Overview

- What is Campylobacter?
- Transmission
- Symptoms
- Complications
- Prevention
Campylobacter

- Leading cause of bacterial diarrheal illness in US
- Estimated 2.4 million cases each year in the US
- In CA, there were 5,736 cases reported in 2001
- Occurs as isolated, sporadic events, not as a part of large outbreaks.
- Children under five years and young adults (15-29) are more frequently affected.
Transmission

- Contaminated food (particularly poultry)
- Un-treated water
- Unpasteurized milk
- Contact with infected animals (particularly cats and puppies).
- Can be spread from person to person by the fecal-oral route.
80% of poultry for human consumption is contaminated with *Campylobacter*.
Symptoms

Symptoms of campylobacteriosis usually occur within 2 to 10 days

- Diarrhea (may contain blood or mucus)
- Fever
- Nausea
- Vomiting
- Abdominal Pain
Most infected persons with *Campylobacter* will recover without any specific treatment.

In severe cases, antibiotics can be used.
Complications

- Meningitis
- Urinary tract infections
- Septicemia
- Reactive arthritis (rare and almost always short-term)
- Guillain-Barre syndrome, an unusual type of paralysis (rare).
Prevention

CLEAN

- Wash hands before preparing or serving foods.
- Teach children to wash their hands after toileting and before eating.
- Wash all contact surfaces (e.g. cutting boards)
- Animal stools should also be considered to be contaminated. Wash after handling or close contact. (e.g. cleaning litter box).
- Wash hands after contact with animals in petting zoos.
Prevention

SEPARATE

- Do not contaminate cooked foods with uncooked foods.
- Do not place cooked poultry/meat on cutting board which was used to prepare raw poultry/meat.
- How old is your cutting board?
Prevention

COOK

- Be sure that meats and poultry are fully cooked using a meat thermometer
- Cook poultry to an internal temperature of 165°F
- Cook pork to an internal temperature of 145°F
- Where is your meat thermometer?
Prevention

CHILL

- Refrigerate poultry and meats immediately.
- Keep poultry and other meats in refrigerator at 41°F or less.
- When was the last time you checked the temperature in your refrigerator?
Prevention

To protect the public, anyone who is infected with *Campylobacter* should not work as a food handler, patient care provider, dairy processor or child care provider until there is no longer a risk of infecting others.
Sites for further information

www.cdc.gov
www.fda.gov
Contact Information

Reportable Illness
Health and Human Services Agency
(619) 515-6620

Suspect Food borne Illness
Dept of Environmental Health
(619) 338-2356 or fhdutyeh@sdcounty.ca.gov

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