CAMPYLOBACTERIOSIS
Reportable to local or state health department

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

CAUSE
Campylobacter 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 Campylobacter infections may have mild symptoms or may not have any symptoms at all.

SPREAD
Campylobacter 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.

People most often get Campylobacter by eating contaminated food, or drinking contaminated water or unpasteurized milk.

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 Campylobacter are present in the stool, a person can pass these germs on to other people.

EXCLUSION
Childcare: Until diarrhea has stopped. Children who have Campylobacter in their stools but who do not have symptoms do not need to be excluded.

School: 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.

Everyone with Campylobacter should NOT use swimming beaches, pools, water parks, spas, or hot tubs until 2 weeks after diarrhea has stopped.

Staff with Campylobacter may be restricted from working in food service. Call your local health department to see if these restrictions apply.

DIAGNOSIS
Recommend parents/guardians call their healthcare provider if their child has symptoms. There is a lab test to detect Campylobacter.

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.
CAMPYLOBACTRIOSIS

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.

- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.

- **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

Kentucky Department for Public Health Frankfort, KY http://chfs.ky.gov/dph/
Kentucky Regional Poison Center Louisville, KY EMERGENCY: 1-800-222-1222
Lake Cumberland District Health Department Somerset KY www.lcdhd.org (606) 678-4761
The Centers for Disease Control and Prevention (CDC) Atlanta, GA Toll free: 1-800-311-3435 www.cdc.gov