

Tips for preventing Campylobacteriosis

- **Cook all poultry products thoroughly.** Make sure that the meat cooked throughout (not pink), any juices run clear and the inside is cooked to 77°C (170 F) for breast meat and 82°C (180 F) for thigh meat.
- **If you are served undercooked poultry,** ask it to be cooked further.
- **Wash hands with soap** before and after handling raw foods of animal origin and before touching anything else.
- **Prevent cross-contamination:** use separate cutting boards for foods of animal origin and other foods. Carefully clean all cutting boards, bench tops and utensils with soap and hot water after preparing raw food of animal origin.
- **Avoid consuming unpasteurised milk and untreated surface water.**
- **Make sure that people with diarrhoea,** especially children, wash their hands carefully and frequently with soap to reduce the risk of spreading infection
- **Wash hands thoroughly after handling pets.**

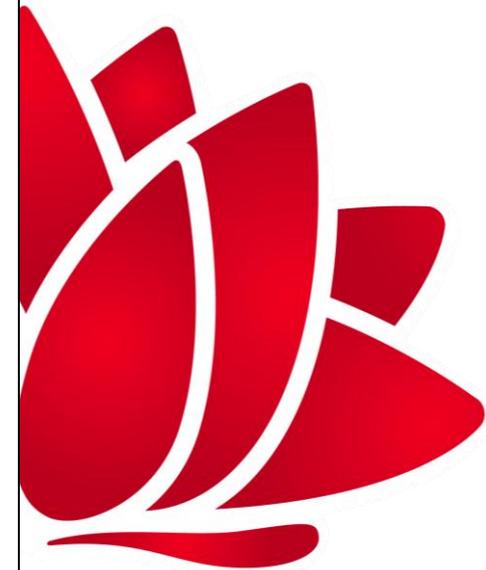
For further information, please contact

**OzFoodnet
Hunter New England
Population Health
Ph: 02 49246 477**



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CAMPYLOBACTER



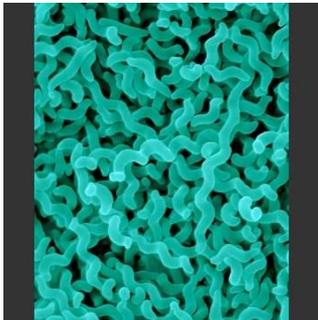
CAMPYLOBACTER

What is Campylobacter?

- Campylobacter causes an infection called Campylobacteriosis.
- Most people who become ill with Campylobacteriosis get diarrhoea, cramping, abdominal pain and fever within 2 to 5 days after exposure to the organism.
- The diarrhoea may be bloody and can be accompanied by nausea and vomiting

How do you know you're infected?

- The illness typically lasts one week.
- Many different kinds of infections can cause diarrhoea and bloody diarrhoea.
- Doctors can look for bacterial causes of diarrhoea by asking a laboratory to culture of stool (faeces) from an ill person.



How Do You Catch Campylobacter?

- Drinking unpasteurised milk. This can become contaminated if the cow has an infection in the udder or the milk is contaminated with manure.
- Drinking untreated surface water
- Eating under cooked or raw poultry including chicken, ducks, quail and spatchcock.
- Eating of contaminated food especially food contaminated by raw poultry.
- Contact with ill pets (particularly kittens and puppies)

Duration of illness and treatment

- Virtually all persons infected with Campylobacter recover without needing any specific treatment. Patients should drink plenty of fluids. In more severe cases, antibiotics can be used and can shorten the duration of symptoms if they are given early in the illness.
- Most people who become ill with Campylobacteriosis recover completely within 2-5 days, although sometimes recovery can take up to 10 days.

How does food and water become contaminated?

- Campylobacter is easily spread from bird to bird through a common water source or through infected stools
- Chickens infected with the organism show no signs of illness.
- Surface water can become contaminated by infected stools from cows or birds.

