

Preventing the spread Campylobacter?

- Hand washing thoroughly with soap and 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
- Keep cooked food away from raw food
- Cook food thoroughly, especially meat
- Keep all kitchen surfaces and equipment including knives, chopping boards and dish cloths
- Do not drink untreated water from lakes, rivers or streams or unpasteurised milk

If you have any questions please contact the Infection Prevention & Control Nurses: 09:00 to 17:00hrs, Monday to Friday

Lister Hospital: 01438 314333 Ext 5383

Public Health England

Midland & East Tel: 0300 030 8537

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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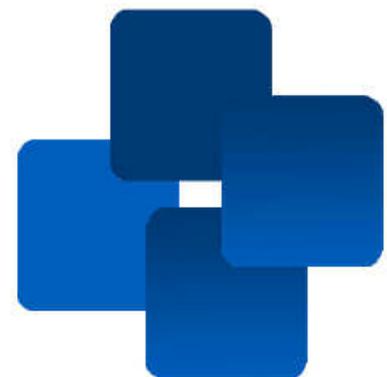
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Campylobacter

Patient and Visitor Information Leaflet

Please follow this guidance from the Infection Prevention and Control Team



What is Campylobacter?

Campylobacter is a bacteria that causes food poisoning. It is the most commonly reported cause.

How do you get Campylobacter?

Most cases of campylobacter are associated with handling raw or undercooked meat (especially poultry), unpasteurised milk, untreated water and domestic pets with diarrhoea. Person to person spread may occur if personal hygiene is poor. A very small number of campylobacter bacteria are needed to cause illness.

What are the symptoms of Campylobacter?

Symptoms include diarrhoea (may be bloody), vomiting, stomach pains and cramps, fever and generally feeling unwell. These symptoms usually develop within two to five days but can take as long as 10 days. The illness typically lasts up to one week. Some people who are infected with campylobacter do not have any symptoms at all.

How does it spread?

- Eating raw or undercooked meat (especially poultry e.g., chicken) contaminated with the bacteria.
- Drinking unpasteurised (raw) milk
- Drinking milk from bottles where the top has been pecked by birds.
- Drinking untreated water contaminated with the bacteria.
- Not washing your hands thoroughly after touching infected animals, both farm and domestic, especially young animals under six months of age.
- Campylobacter can be found on many uncooked meats and kitchen equipment used to prepare raw meat or poultry e.g., knives and chopping boards.
- The risk of the infected person passing the infection on to others is fairly low. However the infection can be spread within families, playgroups, etc., where there is a breakdown in hygiene practices.
- An infected person may contaminate food if they do not wash their hands properly before preparing, cooking or serving food.

How is Campylobacter treated?

Most people will recover without any specific treatment. In more severe cases, antibiotics can be used and can shorten the duration of symptoms if they are given early in the illness. Your doctor will make the decision about whether antibiotics are necessary. You should drink plenty of fluids as long as the symptoms last. While you are in hospital you will be nursed in a side room and nursing staff will wear gloves and aprons to protect you and other patients. You will have to stay in a side room for 48 hours after your diarrhoea has stopped.

Do I need to stay off work or school?

Yes – while you are ill and have symptoms you are infectious.

You can return to work or school once you have been free from symptoms for 48 hours.