

Background

Campylobacteriosis is caused by *Campylobacter* bacteria. It is the most common bacterial cause of diarrheal illness in the United States. People can get campylobacteriosis by eating raw or undercooked poultry or eating something that touched it. They can also get it from eating other foods, including seafood, meat, and produce, by contact with animals, and by drinking untreated water. *Campylobacter* is not usually spread from one person to another, but this can happen if the infected person does not thoroughly wash their hands after using the bathroom. Infected people will continue to pass the bacteria in their feces for a few days to a week or more. More cases occur in the summer than in the winter. There are several prevention measures that can be put in place to prevent the spread of campylobacteriosis in community congregate settings, including isolating ill staff and residents and following [contact](#) and [standard](#) precautions.

Symptoms Associated with Campylobacteriosis:

- Diarrhea, sometimes bloody
- Vomiting
- Abdominal cramps
- Bloating
- Fever

Sometimes *Campylobacter* infections cause complication, such as irritable bowel syndrome, temporary paralysis, and arthritis. In people with weakened immune systems, such as those with a blood disorder, with AIDS, or receiving chemotherapy, *Campylobacter* occasionally spreads to the bloodstream and causes life-threatening infection.

How long does it take from exposure to onset of symptoms?

People will begin to show [symptoms](#) about 2-5 days after the bacteria enters the body and can last about one week.

Risk Factors Associated with Contracting Campylobacteriosis:

Although anyone can get campylobacteriosis, infection is more common in males, children younger than 5 years, and people 65 years and older. Certain groups of people are at higher risk for having severe disease after contracting campylobacteriosis. These people include those who are 65 and older, pregnant women, and those with weakened immune systems.

Immediate Next Steps for Case Treatment and Monitoring:

Upon the identification of a resident or staff with symptoms consistent with Campylobacteriosis:

1. Ask all symptomatic staff member to return home. All staff should be excluded from work until cleared by a medical provider to return to work.
2. If a resident is displaying symptoms, they should be isolated away from others and if possible, have their own bathroom. If having a separate bathroom for infected residents is not possible, a separate stall may be an alternative that can reduce contact with the infected individuals' feces. If a separate isolation space is not available, the facility should prioritize cohorting sick residents together with

others who have like-symptoms and physically separate them from those who remain asymptomatic, to the best of their ability. If having their own bathroom is not possible, ensure proper cleaning and disinfecting is occurring after each use by case. Learn more on the difference between cleaning and disinfecting here: <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>. Isolation is continued for until 24 hours after having diarrhea.

3. Following a diagnosis, resident should be placed under [standard precautions](#). All staff should wear gloves when handling or cleaning any bodily fluids. Use [contact precautions](#) for diapered or incontinent persons for the duration of the illness or to control institutional outbreaks.
4. Most people recover from a Campylobacter infection without antibiotic treatment, however those at risk for severe disease (see above) should see their medical provider to consider treatment options. It is also recommended that all diagnosed individuals continue to drink plenty of fluids for the duration of their diarrhea, in order to prevent dehydration.
5. Contact the Special Populations team at the Chicago Department of public Health to report any cases of campylobacteriosis here: <http://redcap.link/specpopreport>

Preventing Campylobacteriosis:

Ways to prevent getting campylobacteriosis:

- Frequently wash hands well with soap and water
- Handle and prepare food safely - Learn more - [Food Safety Home Page | CDC](#)

Learn more about Campylobacter infections here: <https://www.cdc.gov/campylobacter/index.html>

Organization	Contact Information
CDPH Community Congregate Settings Team	Email: SpecialPops@cityofchicago.org Reporting Link: https://redcap.link/specpopreport