

Campylobacteriosis

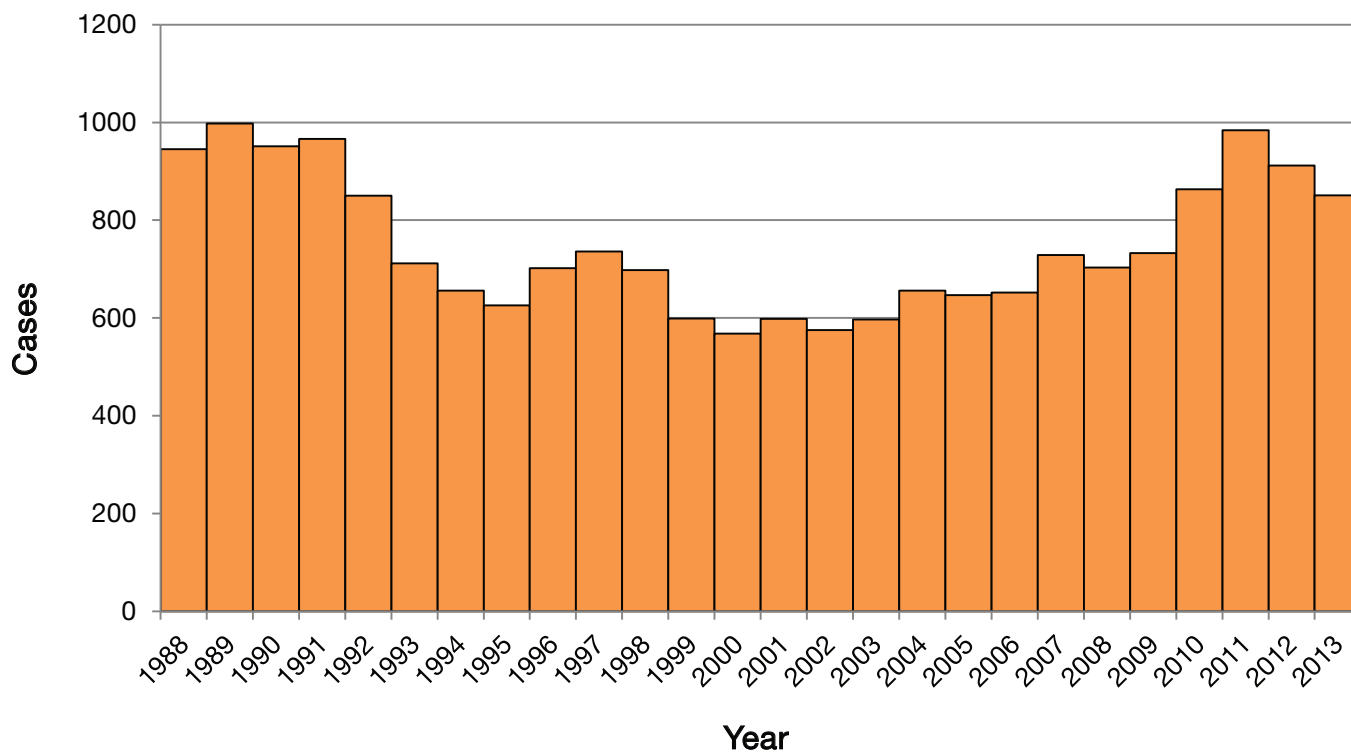
Campylobacteriosis is caused by the gram negative bacterium *Campylobacter*. It is characterized by acute onset of diarrhea, vomiting, abdominal pain, fever and malaise. Symptoms generally occur within 2–5 days of infection. Campylobacteriosis is the most common bacterial enteric infection reported in Oregon. It is of worldwide epidemiologic importance due to the fecal-oral route of infection and the extensive reservoir of the organism in both wild and domestic animals. Many cases are thought to result from eating raw or undercooked meat (in particular, poultry) or through cross-contamination of uncooked or ready-to-eat foods.

In 2013, Oregon's rate of 22.7 cases per 100,000 was 2.7 times the 2020 national health objective of 8.5 per 100,000. The cause of this increased incidence in Oregon is unknown. Children aged 0–4 years have the highest rates of illness. Infections occur year-round in Oregon, with peak incidence in the summer months.

