

Campylobacteriosis



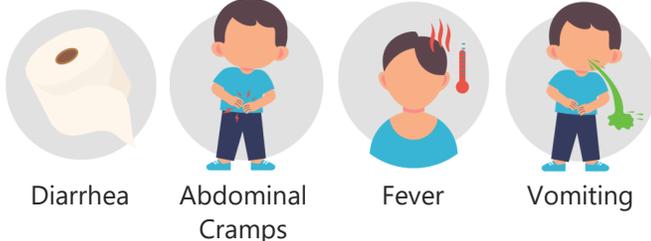
Infectious Disease
Epidemiology &
Prevention Division

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What is campylobacteriosis?

Campylobacteriosis (Camp-E-low-bact-ear-E-O-sis) is an infection caused by the bacteria *Campylobacter*. These bacteria live in the intestines of a variety of animals who may not be sick themselves. Eating raw or undercooked poultry is one of the most common ways to become sick with *Campylobacter*. This bacterium causes the most bacterial diarrheal illnesses in the United States and in the state of Indiana.

What are the symptoms?



Diarrhea

Abdominal
Cramps

Fever

Vomiting

Who is most at risk?

Young children, senior adults, pregnant individuals, and immune suppressed individuals are at higher risk of becoming sick.

How does it spread?

It takes very few *Campylobacter* bacteria to make someone sick. The following are typical ways campylobacteriosis can spread and cause infection:



International travel



Raw (unpasteurized) milk



Untreated water



Raw or undercooked poultry



Contact with farm animals
(cows, chickens, etc.)

How long do symptoms last?

- Symptoms usually begin within two to five days after exposure to the bacteria
- Symptoms usually last one week with most people getting better within seven days

How do I know if I have campylobacteriosis?

A person having nausea and vomiting or diarrhea lasting more than 24 hours should consult a health care provider. A laboratory test is needed to detect *Campylobacter* bacteria in an individual's stool, body tissue, or fluids.

How is campylobacteriosis treated?

Most people get better without treatment. Patients should drink extra fluid to avoid complications, such as dehydration.

How can it be prevented?

CLEAN



Wash your hands thoroughly with soap and water after using the restroom, before and after preparing food, and after caring for animals.

PREPARE



Keep your food preparation areas clean and avoid preparing fresh produce near raw or undercooked meat.

CONSUME



Consume only pasteurized dairy products and avoid eating undercooked meat, poultry, eggs and unwashed produce. Avoid swallowing water while swimming or drinking untreated water.

For more information, visit the
Indiana Department of Health
[campylobacteriosis webpage.](#)

