

# Campylobacter Outbreak Response Guide

*Campylobacter* is a group of bacteria that causes an illness called *Campylobacteriosis*. It is the most common cause of diarrheal illness in the United States.



## What are common signs and symptoms?

Signs and symptoms usually start 2 to 5 days after exposure to the bacteria and usually last a week.  
Do not return to work until you are symptom-free for 24-72 hours without use of medications.



Diarrhea



Nausea & vomiting



Stomach pain



Fever

## How can *Campylobacter* spread in the kitchen?



Inadequate cooking of foods



Foods from unapproved sources



Cross contamination



Not washing hands with soap & hot water for 10-20 seconds

## What foods are commonly associated with *Campylobacter*?



Poultry



Beef liver



Raw clams



Raw milk



Any foods an infected food handler touched

All food items with the potential to be undercooked, such as hamburgers, seafood, and eggs, must be accompanied by a clear and conspicuous consumer advisory regarding the increased risk of foodborne illness.

## What to do if you think your restaurant has an outbreak?



Notify SNHD at [outbreakresponse@snhd.org](mailto:outbreakresponse@snhd.org)



Do not work while sick. Screen workers for illness before they clock in & send sick employees home immediately.



Track & log employee illness, including vomiting & diarrheal incidents.



Deep clean & disinfect the kitchen & high-touch surfaces including door handles & restrooms.



Consider reducing menu or temporarily closing until the source of the illnesses is eliminated.