

# Campylobacter Fact Sheet



Campylobacteriosis is an illness caused by bacteria called campylobacter. People can get sick with campylobacter by eating food or drinking liquids that have been contaminated. It's one of the most common foodborne diseases in Vermont.

## Symptoms

Symptoms usually begin two to five days after contact with the bacteria.

- Nausea
- Stomach cramps
- Fever
- Diarrhea

## Causes

- People can get sick with campylobacter by eating or drinking contaminated food or liquids, or by having contact with infected animals or people.
- Sometimes, campylobacter can cause outbreaks, where many people get sick at the same time. In Vermont, outbreaks have been associated with drinking unpasteurized (raw) milk, eating undercooked chicken livers, or having contact with an infected animal.

## Prevention

- Wash your hands thoroughly and frequently with soap and water.
- Keep raw poultry away from other foods. Use separate cutting boards and clean them properly.
- Cook food to the right temperature.
- Do not drink untreated water or unpasteurized milk.

## What to do if you get sick with campylobacter

- **Call your health care provider** for testing and treatment. People with campylobacter usually recover on their own within a week, but sometimes people need antibiotic treatment.
- **Stay home from school or work** to prevent it from spreading to others. This is especially important for food handlers, day care providers, or health care workers.
- **Drink extra fluids** as long as diarrhea lasts, to prevent dehydration. People with severe dehydration may need to be hospitalized to receive fluids.
- **Return to work or school** when symptoms have been gone for at least 24 hours.

**Learn more at [www.healthvermont.gov/disease-control/food-water](http://www.healthvermont.gov/disease-control/food-water)**