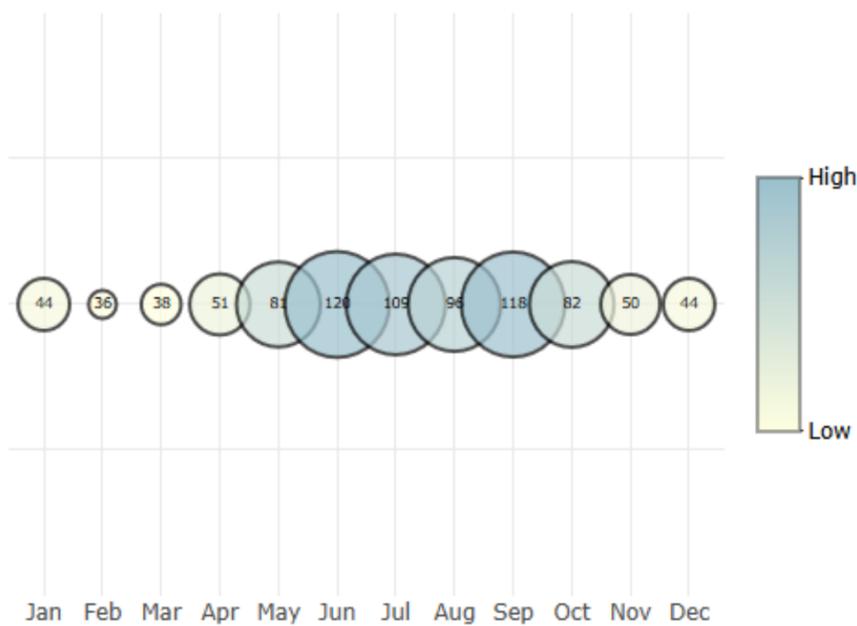


Campylobacteriosis

Seasonality

- Campylobacteriosis exhibits seasonal variation, with peak incidence occurring during the warmer months, typically from late spring to early fall.
- This trend is associated with increased outdoor activities, such as barbecuing and swimming, as well as higher bacterial proliferation in warmer

Total Cases Reported Per Month in SWDH(2017–2024)



Causative Agent

Campylobacteriosis is a bacterial infection caused primarily by *Campylobacter jejuni*

Mode of Transmission

The infection is typically spread through the

- Ingestion of contaminated food or water
- Direct contact with infected animals,
- Person-to-person transmission is uncommon but may occur through the fecal-oral route

Symptoms

Campylobacteriosis symptoms typically develop within 2 to 5 days after exposure and may last for about a week.

Common symptoms include:

- Diarrhea (often bloody)
- Abdominal pain and cramping
- Fever
- Nausea and vomiting
- Fatigue and malaise
- In some cases, complications such as reactive arthritis or Guillain-Barré syndrome may occur

Exposure Sources and Risk Factors

Common sources of *Campylobacter* exposure include:

- Consumption of raw or undercooked poultry and meat
- Unpasteurized milk and dairy products
- Contaminated drinking or recreational water
- Contact with infected animals, particularly poultry, cattle, and household pets
- Cross-contamination of food during preparation
- Poor hand hygiene practices
- Risk factors for infection include young age (infants and young children), older adults, individuals with weakened immune systems, and travelers to regions with inadequate food safety measures

Preventive Measures

Preventing *Campylobacter* infection involves several key public health and personal hygiene strategies:

- Thoroughly cook poultry and meat to an internal temperature of at least 165°F (74°C)
- Avoid consumption of raw or unpasteurized milk and dairy products
- Practice good hand hygiene, especially after handling raw meat, animals, or using the restroom
- Prevent cross-contamination by using separate cutting boards and utensils for raw and cooked foods
- Wash fruits and vegetables before consumption
- Drink only treated water
- Avoid drinking or playing in irrigation water