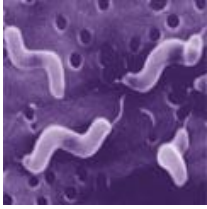


# Campylobacter Fact Sheet

**There are more cases of Campylobacter food poisoning in the UK than both *E.coli* and *Listeria* put together.**



Campylobacter can be spread easily and just a few bacteria can cause illness. This can come from raw or undercooked chicken, or from contamination due to washing raw chicken.

The easiest way to protect yourself and your family from campylobacter is to follow our simple food safety tips every time you prepare food:

## 1 Cover and chill raw chicken

Cover raw chicken and store at the bottom of the fridge so juices cannot drip onto other foods and contaminate them with food poisoning bacteria.



## 2 Don't wash raw chicken

Cooking will kill any bacteria present, including campylobacter, while washing chicken can spread germs by splashing.



## 3 Wash used utensils

Thoroughly wash and clean all utensils, chopping boards and surfaces used to prepare raw chicken. Wash hands thoroughly with soap and warm water after handling raw chicken. These steps help to stop the spread of campylobacter by avoiding cross contamination.



## 4 Cook chicken thoroughly

Make sure chicken is steaming hot all the way through before serving. Cut into the thickest part of the meat to check that it is steaming hot with no pink meat and that the juices run clear.



## ! Symptoms of campylobacter infection

Campylobacter infections typically cause abdominal pain and diarrhoea for between two and five days.

## ↻ What is cross contamination?

Cross contamination occurs when harmful bacteria such as campylobacter are spread between food, packaging, hands, surfaces and equipment. Avoid cross contamination by keeping raw and cooked foods separate and washing utensils after you have used them for raw meat or unwashed vegetables. This prevents bacteria spreading to other foods that are ready-to-eat.

 Watch the FSA videos: [food.gov.uk/youtube](https://www.food.gov.uk/youtube)