# 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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