QUICK GUIDE TO CAMPYLOBACTER

THE FACTS ABOUT CAMPYLOBACTER

Pronounced cam-pie-lo-bac-tor, it is a spiral-shaped bacterium that is the most common cause of food poisoning in the UK.

The estimated reported cases of campylobacter food poisoning in the UK every year. 1

AT LEAST 65%

The amount of chicken sold in the UK contaminated with campylobacter, between May 2007 and Sept 2008. 2

1,000 PEOPLE

About 4 in 5 cases of campylobacter food poisoning in the UK come from contaminated poultry. 3

73% TESTED POSITIVE

The estimated number of people needing to receive hospital treatment because of campylobacter food poisoning last year.

For the presence of campylobacter between February and November 2014. 4

WHAT ARE THE SYMPTOMS

These can include:

- Fever
- Sometimes vomiting
- Abdominal pain
- Severe diarrhoea

Recovery can take 2 to 10 days

SICK DAYS

1 2 3

4 5 6 7

8 9

Severe cases can lead to:

- Guillain-Barré syndrome
- This is a serious condition of the nervous system
- Reactive arthritis
- Irritable bowel syndrome

WHAT YOU CAN DO TO AVOID CAMPYLOBACTER

- Store raw chicken correctly
- Don’t wash raw chicken
- Wash your hands and used utensils
- Cook chicken thoroughly

Cover and chill raw chicken and store at the bottom of the fridge so juices cannot drip onto other foods causing cross-contamination.

Washing chicken can spread germs around by splashing onto other surfaces and utensils.

Thoroughly wash everything that has come into contact with raw chicken with soap and warm water – hands, utensils and chopping boards.

Make sure chicken is steaming hot all the way through with no pink meat and that the juices run clear.

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WHO IS AT RISK FROM CAMPYLOBACTER?

- Young children under the age of 5
- Most people recover without treatment within 2 to 5 days. A rehydration solution can be taken to help with dehydration.

- Those over 60
- Severe infections are treated with antibiotics.

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