



**CAMPYLOBACTER**

Main Symptoms

Abdominal pain and profuse diarrhoea, (maybe blood in stools) headache and fever. Vomiting is rare.

Incubation Period (Time between infection and onset of symptoms)

1 – 10 days, usually 3 – 5 days.

Duration of Illness

2 days – 1 week.

Where Campylobacter are found

Raw meat and poultry, raw milk, untreated water, some animal and human excretions.

How You May Become Infected

- Ready to eat food may be directly or indirectly (e.g. via work surfaces, utensils) contaminated from raw foods.
- Bacteria may be transferred to food by food handlers if hygiene practices are poor (e.g. not washing hands after using toilet).
- Bacteria may not be killed if food is not adequately cooked.
- Bacteria may multiply if there is no adequate temperature control.
- Bacteria may be transferred to the hands from an infected pet, and then onto food.

How to Prevent Campylobacter Food Poisoning

- Wash hands with warm water and soap frequently when handling food, particularly after handling raw meat and poultry.
- Thoroughly clean all utensils and work surfaces before use.
- Where possible use separate areas, utensils and surfaces for the preparation and storage of raw and cooked foods.
- Store perishable foods under refrigeration below 5°C. Use a thermometer to check the temperature.
- Defrost meats and poultry thoroughly before cooking.
- Cook all meats, poultry and eggs thoroughly.
- Cool foods quickly if not to be eaten straight away, and then store in the refrigerator.
- Consume foods within their Use by dates.
- Do not reheat foods more than once.
- Make sure foods are piping hot if reheated.
- Do not wash out poultry as the water splashes which fall on surrounding surfaces may contain Campylobacter. If you must wash poultry, ensure the area is cleaned and disinfected afterwards.
- Wash fruit, vegetables and salad before consumption.