



CAMPYLOBACTERIOSIS FACT SHEET

What is campylobacteriosis?

Campylobacteriosis is a bacterial infection that causes diarrhea and vomiting. According to the U.S. Department of Agriculture Food Safety and Inspection Service, campylobacteriosis is the second most reported cause of diarrhea.

How can you get the infection?

You can become infected by eating raw or undercooked meat, eating food or drinking water with the bacteria in it and, sometimes, by contact with infected people or animals. Most frequently, poultry and cattle are the main source of infection however it can also spread through contact with puppies, kittens, swine, sheep, rodents and birds.

How can your pet get the infection?

Your pet can become infected by eating raw or undercooked poultry, eating or drinking untreated water, chewing on infected objects or by contact with infected animals.

What are the symptoms in people?

People begin showing symptoms 1 – 10 days after exposure (usually in 2 – 5 days). The most common symptom is diarrhea, frequently with bloody stools. People may experience nausea, abdominal pain, and fever. Persons with weakened immune systems are at a higher risk for complications. If you think you may be infected, contact your healthcare provider.

What are the symptoms in animals?

Animals begin showing symptoms within 2 to 5 days. Symptoms can include diarrhea, vomiting and fever. Symptoms are more severe in young animals. Animals do not have to be sick to pass the infection to people. If your pet has diarrhea, talk to your veterinarian.

What is the treatment?

Most people will recover on their own without treatment. Sometimes an antibiotic is prescribed in severe cases of illness. Ill individuals should drink lots of fluids while they have diarrhea to prevent dehydration.

How do you prevent infection?

You can help prevent infection by following these simple practices:

- Do not eat raw or undercooked meat.
- Do not drink raw milk or untreated water.

- Wear gloves when handling a sick animal.
- Wash countertops and cooking utensils with soap after contact with raw or undercooked poultry.
- Always use separate cutting boards for meats and other foods.
- Always wash hands thoroughly with warm water and soap for at least 20 seconds:
 - Before, during, and after you prepare food.
 - Before you eat.
 - After any contact with animals and feces.
 - Whenever your hands are dirty.

For more information, visit: www.hcphtx.org or www.cdc.gov.

Source of information

Centers for Disease Control & Prevention (CDC)

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