

## [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	<p>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.</p> <p>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.</p>
Prevention	<ul style="list-style-type: none"><li>• Drink pasteurized milk. Do not drink raw milk.</li><li>• Do not drink untreated water.</li></ul>