



# Campylobacter

## What is campylobacter?

Campylobacter is a bacteria that causes food poisoning and is found in all parts of the world and affects all age groups.

## When did I get it?

The illness usually occurs within 2 – 10 days of infection but it can be up to 10 days before the symptoms appear.

## How did I get it?

- From any of the following sources:
- From handling raw meat especially poultry
- From drinking untreated water or milk
- From eating undercooked meat or poultry
- From direct contact with animals
- From close contact with another infected person



## What are the signs and symptoms?

- Diarrhoea
- Cramping/abdominal pain
- Fever
- Nausea/vomiting

## How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had campylobacter infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).



## How can I prevent contracting campylobacter?

- Wash your hands thoroughly with soap and warm water:
- before preparing and eating food,
- after handling raw food,
- after going to the toilet or changing a baby's nappy,

- after contact with pets and other animals.
- after working in the garden.
  
- Cook all poultry products thoroughly – if there's any pink meat or pink or red juices, germs could be lurking, if you are served undercooked poultry at a restaurant send it back for further cooking.
- Don't wash meat before cooking it! You run the risk of splashing germs onto worktops and utensils.
- Wash the chopping board if you are using the same one for raw meat and ready to eat foods.
- Avoid consuming unpasteurised or untreated water from lakes, rivers or streams.
- Make sure persons with diarrhoea (especially children) wash their hands carefully and thoroughly with soap to reduce spread of infection.



**Where can I get more advice?**

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

**Tel: 029 20 87 3823/ 029 2087 3832**

**Email: [communicabledisease@cardiff.gov.uk](mailto:communicabledisease@cardiff.gov.uk)**



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