

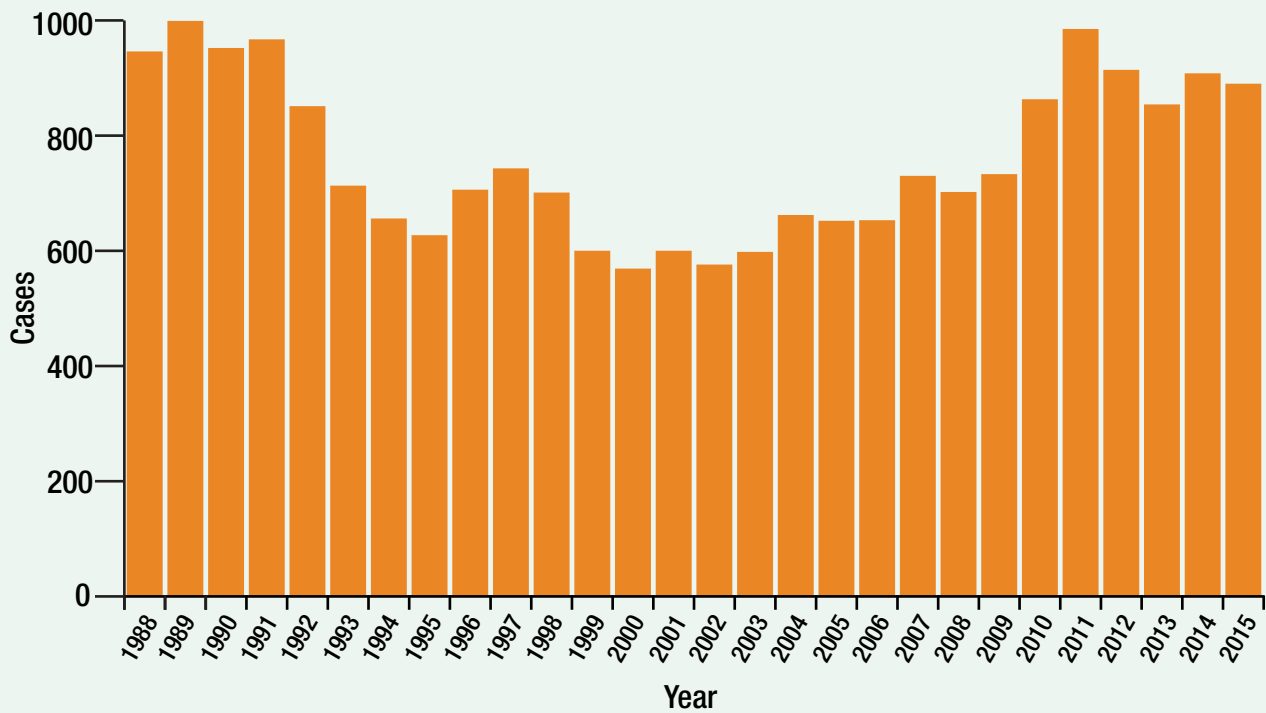
Campylobacteriosis

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.

