



## CAMPYLOBACTERIOSIS

### What is Campylobacteriosis?

- An infectious disease caused by *Campylobacter* bacteria.
- One of the most common bacterial causes of diarrheal illness in the United States.

### What are the symptoms of *Campylobacter* infection?

- Diarrhea (often bloody)
- Fever
- Stomach cramps
- Nausea and Vomiting

**Symptoms usually start 2 to 5 days after infection  
and last about 1 week**

### How does it spread?

- *Campylobacter* lives in the intestines of birds (specifically poultry) and is commonly found in healthy wild and domestic animals.
- It can be found in water, food, soil, or surfaces that have been contaminated with the feces of infected humans or animals.
- Most cases are related to the handling of raw or under cooked poultry. People can get infected when a cutting board that has been used to cut and prepare raw chicken isn't washed before it is used to prepare foods that are served raw or lightly cooked, such as salad or fruit.
- People also can get infected through contact with the feces of a dog or cat.

### How is it diagnosed and treated?

- *Campylobacter* infection is diagnosed when a laboratory test detects *Campylobacter* bacteria in stool, body tissue or fluids.
- Most people with *Campylobacter* infection recover without specific treatment. Patients should drink extra fluids as long as the diarrhea lasts. Antibiotics are needed only for patients who are very ill or at high risk for severe disease, such as people with severely weakened immune systems.

### How can it be prevented?

- Wash your hands thoroughly 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. All poultry and foods containing poultry, such as sausages and casseroles, should be cooked to reach a minimum internal temperature of 165°F.
- Drink pasteurized milk.
- Do not drink untreated water.

**For more information, please visit <https://www.cdc.gov/campylobacter/>**