

# Campylobacter

Infection Prevention

## What is Campylobacter?

Campylobacter is a germ which commonly causes food poisoning. The symptoms are usually diarrhoea (which may contain blood), stomach cramps, muscle cramps, vomiting and fever. These normally get better after several days without any treatment. Sometimes the symptoms may be more severe, in the old & very young. These people may need to come into hospital.

## How did I get Campylobacter?

Campylobacter infections usually result from:

- Handling contaminated foods, pets or farm animals
- Eating contaminated food which has not been cooked properly
- Drinking untreated water or milk

## How will the Campylobacter be treated?

Most people who have Campylobacter get better without any treatment. The main treatment is to make sure that you do not become dehydrated. You must drink plenty of fluids. If this is not possible then you may need a drip. Painkillers can also be given to help with joint pains.

## How is the spread of Campylobacter prevented?

It is rare for Campylobacter to be spread from one person to another, however, hospital staff will wear disposable gloves & aprons when looking after you and wash their hands thoroughly afterwards. You will also be asked not to help yourself to the drinks from the drinks trolley and to make sure you wash your hands thoroughly after going to the toilet. This is to protect vulnerable patients.

At home, the spread of Campylobacter can be prevented by the correct storage and preparation of food, good hand washing before preparing food & after handling raw meat. Hands should also be washed after handling animals, after going to the toilet or changing a baby's nappy and before eating.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

## What about visitors?

It is important that your visitors wash their hands before they go home or go to visit another person in hospital. Visitors do not need to wear disposable gloves and aprons. Ask your visitors not to sit on your bed.

If your visitors have an illness and are concerned about visiting, then they can ask the nurse looking after you if they should visit.

## How will I know when the Campylobacter has gone?

When you have had a normal bowel motion for two days the infection will have gone. There is no need to test more samples.

Campylobacter is a notifiable condition. When you go home you will be contacted by an Environmental Health Officer who will ask you about food you have recently eaten. This is to make sure that there is not a source of the germ which could infect other people.

## Do you need more information?

If you still have questions about Campylobacter then you can ask the nurses, doctors or therapists in the area that you are being treated in.

More information is also available from:

The Infection Prevention Nurses on 01902 307999 Ext 85282

[www.dh.gov.uk](http://www.dh.gov.uk)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。