



# South Central Public Health District

Prevent. Promote. Protect.

Twin Falls 737-5900 \* Burley 678-8221 \* Gooding 934-4477 \* Bellevue 788-4335 \* Jerome 324-8838 \* Rupert 436-7185

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## CAMPYLOBACTER

### What is campylobacter?

Campylobacter is a bacteria which causes an infection of the intestines.

### What are the symptoms?

Symptoms consist of diarrhea (which may contain blood or pus), abdominal pain, fever, nausea, and vomiting.

### How is it spread?

- Eating contaminated food especially improperly cooked poultry or meat. Cutting boards or knives that have been in contact with raw poultry or meat may contaminate food.
- Drinking unpasteurized milk or contaminated water.
- Contact with infected pets (especially puppies or kittens) or other animals (especially cattle and poultry).
- Direct contact with feces from infected people.

### How long after being infected does a person become sick?

1-10 days, usually 3-5 days.

### When can someone with campylobacter spread it to others?

- As long as 2-7 weeks after getting sick, if not treated with antibiotics.
- People usually stop being contagious 2-3 days after beginning to take an appropriate antibiotic.

### Who is susceptible?

Everyone, all ages.

### How can the spread of campylobacter be prevented?

- Thorough handwashing with soap and warm water:
  - \*after using the toilet
  - \*after changing dirty diapers
  - \*after contact with animals
  - \*after handling raw poultry and meat
- Thoroughly cooking all food, especially poultry.
- Washing cutting boards and utensils with soap and hot water after contact with raw poultry and meat.
- Drinking only pasteurized milk.

### When can a person with campylobacter return to work or child care?

- WORK -- People with campylobacter who provide care to children in child care settings, provide care to persons in health care facilities or residential care facilities, or work as a food handler may not return to work until authorized by the health district.
- CHILD CARE -- Children with campylobacter should not attend child care until authorized by the health district.

### What is the treatment?

- Fluid replacement (drink plenty of fluids)
- Doctors may prescribe an antibiotic