

## CAMPYLOBACTERIOSIS

Campylobacteriosis is an infection of the intestines that usually lasts from 2 to 5 days, although adults can sometimes be ill longer. Spread does not usually occur in child care settings if good handwashing procedures are being used.

**CAUSE:** *Campylobacter* bacteria

**SYMPTOMS:** Diarrhea, abdominal pain, fever, nausea, and vomiting. The diarrhea may contain blood and mucus. Infected persons may show mild symptoms or may have no symptoms at all.

**SPREAD:** People most often get *Campylobacter* by eating contaminated food or drinking contaminated water or unpasteurized milk. *Campylobacter* bacteria are often found in raw meat or poultry. Spread can also occur through contact with infected pets, usually puppies or kittens, or from handling wild animals. *Campylobacter* can also be spread when bacteria leave the body through the stool of an infected person and enter another when hands, food, or objects (such as toys), contaminated with stool, are placed in the mouth.

**INCUBATION:** It takes 1 to 10 days, usually 2 to 5 days, from the time a person is exposed until symptoms develop.

**CONTAGIOUS PERIOD:** As long as *Campylobacter* is present in the stool, may be several days to several weeks. Early treatment shortens the duration of illness and prevents relapse.



Until diarrhea has stopped. Children who show *Campylobacter* in their stools, but who do not have symptoms, do not need to be excluded.



**REPORTABLE!**

**Provider:** This disease is reportable to the health department. In Douglas County, call 444-7214. Outside Douglas County call your local or state health department.

**Parents/guardians:** inform your child care provider if your child has this illness.



**Prevention Control**

1. Thoroughly cook all foods that come from animals, especially poultry. Be sure that uncooked foods, such as fruits or vegetables, do not come into contact with cutting boards or knives that have been used with raw meat or poultry. Do not drink unpasteurized milk.
2. Wash hands thoroughly with soap and running water for at least 20 seconds after using the toilet, changing diapers, and before preparing or eating food. Thorough handwashing is the best way to prevent spread of infectious diseases found in the intestinal tract. Parent/guardians and child care staff should closely monitor handwashing of all children after bathroom use or diapering. If hand sanitizers are used, they may be used only after thorough handwashing.
3. Clean and disinfect or sanitize contaminated areas (diapering area, toilets, potty-chairs) and toys at least daily and when soiled.



**1. Bleach Disinfectant**

- 1/4 cup bleach in a gallon of water
- 1 tablespoon bleach in a quart of water

PREPARE FRESH SOLUTION DAILY.

OR

**2. Commercial disinfectant that is EPA approved**

FOLLOW MANUFACTURER'S DIRECTIONS.



**1. Bleach Sanitizer (Use non-scented)**

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

PREPARE FRESH SOLUTION DAILY.

OR

**2. Commercial or food grade sanitizer that is EPA approved**

FOLLOW MANUFACTURER'S DIRECTIONS.

4. **Diagnosis and Treatment:** Discuss this fact sheet with your physician if you or your child has symptoms of campylobacteriosis. There is a lab test to detect *Campylobacter* in the stool. If *Campylobacter* are found, treatment is available. Your doctor will decide if treatment is needed.



For more information, you or your physician may call the Douglas County Health Department at 444-7214, or your local health department.