



Campylobacter - Fast Facts

Campylobacter is the most **common bacterial cause of food poisoning** in the UK. You can become ill from campylobacter bacteria by eating contaminated foods, drinking contaminated water or by direct contact with animals or their environment.

Which foods can it be found in?

- Raw chicken and other poultry
- Liver
- Unpasteurised dairy products
- Untreated water

Who can contract campylobacter?

Anyone can become ill from campylobacter but there is a higher rate of illness in vulnerable people such as young children and older people.

Symptoms of campylobacter

Diarrhoea (sometimes bloody), stomach pain, high temperature and occasionally vomiting.

Duration of illness

Average seven days.

How common is it?

There are approximately **6,000 reported cases of campylobacteriosis per year** in Scotland.

How you can reduce the risk of campylobacter

- Don't wash raw chicken and other poultry – splashing water spreads germs to hands, kitchen surfaces and other foods.
- Avoid spreading germs – make sure hands are cleaned with soap and hot water. Utensils and surfaces should be thoroughly cleaned before use.
- Keep raw meat and ready-to-eat foods separate. Use different chopping boards and utensils or wash thoroughly between uses.
- Check it's cooked – cooking kills harmful germs so make sure chicken, turkey, duck and livers are cooked through until steaming hot with no pink meat and the juices run clear. Use a food thermometer to check food reaches 75°C in the thickest part.
- Cover and chill – cover raw chicken and other poultry and store at the bottom of the fridge so juices cannot drip on other foods.

If you think you have food poisoning, contact your GP or call NHS 24 on 111

More information

For more information on food safety at home and when you're eating out, visit:
www.foodstandards.gov.scot/consumers/food-safety

Find out more about campylobacter visit:
www.foodstandards.gov.scot/campylobacter-fact-sheet

If you have any questions about the information on this page, please contact:
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