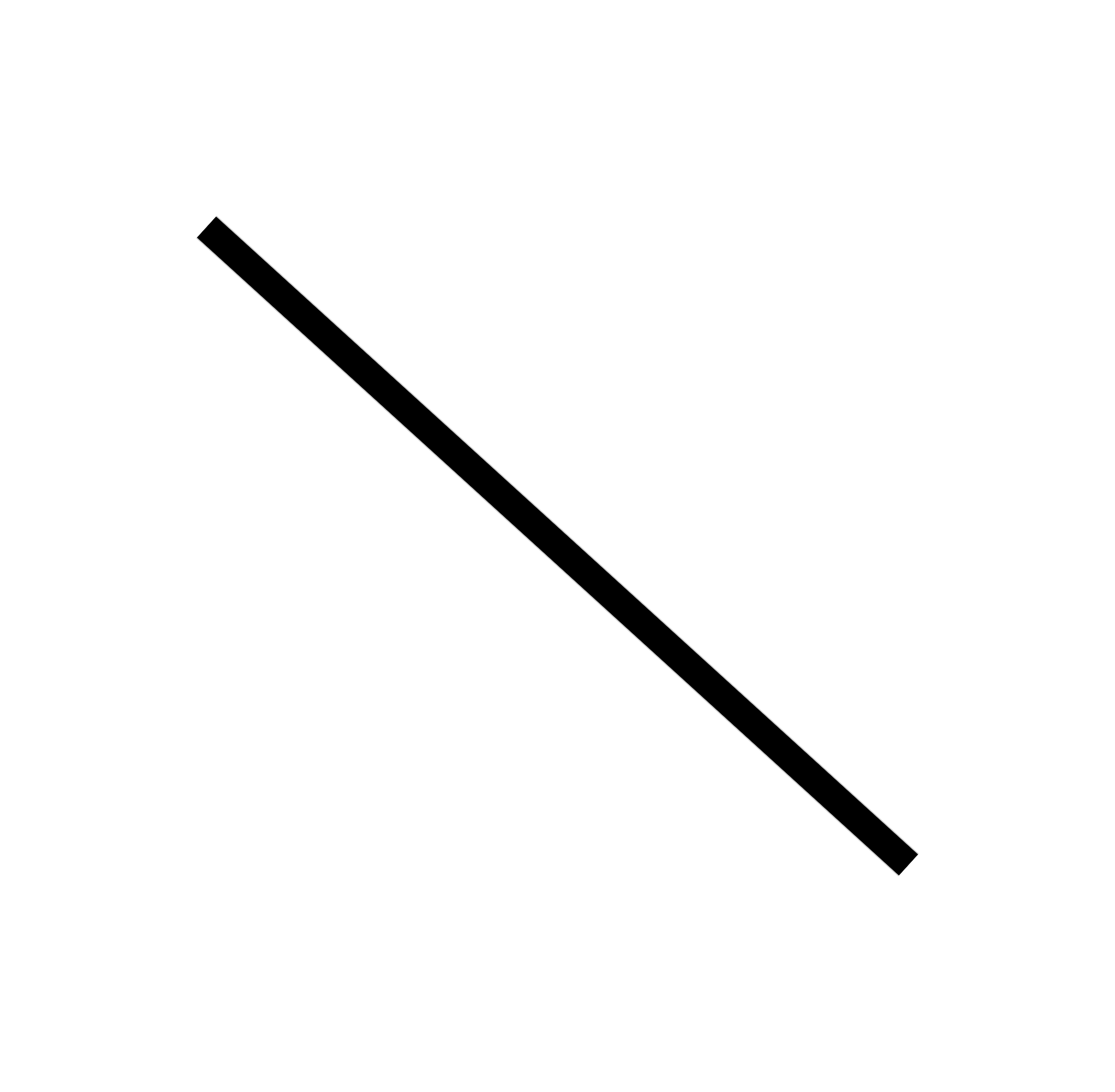
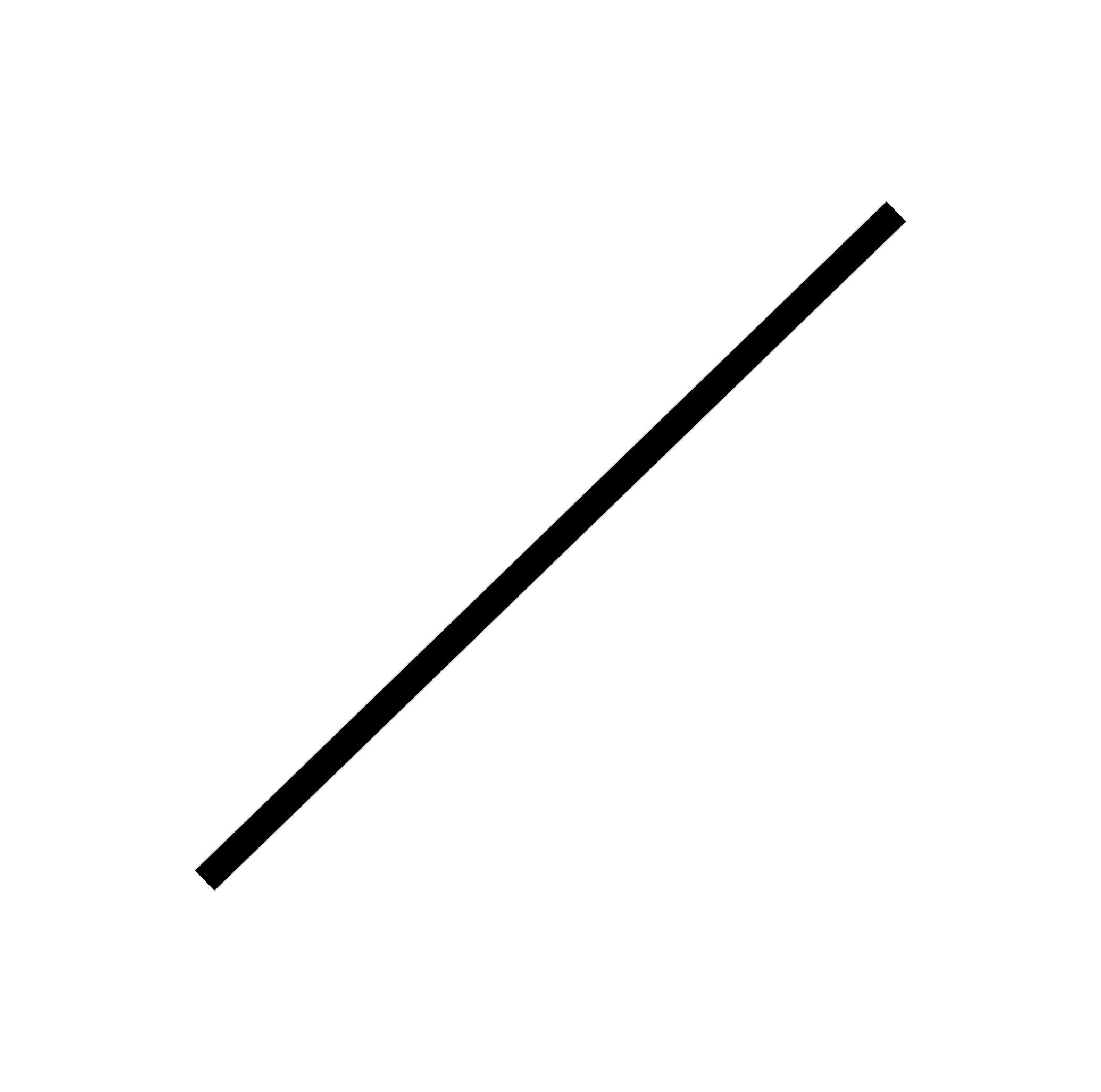
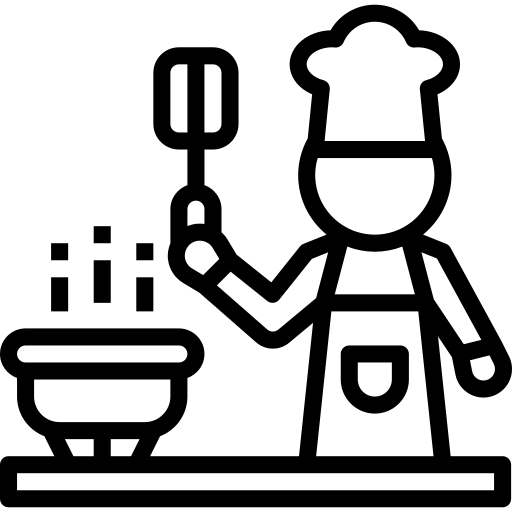
After touching animals, especially chickens