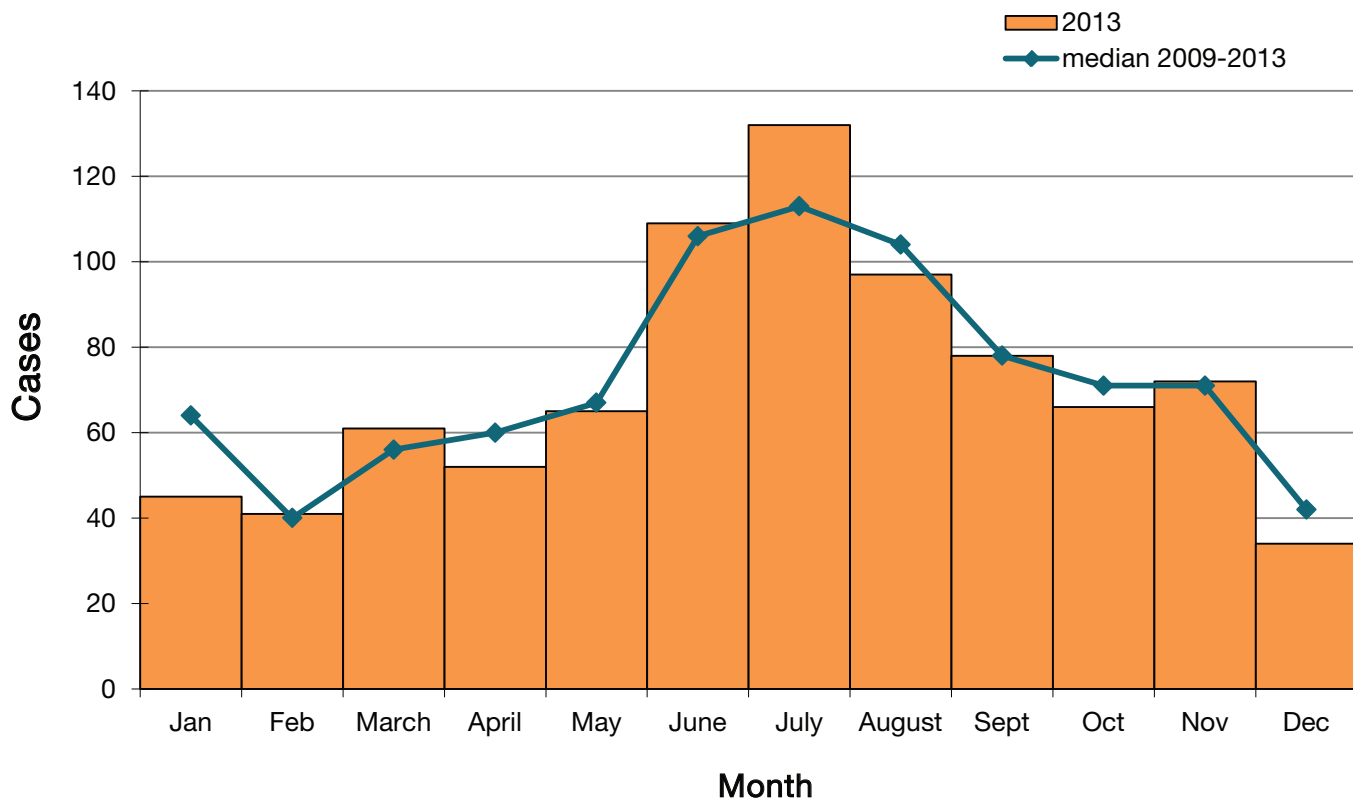
Campylobacteriosis is not a nationally notifiable condition, but U.S. estimates from the FoodNet program (of which Oregon is a member) indicate that in 2013 campylobacteriosis incidence is about 14 cases per 100,000 people, an increase of 13% compared to 2006–2008.

Most illnesses are sporadic, but outbreaks may be associated with undercooked meat (often chicken), unpasteurized milk, direct contact with animals or non-chlorinated water. There were no reported outbreaks in 2013. From 2000–2013, 10 outbreaks of campylobacteriosis have been investigated: four foodborne, two waterborne, three from animal contact and one of unknown etiology. Proper food handling and water treatment, along with good hygienic practices are the keys to prevention.

