

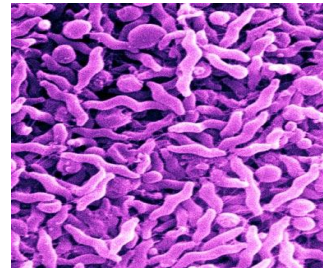


Food safety advice

CAMPYLOBACTER INFECTION

The germ

Campylobacter infection is caused by bacteria called Campylobacter coli, one of the most common causes of food poisoning or food contamination in Britain.



The illness

The symptoms are diarrhoea, abdominal pain, malaise, fever, nausea and vomiting. The illness varies in severity but usually resolves within 2-5 days. There are usually no lasting effects or complications but in some people it may be more prolonged. Antibiotic treatment is helpful in the minority of cases where symptoms are severe or persist.

Source



Campylobacter is present in the faeces of many animals including pigs, cattle, sheep, cats, dogs, other pets and poultry. It is also found in un-pasteurised milk, un-chlorinated water and certain foods, especially raw or partially cooked chicken.

Spread

Illness develops within 1-10 days after ingesting the organism in food, milk or water. It is also spread by contact with infected pets, especially puppies and kittens, or infected infants.



Food safety advice

Prevention

Food derived from animal sources that may be contaminated, particularly poultry, should be thoroughly cooked before consumption.

In the kitchen raw food, particularly chicken, should not be allowed to contaminate food that will be eaten without further cooking. Contamination can occur either directly, for example in the refrigerator, or indirectly by contact with contaminated utensils or work surfaces, hands and kitchen towels.



Spread can be reduced by careful hand washing with soap and running water particularly after using the toilet, before eating and after contact with animals. Hands should always be washed before eating, cooking and in between preparing raw meat and other food items.

Children with diarrhoea should not attend playgroups, nurseries or school until they have been completely well for 2 days.

If you are a food handler in a catering business and have been suffering from vomiting or diarrhoea, you must notify your employer, and not return to work until you have had no symptoms for 2 days.

