

CAMPYLOBACTERIOSIS

Reportable to local or state health department

Consult the health department before posting/distributing Parent/Guardian fact sheet.

CAUSE	<i>Campylobacter</i> bacteria.
SYMPTOMS	Diarrhea, abdominal pain, nausea, fever, and vomiting. The diarrhea may contain blood and mucus. Illness usually lasts 2 to 5 days. Persons with <i>Campylobacter</i> infections may have mild symptoms or may not have any symptoms at all.
SPREAD	<p><i>Campylobacter</i> bacteria leave the body through the stool of an infected person or animal and enter another person when hands, food, or objects (such as toys) contaminated with stool or raw meat or poultry are placed in the mouth. Spread can occur when people do not wash their hands after using the toilet or changing diapers. Spread can also occur through handling infected pets, usually puppies, kittens, or farm animals.</p> <p>People most often get <i>Campylobacter</i> by eating contaminated food, or drinking contaminated water or unpasteurized milk.</p>
INCUBATION	It takes from 1 to 10 days, usually 2 to 5 days, from the time a person is exposed until symptoms begin.
CONTAGIOUS PERIOD	As long as <i>Campylobacter</i> are present in the stool, a person can pass these germs on to other people.
EXCLUSION	<p><u>Childcare</u>: Until diarrhea has stopped. Children who have <i>Campylobacter</i> in their stools but who do not have symptoms do not need to be excluded.</p> <p><u>School</u>: None, unless the child is not feeling well and/or has diarrhea and needs to use the bathroom frequently. Exclusion may be necessary during outbreaks.</p> <p>Everyone with <i>Campylobacter</i> should NOT use swimming beaches, pools, water parks, spas, or hot tubs until 2 weeks after diarrhea has stopped.</p> <p>Staff with <i>Campylobacter</i> may be restricted from working in food service. Call your local health department to see if these restrictions apply.</p>
DIAGNOSIS	Recommend parents/guardians call their healthcare provider if their child has symptoms. There is a lab test to detect <i>Campylobacter</i> .
TREATMENT	An oral antibiotic may be prescribed. Vomiting and diarrhea may lead to dehydration, which may be a medical emergency. Ask a healthcare provider how to prevent dehydration.

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PREVENTION/CONTROL

- Wash hands thoroughly with soap and warm running water after using the toilet and changing diapers and before preparing or eating food. **Thorough handwashing is the best way to prevent the spread of communicable diseases.** Staff should closely monitor handwashing of all children after children have used the bathroom or have been diapered.
- Wash hands thoroughly with soap and warm running water immediately after handling pets or other animals.
- Clean and disinfect diapering area and potty chairs after each use and bathroom toilets, sinks, and toys at least daily and when soiled. (See pgs 34-36.)
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. (See pgs 34-36.)
- **Food Safety**
 - Thoroughly cook all foods that come from animals, especially poultry.
 - Store all uncooked meat and poultry on a shelf lower than any other foods in the refrigerator.
 - DO NOT drink unpasteurized milk or unpasteurized juices.
 - Wash and disinfect all cutting boards, knives, utensils, or dishes that have been used for raw meat or poultry before using with already cooked foods and with uncooked foods, such as fruits or vegetables.
 - Always wash hands, cutting boards, utensils, and dishes between uncooked and cooked foods.
 - DO NOT let children serve or prepare food for others in the childcare or school setting.

For more information, call Hennepin County HSPHD-Epidemiology at (612) 543-5230 or call your local health department.