CAMPYLOBACTER

Your child may have been exposed to this disease on ____________________.  

Date(s)

Please check your child for symptoms through ____________________.  

Date

If your child has symptoms, please contact your child’s healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children in child care, preschool, or kindergarten may return to school or child care when they no longer have diarrhea.

There are no restrictions for children in first grade and older.

Campylobacter is a bacteria and causes the illness called Campylobacteriosis. Symptoms are:

• Diarrhea, which is often bloody
• Stomach pain and cramps
• Nausea and vomiting

Symptoms usually start 1 to 5 days after a person is exposed to the bacteria, but it can take up to 10 days.

How is Campylobacter spread?

• Eating poultry that is not fully cooked
• Eating foods that have touched raw poultry and have not been cleaned
• Drinking unpasteurized or raw milk
• Touching a sick person’s stool
• Swallowing water from lakes, creeks, or streams that contain this bacteria

A sick person can spread the bacteria in their stool at any time while they have symptoms and as long as 7 weeks after becoming sick. It is rare for a person to spread the bacteria to another person, but it can happen especially in children who wear diapers.

What can I do now?

Watch your child for symptoms of campylobacteriosis. Call your child’s doctor if he or she is sick. Most people recover without antibiotics within 2 to 10 days. A person who is severely ill may need antibiotics.

A sick person should prevent illness from spreading to others by:

• Washing hands with soap and warm water after using the bathroom.
• Use disposable gloves to clean stool and items and surfaces that have touched stool or raw poultry.
• Put used gloves and clothes and rags with dirty bacteria on them in a sealed plastic bag in the trash.

For more information, contact your health care provider, your School Nurse, the Marin County Health Department at 415-473-4163, or visit: www.cdc.gov/foodsafety/diseases/campylobacter/