



## 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.