



**Grant County Health District – Always Working for a Safer and Healthier Grant County**

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<b>FOR IMMEDIATE RELEASE 07/22/2011</b>	<b>FOR INFORMATION CONTACT</b>
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## **Campylobacter Cases on the Rise in Grant County**

Grant County, WA – The number of Campylobacter cases are on the rise in Grant County. Campylobacter is a bacteria that causes diarrhea and occasional vomiting and can be acquired when consuming undercooked poultry or raw dairy products, or from contact with animals such as cattle, puppies, kittens, swine, sheep and birds. People usually get sick 2-5 days after contact with Campylobacter.

Through mid July, 15 cases of Campylobacter have been reported to the Grant County Health District. In comparison there were 18 cases in all of 2010, 17 cases in 2009, 15 cases in 2008, 12 cases in 2007 and 11 cases in 2006.

What is most concerning about this year is more than one third of the cases were children under the age of three.

To reduce the chance of getting Campylobacter or other illnesses, the Grant County Health District recommends the following:

- Cook all poultry products thoroughly. Make sure that the meat is cooked throughout (no longer pink) and juices run clear. All poultry should be cooked and reach a minimum internal temperature of 165 °F.
- If you are served undercooked poultry in a restaurant, send it back for further cooking.
- Wash hands with soap and water before preparing food.
- Wash hands with soap and water after handling raw meat and before touching anything else.
- Prevent cross-contamination in the kitchen by using separate cutting boards for raw meat and other foods and by carefully cleaning all cutting boards, countertops, and utensils with soap and hot water after preparing raw meat.
- Avoid consuming raw (unpasteurized) milk and untreated lake, river or stream water.
- Make sure that persons with diarrhea, especially children, wash their hands carefully and frequently with soap and water to reduce the chance of spreading Campylobacter.
- Wash hands with soap and water after touching animal droppings or after working around animals.

More information about Campylobacter can be found at  
<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/campylobacter/>

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