

Campylobacter



WHAT IS CAMPYLOBACTER?

“Campylobacter” is the most common foodborne illness throughout the world and one of the most common diarrheal illnesses in the United States. An estimated 2.4 million persons become infected per year and an approximate 125 deaths per year result. Campylobacter is a general term that includes multiple strains of bacterium.



HOW IS CAMPYLOBACTER CONTRACTED?

The main food item with which Campylobacter food poisoning is associated is poultry. Individuals generally contract the bacteria either when food preparation surfaces become cross-contaminated by raw poultry juices, or when undercooked poultry is ingested. Infection may also arise from other sources, such as contaminated water or unpasteurized milk. Water can become contaminated by infected feces. Milk may be contaminated if the cow it was drawn from was infected. Contaminated water sources are a common cause of outbreaks. The bacteria are sensitive to oxygen and drying, thus freezing foods is usually effective in reducing or eliminating their numbers. Infections occur more frequently in summer months than in the winter.



RECOVERY AND LONG-TERM EFFECTS

Some individuals infected may develop arthritis over time. In few instances, a serious disease, “Guillain-Barré Syndrome,” may result. Though rare, the syndrome may affect an individual’s nerves several weeks following recovery from the main symptoms. The infected individual’s immune system may attack the body’s nerves, which can result in short-term paralysis capable of lasting for weeks.



SYMPTOMS

The most common clinical symptoms of Campylobacter infections include diarrhoea (frequently with blood in the faeces), abdominal pain, fever, headache, nausea, and/or vomiting. The symptoms typically last three to six days.



1-888-288-5846
info@mermanlawfirm.com
www.mermanlawfirm.com