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## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

**To:** Health Care, Schools and Child Care, City and County Health, Service Organizations, State Offices, New England States, Northern New England Poison Center

**From:** Dr. Siiri Bennett, State Epidemiologist

**Subject:** **Campylobacteriosis Outbreak Associated with Raw Milk from New Hampshire Farm**

**Date / Time:** Friday, February 12, 2021 at 3:50PM

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### **Campylobacteriosis Outbreak Associated with Raw Milk from New Hampshire Farm**

The New Hampshire Department of Health and Human Services (DHHS) has notified the Maine Center for Disease Control and Prevention (Maine CDC) of multiple individuals with gastrointestinal illness associated with recent purchases of unpasteurized/raw milk from Brandmoore Farms in Rollinsford, NH. In subsequent investigations, Maine and New Hampshire public health officials have identified multiple cases of campylobacteriosis in residents of both states. Maine has identified at least 30 cases of campylobacteriosis among Maine residents associated with this outbreak. At least two Maine residents have been hospitalized.

Maine CDC and New Hampshire DHHS are warning consumers that they should not consume Brandmoore Farm retail raw milk with best-by dates through February 5, 2021. Anyone who consumed this raw milk has an elevated risk of enteric diseases, including campylobacteriosis. Brandmoore Farm distributes raw milk from its retail store located in Rollinsford, NH, as well as at Heron Pond Farm in South Hampton, NH and Dog Rose Farm in Lee, NH. Customers who still have Brandmoore Farms raw milk are advised not to drink it and to dispose of the product. Anyone symptomatic should be evaluated by a medical provider, tested, and treated as appropriate.

#### **Background**

Campylobacteriosis is caused by *Campylobacter* bacteria. People with campylobacteriosis usually have diarrhea (often bloody), fever, and stomach cramps. Nausea and vomiting may accompany the diarrhea. Symptoms usually start two to five days after infection and last about one week. Some people experience complications, such as irritable bowel syndrome, temporary paralysis, and arthritis. In people with weakened immune systems, *Campylobacter* occasionally spreads to the bloodstream and can cause a life-threatening infection.

Campylobacteriosis is diagnosed when a laboratory test detects *Campylobacter* bacteria in stool, body tissue, or fluids. Most people recover from *Campylobacter* infection without antibiotic treatment. Infected individuals should be advised to drink extra fluids as long as diarrhea lasts. Some individuals with, or at risk for, severe illness might need antibiotic treatment.

Cases and outbreaks have been associated with poultry, raw (unpasteurized) dairy products, seafood, untreated water, contaminated produce, and infected animals. *Campylobacter* does not usually spread from person to person. To prevent infection, wash hands frequently, do not consume raw meats or dairy products, and avoid cross contamination.

Raw milk is milk that has not been pasteurized to kill harmful bacteria and parasites. Raw milk and raw milk products can cause serious illnesses including campylobacteriosis and cryptosporidiosis. Nationally, raw milk associated outbreaks in the past have led to severe illness and even death. The risk of getting sick from drinking contaminated raw milk is greater for infants and young children, older adults, pregnant women, and people with weakened immune systems, such as people with cancer, an organ transplant, or HIV.

### **Recommendations for Providers**

Health care providers who have patients with gastrointestinal symptoms should ask about recent consumption of raw milk or raw milk products as part of their evaluation and collect specimens for culture testing and ova and parasite testing.

Providers are encouraged to send specimens to Maine's Health and Environmental Testing Laboratory (HETL) for testing and confirmation. Laboratory submission information for sending specimens can be found at:

<https://www.maine.gov/dhhs/mecdc/public-health-systems/health-and-environmental-testing/micro/documents/Detection-of-Campylobacter-by-Culture-LSIS.pdf>

### **Reporting:**

All cases of suspected and confirmed campylobacteriosis and other Maine notifiable diseases should be reported to Maine CDC by electronic laboratory reporting, faxing to 1-800-293-7534, or calling the 24/7 disease reporting and consultation line at 1-800-821-5821.

### **For More Information:**

- Maine CDC Campylobacteriosis website: [www.maine.gov/dhhs/campylobacter](http://www.maine.gov/dhhs/campylobacter)
- HETL Information on Submitting Samples: <https://www.maine.gov/dhhs/mecdc/public-health-systems/health-and-environmental-testing/micro/submitting-samples.shtml>
- New Hampshire DHHS Press Release: [www.dhhs.nh.gov/media/pr/2021/02022021-raw-milk.htm](http://www.dhhs.nh.gov/media/pr/2021/02022021-raw-milk.htm)
- U.S. CDC Campylobacteriosis website: <https://www.cdc.gov/campylobacter/index.html>
- U.S. CDC Raw Milk website: <https://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>