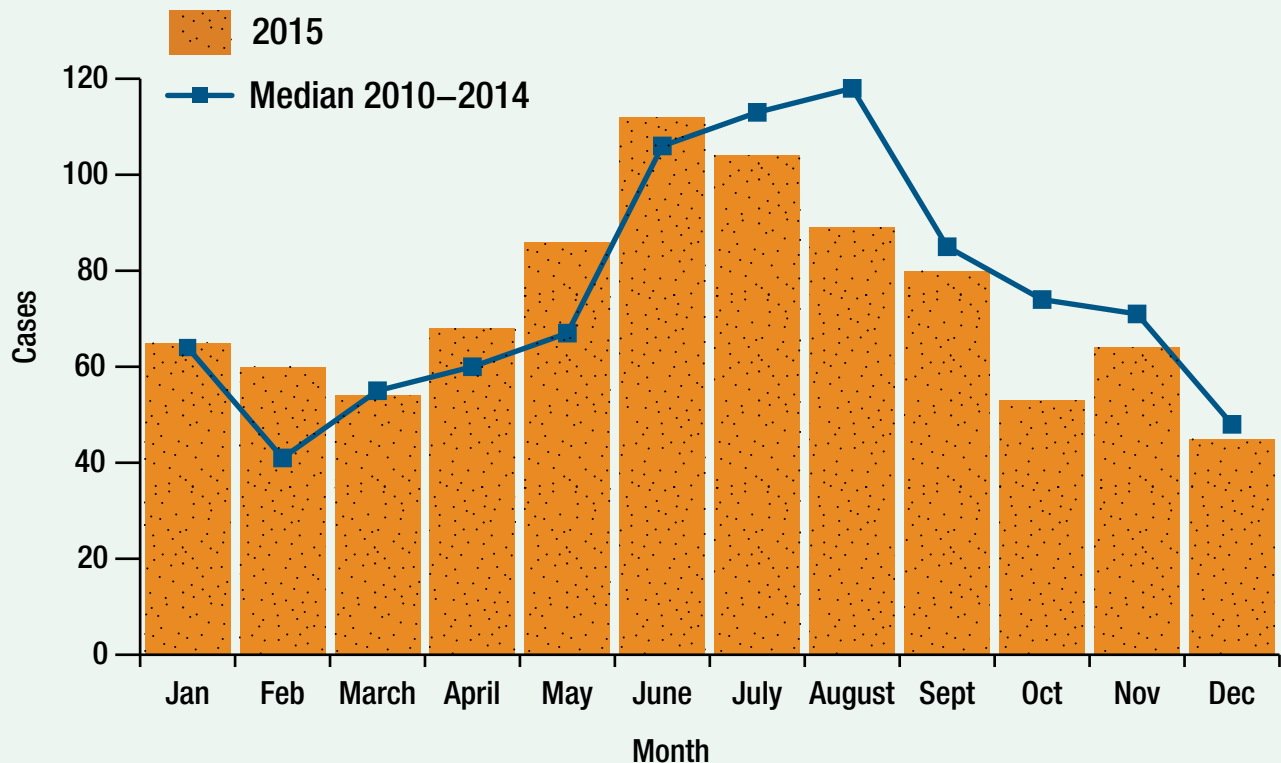
In 2015, 889 cases were reported, slightly lower than in 2014 (907). Children aged 0–4 years have the highest rates of illness (34 per 100,000). Infections occur year-round in Oregon, with peak incidence in the summer months.

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 Oregon during 2015. From 2010–2015, 10 outbreaks of campylobacteriosis have been investigated: seven foodborne, one from animal contact, one person-to-person and one where mode of transmission was indeterminate. Proper food handling and water treatment, along with good hygienic practices are the keys to prevention.

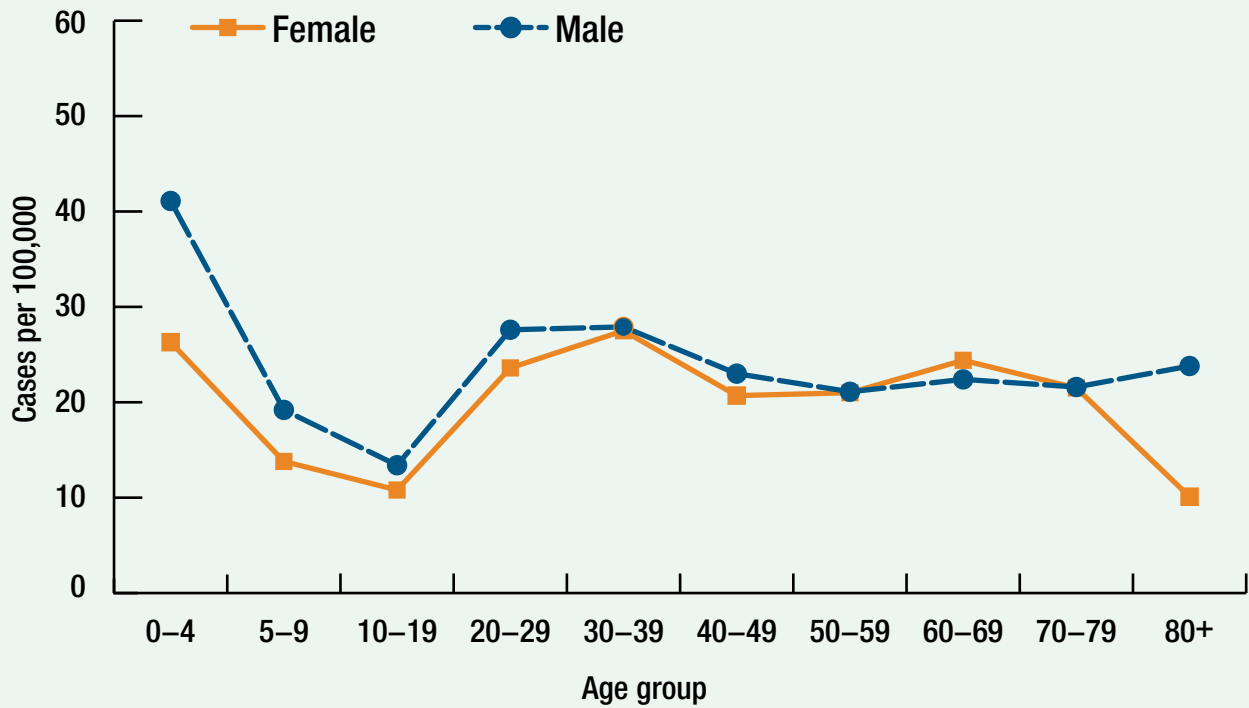
Campylobacteriosis by year: Oregon, 1988–2015



