

# Campylobacter (Campy)



Campylobacter (campy) is a common infection caused by bacteria that affects the stomach and, rarely, the bloodstream. It's the main reason people get bacterial-induced diarrhea in the United States. Symptoms usually show up 2–5 days after getting infected and stick around for about a week. Even though it's not common for the infection to spread from person to person or cause big outbreaks, some people, like those who are 65 or older, pregnant, or have weaker immune systems, are more likely to get seriously sick from it.

## How did I get Campy?

Campy is usually passed on when you eat or drink something that's been contaminated, or if you come into contact with poop from a person, animal, or pet that's infected—especially baby dogs and cats. The main sources where Campylobacter is often found are in poultry, raw milk, and water that hasn't been treated.

## What are common symptoms of Campy?

- ✓ Diarrhea
- ✓ Abdominal Pain
- ✓ Fatigue
- ✓ Fever
- ✓ Vomiting
- ✓ Cramping

## How can I treat Campy?

Most people who catch Campylobacter can get better on their own without needing special treatment. If someone has it, they should make sure to drink lots of liquids while they have diarrhea to avoid getting too dehydrated. In serious cases or for certain groups like food workers, kids in daycare, and healthcare workers, doctors might use antibiotics to treat the infection or shorten the time they can spread it to others. Sometimes, even for milder cases, doctors might prescribe antibiotics to stop the symptoms from coming back.

## How do I stop the spread?



### Wash your hands

Campy and other harmful germs can survive on your hands. Be sure to wash your hands thoroughly with soap and water.



### Keep Certain Food Separated

Keep raw poultry away from other foods. Use separate cutting boards and clean them properly.



### Cook food to the right temperature

All poultry & foods containing poultry should be cooked to a minimum internal temperature of 165°F.



### Drink Pasteurized Milk

Raw milk can carry Campy and other harmful germs that make you very sick.



### Do Not Drink Untreated Water

It is important to know where your drinking water comes from, if it has been treated to remove harmful germs and is safe to drink.



### Take Care with Pets

Pets sometimes carry Campy and other germs that can make you sick. Practice health habits with your pets.

**For more info visit: [cdc.gov/campylobacter](https://cdc.gov/campylobacter)**



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**PULLMAN**  
1205 SE Pro Mall Blvd  
#203 Pullman, WA 99163  
**509.332.6752**

**COLFAX**  
310 N Main Street  
#108 Colfax, WA 99111  
**509.397.6280**