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NF94-170 Campylobacter jejuni

Susan S. Sumner

Julie A. Albrecht

University of Nebraska--Lincoln, jalbrecht1@unl.edu

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Campylobacter jejuni

By Susan S. Sumner, Extension Food Microbiologist
Julie A. Albrecht, Extension Food Specialist

- The Disease:** Symptoms of campylobacteriosis include fever, headache and muscle pain followed by diarrhea (sometimes bloody), abdominal pain and nausea. These symptoms may appear two to 10 days after eating a food contaminated with *Campylobacter* bacteria.
- The Organism:** The bacteria, *Campylobacter jejuni*, grows in areas where little oxygen is present.
- Sources:** *Campylobacter jejuni* may be present in raw meat and poultry, and shellfish as it may be normal microflora of most animals and poultry. Contaminated water, infected pets and unpasteurized milk also are sources of this bacteria.
- Control:** Thoroughly cook meat, poultry and fish. Properly wash hands after handling raw meat and poultry. Use clean utensils and surfaces to prepare raw meat, poultry and fish and wash these utensils and surfaces thoroughly before using them for other foods. Do not drink unpasteurized milk or contaminated water.
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