

Loss Control



FARMERS

Information Bulletin

Campylobacteriosis

Campylobacteriosis is an infectious disease caused by *Campylobacter* bacteria. *Campylobacter jejuni*, *C. fetus*, and *C. coli* are the types that usually cause campylobacteriosis in people. *C. jejuni* causes most cases of the illness.

According to CDC, *C. jejuni* is the leading cause of bacterial diarrheal illness in the United States, affecting an estimated 2.4 million people every year. The bacteria cause between 5 and 14 percent of all diarrheal illness worldwide. *C. jejuni* primarily affects children under 5 years old and young adults (15-29 years old). Health care providers report more than 10,000 cases to CDC yearly. In the United States, few people die from *Campylobacter* infection.

How is *Campylobacter* transmitted?

Humans can get infected from handling raw poultry, eating undercooked poultry, drinking nonchlorinated water or raw milk, or handling infected animal or human feces. Most frequently, poultry and cattle waste are the sources of the bacteria, but feces from puppies, kittens, and birds also may be contaminated.

What are the symptoms of campylobacteriosis?

- Diarrhea (often bloody)
- Abdominal cramping and pain
- Nausea and vomiting
- Fever
- Tiredness

Some infected people have no symptoms. *Campylobac-*

teriosis usually lasts for 2 to 5 days, but in some cases as long as 10 days. Rarely, some people have convulsions with fever or meningitis.

How is it diagnosed?

A health care provider can use laboratory tests to identify *Campylobacter* in the stool of an infected person.

How is it treated?

Most people infected with *Campylobacter* will get better with no special treatment. If a person needs treatment, a health care provider can prescribe an antibiotic such as ciprofloxacin or azithromycin. Erythromycin helps treat diarrhea caused by *Campylobacter*. Those with diarrhea should drink plenty of water.

Ways to prevent campylobacteriosis.

- Wash hands before preparing food
- Wash hands immediately after handling raw poultry or other meat
- Wash all food preparation surfaces and utensils that have come in contact with raw meat thoroughly with soap and hot water
- Cook poultry products to an internal temperature of 170 degrees Fahrenheit for breast meat and 180 degrees Fahrenheit for thigh meat
- Drink pasteurized milk and chlorinated or boiled water.
- Wash hands after handling pet feces