



What is campylobacteriosis?

- An infection of the intestine caused by the bacteria *Campylobacter*.
- The bacteria is found in poultry, cattle, pigs, sheep, cats, dogs and rodents.
- It is a common cause of “travellers’ diarrhea.”

How does a person get campylobacteriosis?

- A person can become infected by:
 - eating contaminated food
 - drinking contaminated water or unpasteurized milk
 - contact with infected pets, farm animals or infected infants.

What are the signs and symptoms?

- Symptoms occur 1 to 10 days after becoming infected.
- Diarrhea, stomach pain, nausea, vomiting and fever are common.
- Symptoms usually last a few days.

How is campylobacteriosis treated?

- Most people do not need antibiotic treatment.
- Drink plenty of fluids to replace water lost through diarrhea.

How is campylobacteriosis prevented?

- Always wash hands thoroughly:
 - after using the toilet
 - after diapering a child
 - after handling pets and other animals
 - before preparing or handling food
 - before eating.
- Use a clean surface and utensils to prepare salads, sandwiches and other foods that do not require cooking.
- Thoroughly cook all foods from animal sources especially chicken, turkey and eggs.
- Thoroughly wash cutting boards, counters and utensils with hot, soapy water if they have been in contact with raw meat.
- Do not attend daycare, school or place of work if symptoms are present.

Quick Facts

- intestinal infection
- found in domestic animals
- cook meat and eggs thoroughly
- drink pasteurized milk

For more information contact your doctor or
Population and Public Health at **306-655-4612**
