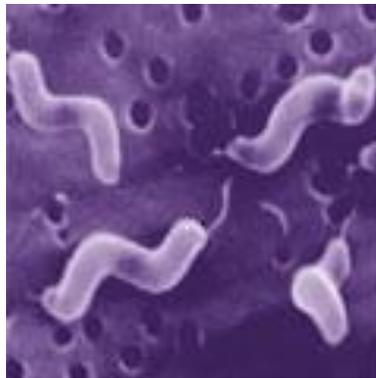


Infection Prevention and Control

Campylobacter



Patient Information Leaflet

What is Campylobacter?

Campylobacter are bacteria that cause food poisoning. It is the most common cause of food poisoning in Britain.

Symptoms may include diarrhoea (with or without blood present), stomach pains or cramps, fever and occasionally vomiting. Symptoms can last up to 10 days but most people start to feel better after 2 to 5 days.

How did I get Campylobacter?

Campylobacter is found in raw poultry and raw meat, unpasteurized milk and contaminated water. It is occasionally found in mushrooms and shellfish. You can get campylobacter by eating contaminated food or from food that has been in contact with contaminated work surfaces or cooking utensils. It can also be picked up from pets / animals with diarrhoea. Person to person contamination is possible if the hands of an infected person are not washed properly and the environment is not kept clean.

What will happen to me?

You may be asked to move into a single room until you are free from symptoms for 48 hours. Staff may wear aprons and gloves when carrying out your care. This is to stop the infection spreading to other patients.

How is Campylobacter treated?

Most people with campylobacter recover without treatment. It often resolves within 2 to 5 days but may take up to 10 days to get better. If you have a severe infection you may need a course of antibiotics. Diarrhoea and vomiting can

cause dehydration, so it is important that you continue to drink fluids to stop this happening.

Can it affect my visitors?

The very young and the elderly are most at risk of becoming infected with campylobacter. You are infectious to others while you have symptoms and for up to 48 hours after symptoms have stopped. However, person to person spread is rare.

If your visitor is visiting other people in the hospital, they should visit you last. Visitors should be encouraged to wash their hands with soap and water before and after visiting you.

If your visitor has symptoms such as diarrhoea and/or vomiting they should **not visit you** until 48 hours after the symptoms have stopped.

Can I stop Campylobacter spreading?

Wash your hands after using the toilet and before eating. Hand washing using soap and water is an important way to stop the spread. It is important that you use the toilet/commode that has been allocated to you. This helps stop the spread to other people.

If you go home before your symptoms have disappeared **do not** prepare food for anyone else.

Am I able to go home with Campylobacter?

If your doctor thinks you are well enough, you can go home. If you are being discharged to a nursing or care home, you may have to wait 48 hours from your last symptom before you can be discharged.

Public Health England may contact you to investigate the source of infection for example, if food is responsible it may help to prevent others from becoming infected.

Should you have any further questions or require further advice, please speak to your doctor, nurse or Infection Prevention staff.

Infection Prevention Department 01535 294848

Write down any questions you may wish to ask

The Public health England website will give further guidance specific:
<http://www.phe.org.uk>

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on: 01535 294019 for advice.

Please raise any issue you may have about your care and treatment with a member of staff. Raising your concerns will not adversely affect the care you will receive.