

# Campylobacter

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County of San Diego  
Department of  
Environmental Health

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# Overview

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

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- # 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.
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# Transmission

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- # 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.
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# Poultry and Campylobacter

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80% of poultry for  
human  
consumption is  
contaminated with  
*Campylobacter*.

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# Symptoms

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**Symptoms of campylobacteriosis usually occur within 2 to 10 days**

- # Diarrhea (may contain blood or mucus)**
  - # Fever**
  - # Nausea**
  - # Vomiting**
  - # Abdominal Pain**
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# Treatment

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Most infected persons with *Campylobacter* will recover without any specific treatment.

In severe cases, antibiotics can be used.

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# Complications

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

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## 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.
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# Prevention

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## 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?

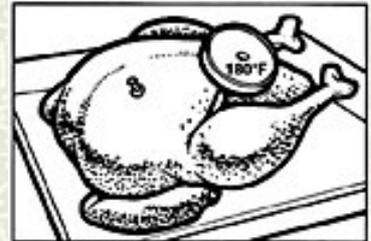


# Prevention

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## 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

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## 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

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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.

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# Sites for further information

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[www.cdc.gov](http://www.cdc.gov)

[www.fda.gov](http://www.fda.gov)

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# Contact Information

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## **Reportable Illness**

Health and Human Services Agency

(619) 515-6620

## **Suspect Food borne Illness**

Dept of Environmental Health

(619) 338-2356 or [fhdutye@sdcounty.ca.gov](mailto:fhdutye@sdcounty.ca.gov)

Presentation prepared by Student Beck Goldberg, MPH

Graduate School of Public Health

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