

For more information, please  
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# C A M P Y L O B A C T E R



[Information in English](#)

## What is Campylobacter?

Campylobacter, also called “campy”, is a disease caused by bacteria. Many healthy animals carry this bacteria and can pass it on to people.

## What are the Symptoms?

- Diarrhea—can contain blood
- Stomach Cramps
- Fever
- Nausea
- Vomiting

## How is Campylobacter Spread?

The Campy germ is spread by people who have campy and go to the bathroom without washing their hands. You can also get campy from eating meat that isn't fully cooked and by drinking milk that is not pasteurized (raw). Sick pets can also make the people who play with them sick along with drinking water that isn't clean.

## What do I do for Campylobacter?

Seek medical care if:

- Diarrhea lasts two or more days
- There is blood or pus in the diarrhea
- Severe stomach cramps or pain
- Fever or high body temperature occurs at the same time as diarrhea

## How do I Prevent the Spread of Campylobacter?

Cook meat all the way through to at least 170 degrees.

Careful handwashing by all household members, especially:

- After using the bathroom toilet
- Before preparing food or eating
- After changing diapers or assisting another person with toileting
- After handling dirty diapers or underwear soiled with bowel movement (CA-CA)

Don't drink water that may be contaminated. For example:

- Water from garden hoses that may be irrigation water
- Water from streams, ponds, or rivers
- Encourage children not to go to the bathroom in any wading or swimming pools

Drink only pasteurized milk and eat only dairy products that have been made from pasteurized milk.

## What is Your Responsibility if Your Child is in a Day-Care Facility and Becomes Ill?

Notify your doctor, clinic, or local health department about the child's illness. Keep your child at home until his/her symptoms stop.

## What is Your Responsibility if You Are a Food Handler, Day-Care Provider, or Health Care Worker and Become Ill?

Notify your doctor, clinic, or local health department about your illness. Stay home from work. Do not return to work until you have your doctor's OK and/or your symptoms have stopped for at least 48 hours.

## It is Important to Wash Your Hands!



1. Wet hands with warm water



2. Apply soap



3. Rub soap over tops and palms of hands and around fingernails. Scrub for at least 30 seconds.



4. Rinse hands with running water.



5. Dry hands with a clean towel.



6. If you are using a paper towel, throw towel in the garbage.