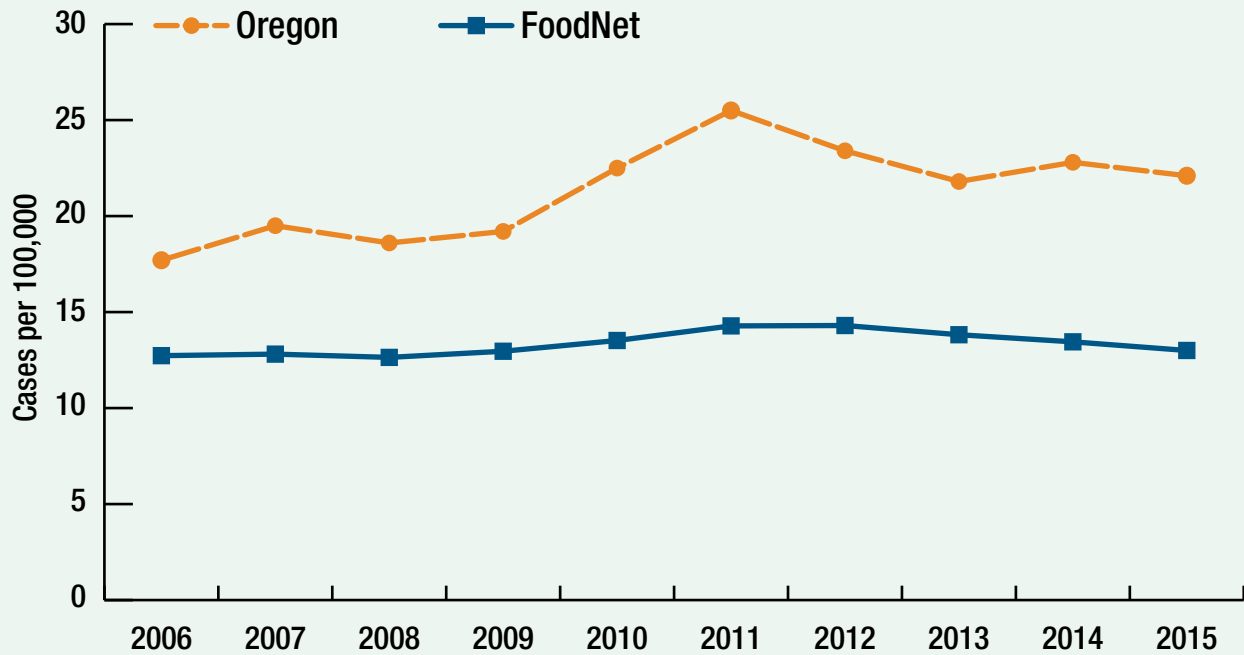
Campylobacteriosis by report month: Oregon, 2015