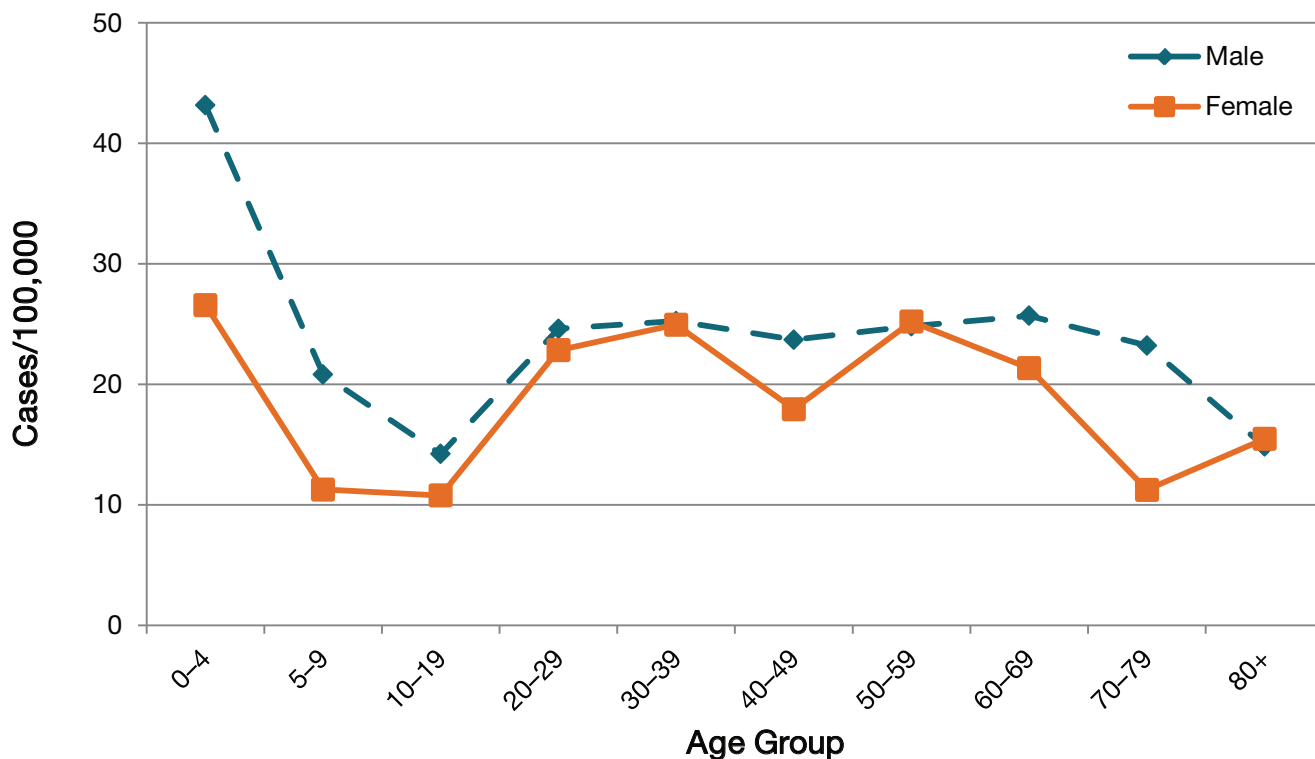
Campylobacteriosis by year: Oregon, 1988–2013



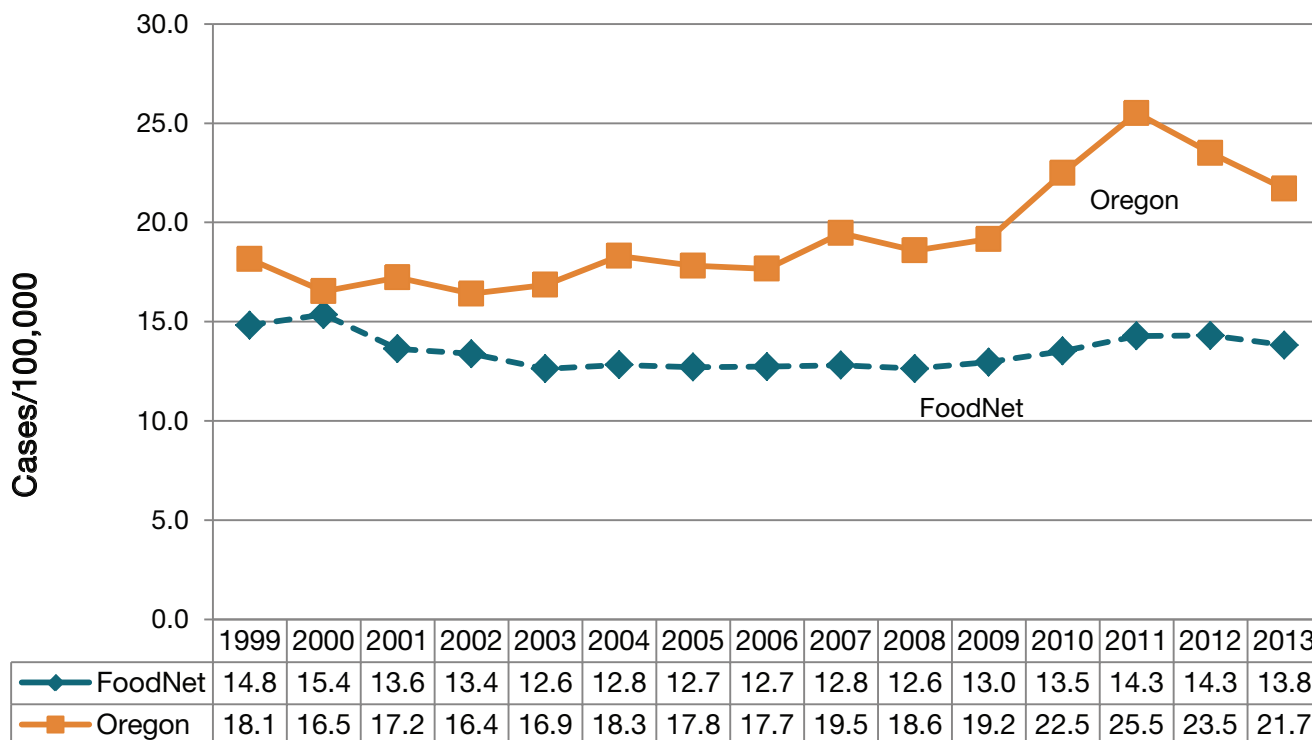
Campylobacteriosis by report month: Oregon, 2013



