

Campylobacterosis

Why is Campylobacterosis important?

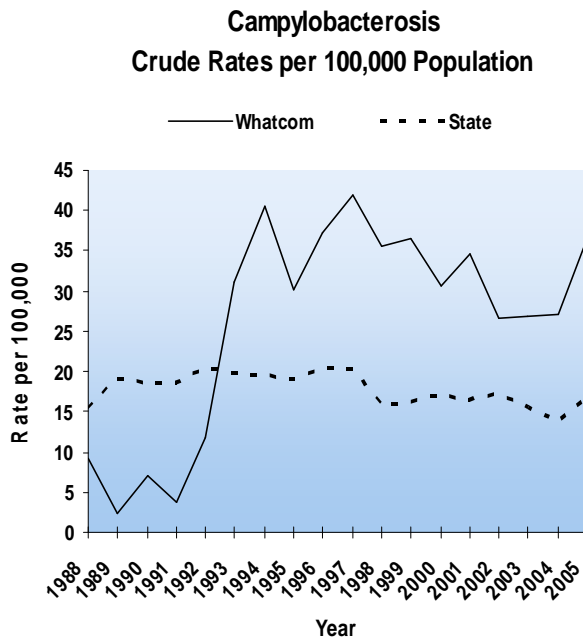


Campylobacterosis is a frequently reported enteric disease that is most commonly caused by the bacteria *Campylobacter jejuni*. The most common symptoms of campylobacterosis are diarrhea, abdominal pain, malaise, fever, nausea and vomiting. Outbreaks are commonly associated with handling or consuming improperly prepared poultry. Other sources of infection include other types of animals, infected individuals, and contaminated food or water.



How are we doing?

The following chart and accompanying table compare Washington State and Whatcom County REPORTED campylobacterosis crude incidence rates and number of cases. Beginning in 1993, higher numbers resulted from better surveillance and case reporting.



Year	Whatcom County		Washington State	
	Rates per 100,000 Population	# of Cases	Rates per 100,000 Population	# of Cases
1988	9.2	11	15.3	708
1989	2.4	3	19.0	899
1990	7.0	9	18.5	898
1991	3.8	5	18.5	930
1992	11.7	16	20.6	1,060
Reporting protocols improved, resulting in higher case numbers				
1993	31.2	44	19.9	1,050
1994	40.5	59	19.6	1,049
1995	30.2	45	19.2	1,048
1996	37.2	57	20.4	1,136
1997	41.9	66	20.3	1,147
1998	35.6	57	15.7	900
1999	36.5	60	16.3	950
2000	30.6	51	17.1	1,006
2001	34.6	59	16.6	991
2002	26.7	46	17.1	1,032
2003	26.9	47	15.5	943
2004	27.1	48	14.0	861
2005	36.5	66	16.7	1,045

Since 1993, campylobacteriosis crude incidence rates per 100,000 Whatcom County residents have ranged from a high of 41.9 in 1997 to a low of 26.7 in 2002. Overall, Whatcom rates have consistently been above state rates since 1993.

What remains to be done?

Whatcom County Public Health provides food service inspections and public education on proper food preparation and cooking, as well as appropriate hand-washing techniques. Public Health also investigates each reported case to determine possible origin and to prevent further spread of the disease. Statistical analysis of the potential risk factors identified during the investigation of each case is done. Risk factors are then ranked in order of frequency to determine the cause of the infection. Public Health will continue to educate the public on risks and prevention activities. We will continue to work with other local and State agencies to reduce the occurrence of the disease or associated complications.

CAMPYLOBACTERIOSIS PREVENTION GUIDELINES:

- ❖ *Thoroughly cook all poultry and pork. Avoid cross contamination with other uncooked foods.*
- ❖ *Drink only treated water.*
- ❖ *Wash hands thoroughly after contact with animals.*
- ❖ *Puppies and kittens with diarrhea are possible sources of infection. Stress hand washing after animal contact which will reduce the transmission to children.*
- ❖ *Drink only pasteurized milk.*

