

CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

CAMPYLOBACTER JEJUNI



SYMPTOMS	START OF SYMPTOMS / HOW LONG THEY LAST	HOW YOU CAN GET SICK	POTENTIAL HEALTH IMPACTS	FOOD COMMONLY ASSOCIATED	HOW TO PROTECT YOURSELF
<p>Diarrhea (often bloody or watery)</p> <p>Abdominal pain</p> <p>Fever</p> <p>Nausea</p> <p>Vomiting</p>	<p>Symptoms usually</p> <ul style="list-style-type: none"> • start within 2 to 5 days (but can happen up to a month after eating or drinking food containing the bacteria) • last up to 10 days 	<p>By eating or drinking food or beverages contaminated with <i>Campylobacter jejuni</i></p> <p>By hands that were not washed properly after petting infected cats, dogs, or farm animals</p> <p>Through cross-contamination when preparing food</p> <p>Direct person-to-person contact, including the physical care (diapering) of people carrying the bacteria</p>	<p>Long-term consequences are rare.</p> <p>Some people may get</p> <ul style="list-style-type: none"> • sudden gall bladder inflammation (can feel like a sharp abdominal pain) • Guillain-Barré syndrome (an auto-immune disorder affecting the nervous system) • meningitis (inflammation of the brain and spinal cord) • Reiter's syndrome (a condition that develops in response to an infection in another part of the body and can lead to chronic arthritis) • chronic colitis (inflammation of the colon) 	<p>Raw eggs</p> <p>Raw milk and raw milk dairy products</p> <p>Raw or undercooked meat such as poultry, beef, pork, lamb</p> <p>Raw vegetables</p> <p>Shellfish</p> <p>Untreated drinking water</p>	<p>Cook food to a safe internal temperature.</p> <p>Drink and eat pasteurized milk and milk products.</p> <p>Use a digital food thermometer to check the internal temperature of your food. Refer to the chart on page 5.</p> <p>Keep hot food hot at or above 60°C (140°F).</p> <p>Keep cooked food separate from raw food. Use one set of utensils for raw food and another for cooked food.</p> <p>Buy shellfish from reputable suppliers.</p> <p>Drink water from a safe supply (treated or boiled water).</p>