

**MSAD # 13 / RSU #83
Health Alert**

**Gastrointestinal Illness - Campylobacteriosis
Important Notice to Parents
<Date>**

Campylobacteriosis is a diarrheal disease caused by the Campylobacter bacteria.

Symptoms can include diarrhea, which is sometimes bloody, stomach cramps, fever, nausea, and vomiting. Campylobacter symptoms usually last no longer than one week and medical treatment is not required.

Symptoms usually appear 2 - 5 days after exposure, with a range of 1 - 10 days.

Campylobacter is transmitted by food, most often from undercooked poultry, unpasteurized milk, or nonchlorinated water or the fecal-oral route.

A person can spread Campylobacter while experiencing symptoms. However, any ill individuals should remain home during the symptomatic period and for at least 24 hours after all symptoms resolve. If your child is sick during the day, please do not send them to school the next day even if they are feeling fine.

Frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after contact with animals, after swimming, and before and after food preparation will help prevent contact with the bacteria.

Contact your primary care provider if gastro intestinal symptoms last more than a few days or are severe. Treatment with antibiotics may shorten the duration of illness.

Please contact the school nurse, Mel Chadbourne, RN if you have any questions. More information is also available at the Maine CDC web site.