



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Campylobacteriosis

What is campylobacteriosis?

Campylobacteriosis (camp-ee-low-BACK-ter-e-OH-sis) is an illness caused by a germ that lives inside many animals.

What are the symptoms of campylobacteriosis?

Symptoms appear after 2-5 days, with a range of 1-10 days, and last about one week. Symptoms include:

- Diarrhea, *which may have blood*
- Stomach cramps
- Fever
- Upset stomach
- Vomiting

How is campylobacteriosis spread?

There are many ways a person can become ill:

- Undercooked poultry, such as chicken or turkey
- Raw (unpasteurized) dairy products, such as cheese and milk
- Unclean (untreated) water, usually from lakes or streams
- Direct contact with feces from animals, such as:
 - Animal cages or cat litter boxes
 - Pets with diarrhea, especially puppies and kittens
 - Livestock or petting zoos
- Contact with a sick person's feces (person-to-person)

Who is at risk for getting campylobacteriosis?

Anyone can become ill, but young children, senior adults, pregnant women, and immune suppressed individuals (such as patients on cancer drugs and with organ transplants) are at high risk for illness.

How do I know if I have campylobacteriosis?

A person having bloody diarrhea or diarrhea lasting more than 24 hours should consult a health care provider. The health care provider may collect a stool sample to test.

How is campylobacteriosis treated?

Most people recover without treatment. Drugs may be used to treat severe cases. Persons with diarrhea should drink plenty of liquids.

How is campylobacteriosis prevented?

- Wash hands with soap and water after using the restroom, after assisting someone with diarrhea and/or vomiting, after contact with animals and reptiles, after swimming, as well as before, during, and after food preparation.
- Clean food preparation work surfaces, equipment, and utensils with soap and water before, during, and after food preparation.
- Separate raw and cooked foods.
- Maintain safe food temperatures.
- Do not eat undercooked meat, poultry, eggs, unpasteurized dairy products, and unwashed produce.
- Use treated water for washing, cooking, and drinking.
- Wash hands after contact with livestock, petting zoos, pets (including reptiles and amphibians) and after contact with pet food/treats.
- Do not clean pet or reptile cages in the kitchen sink or in the bathtub.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/foodsafety/diseases/campylobacter/index.html>

Food and Drug Administration, Food Facts for Consumers:
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm>

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