



Campylobacteriosis

Definition:

Campylobacteriosis is caused by a bacterium called *Campylobacter*.

Signs and symptoms:

Symptoms of *Campylobacter* infection include: diarrhea, sometimes bloody, stomach pains and cramps, nausea, fever, vomiting, and fatigue.

Transmission:

Campylobacteriosis is primarily transmitted to a person through swallowing the bacteria from a contaminated item. Known exposures that result in illness include consumption of contaminated food, consumption of raw or undercooked poultry meat, contact with poultry packaging, consumption of unpasteurized (raw) milk, consumption of water that has not been disinfected, or contact with infected people or animals. A small number of organisms (less than 500) can cause illness – such as a drop of juice from raw chicken meat.

Diagnosis:

Campylobacteriosis is diagnosed by clinical symptoms and laboratory tests. Laboratory tests include testing of stool for the presence of *Campylobacter* species.

Role of the School Nurse:

Prevention

- Provide education to students and staff regarding good hand washing with soap and water
- Promote proper hand washing after handling animals, especially chickens
- Avoid swallowing water when swimming or playing in lakes, ponds, streams, swimming pools and backyard “kiddie” pools
- Provide education on good food safety practices, especially handling poultry
- Avoid unpasteurized dairy and juice products

Treatment Recommendations

- If symptoms are noted, the child should be referred to their primary care provider.
- Almost all persons recover without any specific treatment

Exclusions

- Students should be excluded from school and school activities while symptomatic with diarrhea
- Educational modifications may be warranted in children with a positive diagnosis
- See Maine Food Code for exclusions for staff handling food

Reporting Requirements

- Campylobacteriosis is a reportable disease – report to Maine CDC at 1-800-821-5821

Resources:

- Maine CDC *Campylobacter* website (including fact sheet) <http://www.maine.gov/dhhs/campylobacter>
- Maine Food Code: <http://www.maine.gov/dhhs/mecdc/environmental-health/el/rules.htm>
- DOE Child Nutrition Services <http://maine.gov/doe/nutrition/>
- Federal CDC *Campylobacter* website <https://www.cdc.gov/campylobacter>
- USDA food safety website <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation>



- FDA food safety website <http://www.fda.gov/Food>
- Federal CDC raw milk website <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>