

# 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 containing the organism are placed in the mouth.

Spread can occur when people do not wash their hands after using the toilet, changing diapers, or preparing food.

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 for 24 hours. Children who have Campylobacter in their stools but who do not have symptoms do not need to be excluded. The childcare must be notified.
- School: Until diarrhea has stopped for 24 hours.

Individuals 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.

**For more information, see: [NAC 441A.480](#)**

**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.

## 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 hand washing is the best way to prevent the spread of communicable diseases. Staff should closely monitor hand washing of all children after children have used the bathroom or have been diapered and prior to eating.
- 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.

**For more information, please contact your local health department.**

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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