If you are taking care of someone with *Campylobacter* after cleaning the bathroom, helping with toileting, changing diapers, or touching soiled clothing or linens

Additional prevention methods include:

Use only clean utensils, dishes, and cutting boards when cooking or preparing food Avoid drinking untreated water when hiking or camping

Avoid swallowing water when swimming or boating

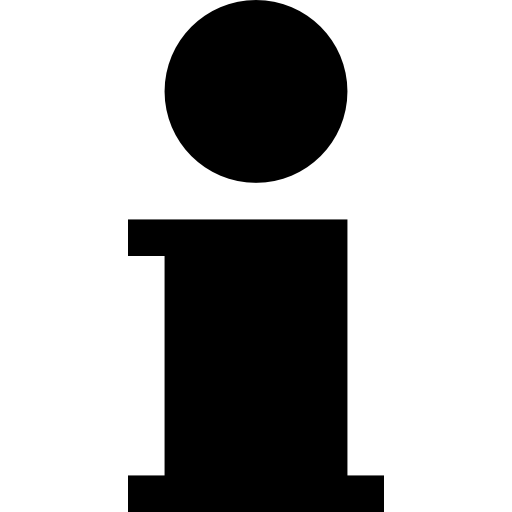


Until 24 hours after diarrhea stops, people with *Campylobacter* should not: Work as food handlers or cooks

Provide direct patient care Attend daycare or school

# For More Information, Visit:

1. [www.maine.gov/dhhs/campylobacter](http://www.maine.gov/dhhs/campylobacter)



1. [www.cdc.gov/campylobacter](http://www.cdc.gov/campylobacter)

You can also call Maine CDC at 1-800-821-5821.

Updated February 2019 Icons from [www.flaticon.com](http://www.flaticon.com/)