

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem **0161 922 6991**.

لیگو جی، انٹرپرائیٹیشن اینڈ پیڈیٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بک آفس سے پیر سے بعد 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Help us to help you It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

| | |
|---------------------|---------------------------|
| Author: | Infection Prevention Team |
| Division: | Specialist Nursing |
| Version No: | 4.0 |
| Ref No: | IC006 |
| Created: | June 2003 |
| Date last reviewed: | June 2020 |
| Next review date: | June 2022 |



Campylobacter

Patient Information Leaflet

WHAT IS IT AND WHERE DOES IT COME FROM?

Campylobacter are germs (bacteria) that cause infections of the bowel. The bacteria are found naturally in the bowel of many kinds of farm animals such as chickens and cattle. They are also found in the bowel of birds and household pets. People get infection from this germ through raw or undercooked meat, especially poultry, unpasteurised milk and untreated water.

WHAT IS THE INCUBATION PERIOD?

The incubation period is usually 2 to 5 days. But it can be as short as 1 day and up to 11 days.

WHAT ARE THE SYMPTOMS?

Usually severe stomach cramps and diarrhoea – which can be bloody – often accompanied by headache and fever. Vomiting is less common. Symptoms usually stop within 2 – 7 days but in a small number of people, they can last much longer.

IS MEDICINE NEEDED?

Not usually – the infection will normally settle without any treatment and antibiotics may make it last longer. However, it is very important to drink plenty of fluids to replace the water lost through having diarrhoea.

Babies and young children may need to have special rehydration drinks on their doctor's advice.

HOW IS CAMPYLOBACTER SPREAD?

Under cooking beef or poultry

It is wise to assume that all raw beef or chicken could be contaminated. If you undercook these foods, you risk swallowing enough of the campylobacter to become ill. Minced products such as beef burgers and manufactured chicken meals are higher risk because the germ is transferred from the outside to the inside of the meat.

Storing food at the wrong temperature

Campylobacter present in food can quickly multiply if food is not kept refrigerated or piping hot prior to eating. Always store cooked and uncooked meats and foods separately.

Cross-contamination

Cold meats will normally have been properly cooked by the manufacturer. However, they can easily become cross-contaminated from raw meat and poultry if the same knives and cutting boards are used for the cooked meat as were used for the raw meat.

Milk

Campylobacter can spread from the dairy cow from the animal's bowel which contaminates the milk.

Unpasteurised milk, either cow's, goat's or sheep's milk, may pose an infection risk. Normally, pasteurising milk kills off the Campylobacter.

Untreated Water

Public water supplies normally go through a rigorous treatment process. However water that has not been through some treatment processes (for example, filtration and chlorination) can be contaminated with Campylobacter and other germs. Private water supplies, streams and ponds can therefore present a risk.

FURTHER INFORMATION

How can I avoid infection in the future?

Good hygiene – personal hygiene and being careful with food safety – is usually enough.

Are people with campylobacter excluded from work or school etc by the Local Authority?

An infected person with diarrhoea is more infectious and should stay off work until 2 days after the diarrhoea stops. Parents should exclude their children from toddler and play groups, nursery or school for the same period.

REFERENCE

- Public Health England website <https://www.gov.uk/topic/health-protection/infectious-diseases>

If you have any questions you want to ask, you can use this space below to remind you.