# Campylobacter

## Sources
Unpasteurized (raw) milk, chicken, shellfish, turkey, contaminated water.

## Incubation period
2 to 5 days

## Symptoms
Diarrhea, cramps, fever, and vomiting; diarrhea may be bloody.

## Duration of illness
2 to 10 days

## What to do
Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe, call your doctor.

Antibiotics are recommended only for patients who are very ill or are more likely to develop a serious illness, such as people with weakened immune systems.

## Prevention
- Drink pasteurized milk. Do not drink raw milk.
- Do not drink untreated water.

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