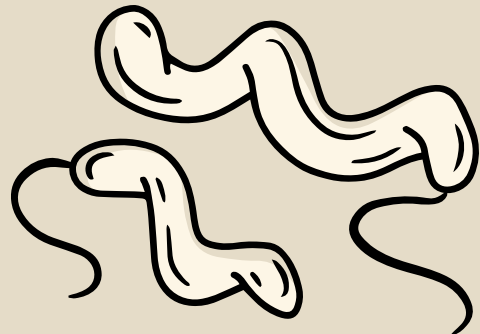


# CAMPYLOBACTERIOSIS

MAY 3, 2023

## WHAT IS CAMPYLOBACTERIOSIS?

Campylobacteriosis is a sickness caused by Campylobacter bacteria. These germs live in the gut and can make both people and animals sick with gastro.

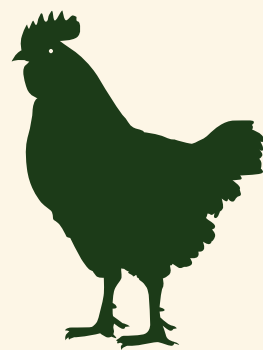


Most people become sick 1-10 days after being exposed



## How do people get campylobacteriosis?

Most people get campylobacteriosis from eating food or drinking water that is contaminated with the bacteria. But people can also get sick after handling animals or wastes or having contact with someone who is sick.



### Raw/Undercooked Chicken

Most people get Campylobacteriosis from eating raw or undercooked chicken. This is why chicken should always be cooked so that it is no longer pink in the middle.



### Pets

Pets and farm animals can also carry the bacteria and make you sick. It is always important to wash your hands after touching animals or their poo.



### Faeces

You can also catch it from touching faeces from an infected person or animal. Wash your hands often if you are sick or are taking care of someone who is sick.

If you or a family member becomes sick with symptoms of Campylobacter infection, you should see a doctor who can test for the sickness.



## Symptoms to Look For

- Fever
- Stomach pain
- Diarrhoea which may be bloody or have mucous

## PREVENTION

Wash your hands for at least 20 seconds with warm water and soap:

- After using the toilet,
- Before you eat
- After handling animals
- While caring for someone who is sick.



Always make sure that meat is properly cooked before you eat it to reduce your risk of Campylobacter infection

