



**Central Michigan District Health Department**  
*"Promoting Healthy Families, Healthy Communities"*

For more information, call your local CMDHD branch office:

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[www.cmdhd.org](http://www.cmdhd.org)

## Campylobacter

### What is Campylobacter?

Campylobacter is a disease caused by a bacterial germ that gets into the digestive system causing inflammation of the stomach and intestines.

### How is it spread?

The bacteria is found in the stool of domestic and wild birds and animals such as chickens, turkeys, ducks, farm animals, and pets such as puppies, kittens and hamsters. Transmission can occur by eating contaminated food, undercooked meat, unpasteurized milk, untreated water, or by direct contact with the stool of infected farm animals, pets or persons.

### What are the symptoms?

- Stomach ache
- Fever
- Diarrhea (stools may contain blood)
- Nausea
- Vomiting
- Fatigue/Weakness

Most people recover in less than 1 week but 20% may have a relapse or prolonged illness.

### What is the treatment for Campylobacter?

The only way to tell if your illness is caused by this germ is to see your doctor. A sample of your bowel movement (stool) will be checked for the germ. Your doctor may give you an antibiotic. **Make** sure you use all the medicine even if you feel better. **If you stop the medicine, you may still have the bacteria inside you.**

Infection with Campylobacter is reportable to the health department. Someone from your local health department will contact you to investigate how you may have contracted the germ.

### How can I guard against the spread of this disease?

- **Wash your hands after using the bathroom.**
- Wash your hands before and after preparing food.
- Wash your hands after handling animals.
- Wash cutting boards and utensils after contact with raw poultry or meats.
- Thoroughly cook all meats and poultry (chicken, turkey).
- Wash your hands before eating.
- Wash your hands after changing diapers.
- Dispose of dirty diapers so that children and animals cannot get into them.