



Communicable Diseases

Campylobacteriosis



What is foodborne illness?

- Foodborne illness occurs when a person consumes food or water contaminated with harmful bacteria, viruses or parasites.
- Foodborne illness is often referred to as “food poisoning”.
- Many causes of foodborne illness go unreported because their symptoms often resemble the flu.

What is *Campylobacteriosis*?

- Campylobacteriosis is a bacterial infection that causes diarrhea in humans and animals.
- It is commonly found in the intestines of cattle, poultry, rodents, swine, wild birds and household pets (kittens and puppies).
- It can also be found in feces/manure and untreated surface water.

Quick Facts:

- Bacterial infection causing diarrhea in humans and animals.
- Can be found in raw chicken, raw milk and non-chlorinated water.
- Good personal hygiene is the best prevention.

How does someone get *Campylobacter*?

- If you eat raw or undercooked foods such as meat, poultry or eggs.
- If you eat cooked foods that came into contact with contaminated raw foods.
- If you drink unpasteurized milk or contaminated water.
- If you are in close contact with another child or adult who has campylobacteriosis.
- If you touch an infected pet or animal, or their stool.

How do you prevent *Campylobacter*?

- Wash your hands with soap and water after using the toilet, changing diapers, touching pets and before and after handling foods.
- Avoid consuming unpasteurized milk or cheese.
- Drink water from a safe supply.
- Eat only well-cooked meats, poultry or eggs.
- Keep raw foods away from cooked foods.
- Wash and sanitize all utensils and counter tops with a mild bleach solution after contact with raw foods (1 tbsp. bleach per gallon water).

If you have diarrhea or a possible food borne illness?

- See your family doctor.
- Drink lots of fluids to prevent dehydration.
- If you work as a food handler, in health care or in a daycare **refrain from working while symptomatic.**

For more information contact your doctor, Public Health Inspector or Public Health Services:

Moose Jaw office - (306) 691-1500
Central Butte office - (306) 796-2130
Assiniboia office - (306) 642-2200
Gravelbourg office - (306) 648-1400
Health Line - 1-877-800-0002