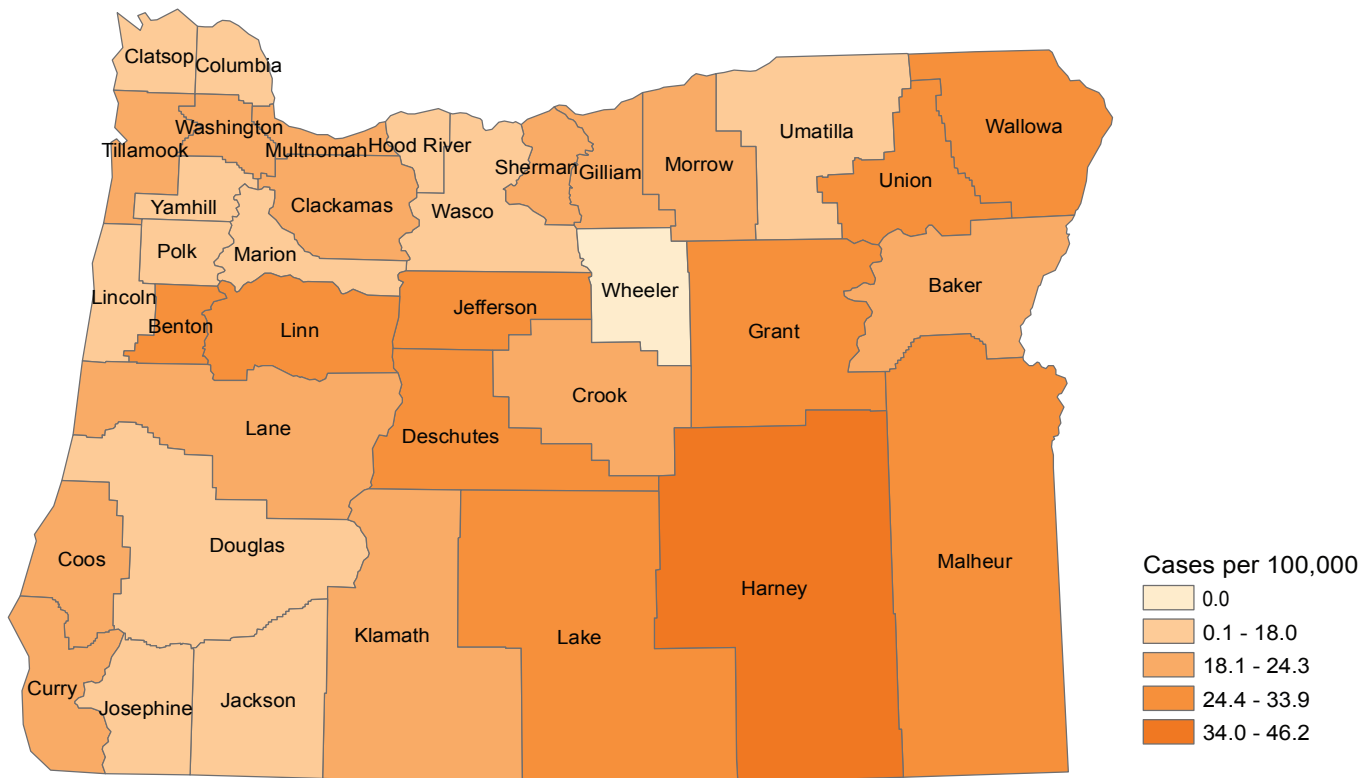
Incidence of campylobacteriosis by age and sex: Oregon, 2013



Incidence of campylobacteriosis: Oregon and U.S. (FoodNet sites), 1999–2013



Incidence of campylobacteriosis by county of residence: Oregon, 2004–2013



Prevention

- Wash hands with soap and hot water before preparing food, after handling foods of animal origin, and after contact with pet feces.
- Thoroughly clean all cutting boards, countertops, and utensils with soap and hot water after preparing foods of animal origin.
- Cook all products of animal origin, especially poultry products, thoroughly.
- Do not drink unpasteurized (raw) milk or untreated surface water.
- Make sure persons with diarrhea wash their hands diligently with soap and warm water after using the bathroom.