

Campylobacteriosis

What is it?

Campylobacteriosis (“campy”) is an illness caused by bacteria, which live in the gut of people, birds and animals. When a person, bird or animal has the bacteria in their gut, they pass it out in their faeces (poo).

How do you get campylobacteriosis?

People can become ill after eating or drinking something, which contains the campylobacter bacteria. Possible sources include:

- Eating undercooked chicken and liver products, including pâté and chicken liver mousse.
- Contact with animals, particularly farm animals.
- Drinking unpasteurized (raw) milk.
- Drinking untreated water from rivers, streams, shallow wells or roof rainwater.
- Your hands after changing nappies or handling animals, birds, raw meat, etc.

It is uncommon for campylobacteriosis to pass from person to person.

How do you know if you have it?

It takes 2 to 10 days (usually 2 to 5 days) for symptoms to show. The main symptoms are diarrhoea (which can be bloody) and stomach cramps. There can also headache, fatigue and muscle pain.

Testing the faeces (poo) will confirm if a person has campylobacteriosis. A doctor can arrange this test.

People who have had campylobacteriosis can pass the bacteria in their poos even when they feel well. This varies from person to person, but on average, people pass the bacteria for 2 to 3 weeks after their symptoms stop.

How serious is it?

The symptoms are unpleasant but not normally long lasting. People usually recover within 1 week. For a small proportion of people with campylobacteriosis, complications affecting the bowel, joints or nervous system can occur. It is possible to get campylobacteriosis more than once.

What should you do if you have campylobacteriosis?

There are things that you should do to look after yourself and others:

- Ensure you drink plenty of fluids. This is especially important for sick children as children can become dehydrated easily.
- **Do not** return to work, school or preschool until **free of symptoms for 48 hours**. This includes food handlers, early childhood workers and healthcare workers.
- Do not use swimming pools, hot tubs or splash pads for at least 48 hours after your symptoms stop.
- Avoid visiting people in hospital or long term care facilities for at least 48 hours after your symptoms stop.
- Wash hands regularly with soap and hot water especially after visiting the toilet. Dry hands thoroughly after washing.
- If possible, do not prepare food for anyone else until 48 hours after your symptoms stop.
- Disinfect toilets regularly.
- Use your own towel; do not share with anyone else.
- Bathe separately or bathe sick children after others.

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Is treatment required?

People with campylobacter usually get better without treatment, however medication may be prescribed to relieve symptoms. Drink plenty of fluids. If the person sick is a child, seek health advice early for any of the following:

- The child appears drowsy or confused.
- The child is not drinking fluids or cannot hold fluids down.
- If there is blood in the child's diarrhoea or vomit.
- If the child has severe abdominal (tummy) pain.
- If the child's illness is getting worse or not settling.

If concerned, take the child back to the doctor or call Healthline on 0800 611 116 for free advice.

Top Tips for Avoiding Gastro Enteric Illness

- **Always wash and dry hands thoroughly**, especially:
 - After going to the toilet.
 - Changing a child's nappy.
 - Before and after preparing any food.
 - Touching animals or animal poo.
 - Handling soil, compost or manure.
- Always thoroughly **cook pork, chicken and mince beef products** (until the juices run clear).
- Keep **raw meat separate from ready to eat** foods during storage and preparation.
- Wash chopping boards and any other utensils thoroughly after preparing food, especially raw meat.
- Wash fruit and vegetables, including bean sprouts before eating.
- Frozen imported berries should be boiled or heated to over 85°C for 1 minute before eating.
- High risk foods include:
 - Raw (unpasteurised) milk and raw milk products.
 - Undercooked pates and liver products.
 - Shellfish collected from urban areas.
- **Untreated water** from rivers, streams, shallow wells or rainwater tanks may contain bacteria and parasites. If you need to drink untreated water e.g. when camping or during an emergency, boil it for at least one minute before use. If you cannot boil water, add 5 drops of basic unperfumed bleach to 1 litre of water (or half a teaspoon to 10 litres) and leave for at least 30 minutes before drinking.
- Avoid swimming in the sea or rivers for 48 hours after significant rainfall.