

## FACT SHEET

# CAMPYLOBACTER

*Campylobacter is one of the most common causes of food poisoning in the United States. The vast majority of cases occur as isolated events, not as part of recognized outbreaks.*

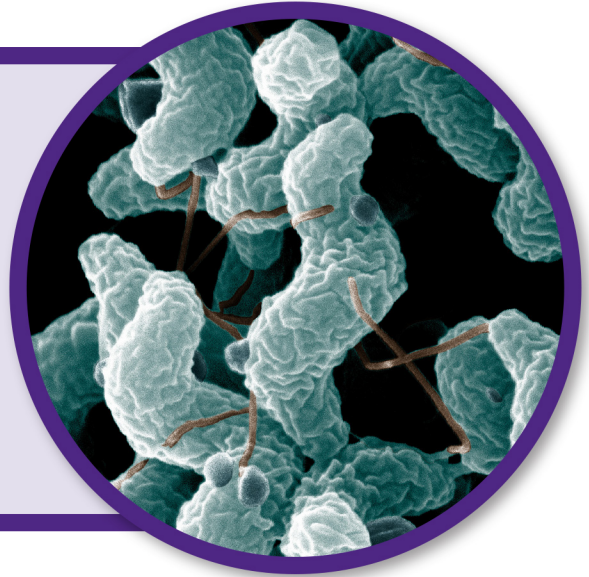
**SOURCES:** Raw and undercooked poultry, unpasteurized milk, contaminated water.

**INCUBATION PERIOD:** 2-5 days.

**SYMPTOMS:** Diarrhea, cramps, fever, and vomiting; diarrhea may be bloody.

**DURATION:** 2-10 days

**WHAT DO I DO?:** Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe, call your doctor. In more severe cases, certain antibiotics can be used and can shorten the duration of symptoms if given early in the illness.



## Simple food handling practices can help prevent *Campylobacter* infections:

- Cook all poultry products thoroughly. Make sure that the meat is cooked throughout (no longer pink) and any juices run clear. All poultry should be cooked to reach a minimum internal temperature of 165°F.
- If you are served undercooked poultry in a restaurant, send it back for further cooking.
- Wash hands with soap before preparing food
- Wash hands with soap after handling raw foods of animal origin and before touching anything else.
- Prevent cross-contamination in the kitchen by using separate cutting boards for foods of animal origin and other foods and by thoroughly cleaning all cutting boards, countertops, and utensils with soap and hot water after preparing raw food of animal origin.
- Do not drink unpasteurized milk or untreated surface water.
- Make sure that persons with diarrhea, especially children, wash their hands carefully and frequently with soap to reduce the risk of spreading the infection.
- Wash hands with soap after contact with pet feces.



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