



Organism: Campylobacter Jejuni

Illness: Campylobacteriosis



# Hide-Outs

- Campylobacter is found most often in food, particularly in chicken.
- Raw and undercooked poultry.
- Unpasteurized milk.
- Contaminated water.



# Crimes



- Diarrhea, Cramps, Fever, Vomiting, Abdominal Pain, Nausea, and Headache.
- 2-5 days
- 2-10 days



# Prevention



- Always cook meat, especially poultry, to safe minimum temperatures.
- Keep raw meat, especially poultry, separate from other foods.
- Do not drink raw or unpasteurized milk.
- Defrost meat and poultry in the refrigerator or microwave, making sure juices do not drip.

## **Wash hands thoroughly after...**

- Contact with pets or farm animals.
- Preparing food, especially poultry.
- Changing diapers.
- Children return from school or daycare.