Incidence of campylobacteriosis by age and sex: 2015

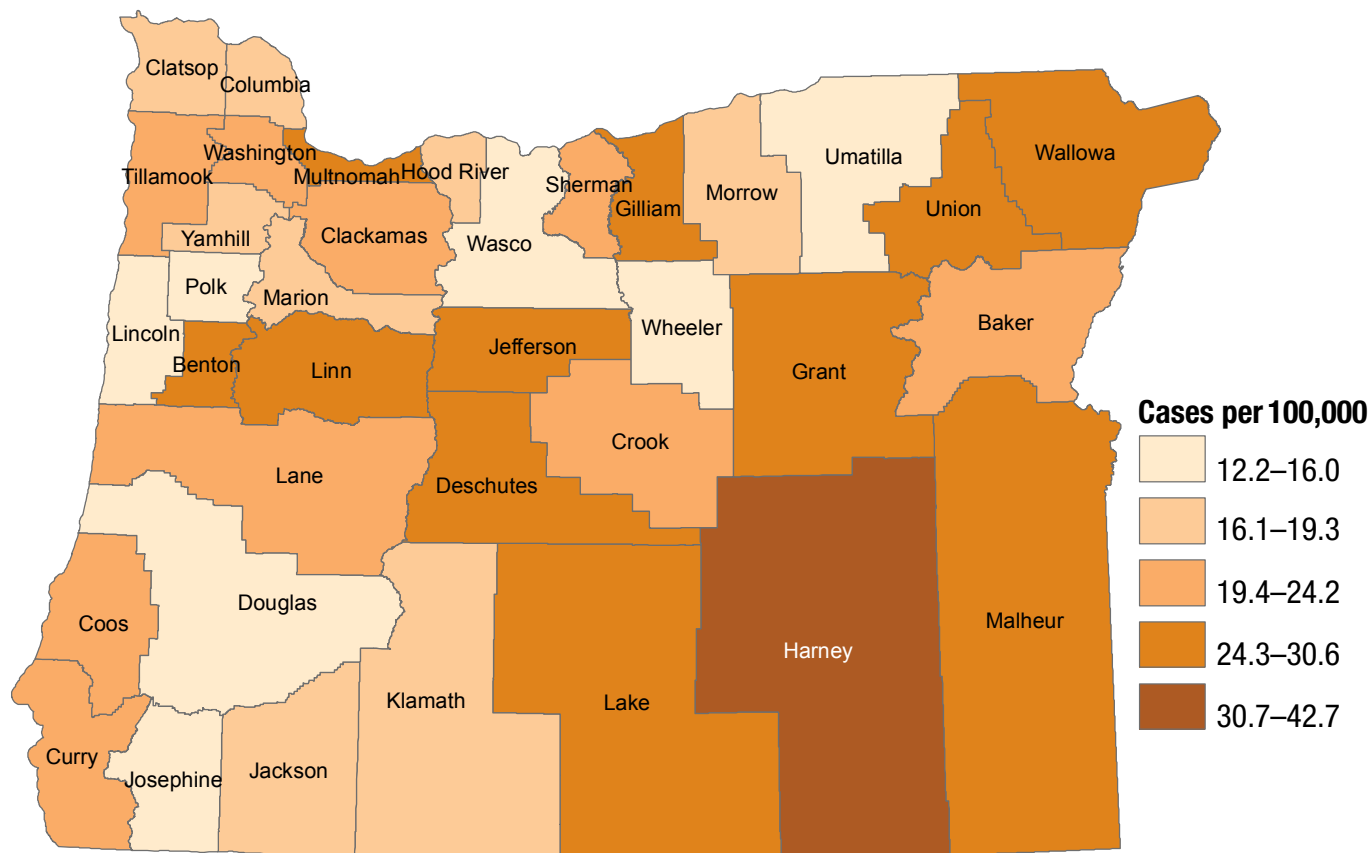


Incidence of campylobacteriosis: Oregon and U.S. (FoodNet sites), 2006–2015



FoodNet	12.7	12.8	12.6	13.0	13.5	14.3	14.3	13.8	13.5	13.00
Oregon	17.7	19.5	18.6	19.2	22.5	25.5	23.4	21.8	22.8	21.4

Incidence of campylobacteriosis by county of residence: Oregon, 2006–2015



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.