

### What is Campylobacteriosis?

Campylobacteriosis is a type of gastro (gastroenteritis) caused by the germ (bacteria) Campylobacter. Campylobacteriosis can affect anyone, however, they are more common in children under five years of age and young adults. The symptoms are often more severe in the elderly and people with other medical conditions.

### What are the symptoms of Campylobacteriosis?

The most common symptoms of Campylobacteriosis are diarrhoea (which may contain blood or mucus), fever, stomach cramps, nausea and vomiting.

After the bacteria are taken in by mouth, it usually takes between two and five days before you become ill (although this may range from 1 to 10 days). To trace the cause of the illness, it is necessary to know where you were and what you ate and drank in the week before you became ill.

### Where are Campylobacter found?

Campylobacter bacteria are found in animals such as poultry, birds, cattle and household pets including puppies and kittens.

### How does Campylobacteriosis spread?

Campylobacteriosis occurs when Campylobacter bacteria are taken in by mouth and it may happen in any of the following ways:

#### Inadequate cooking

Campylobacter bacteria are often present in uncooked meat, particularly poultry. When the raw meat is prepared for human consumption and is not adequately cooked, the bacteria may survive and infect people who eat it.

Unpasteurised milk can also be contaminated with Campylobacter bacteria.

#### Cross-contamination

Cross-contamination is the spread of bacteria from something that is contaminated with bacteria, to something that is not.

### 什麼是彎曲桿菌病？

彎曲桿菌病 (Campylobacteriosis) 是由“彎曲桿菌”病菌（細菌）引發的一種腸胃病（腸胃炎）。彎曲桿菌病可以感染任何人群，5歲以下兒童和年輕人較為多見。老年人和患有其他疾病的人的症狀通常比較嚴重。

### 彎曲桿菌病的症狀如何？

彎曲桿菌病最常見的症狀是腹瀉（可能含有血液或粘液）、發燒、胃痙攣、噁心和嘔吐。

病菌入口後，通常需要2至5天才會發病（可能在1到10天之間）。因此要追蹤病因，必須了解病人在發病前的一個星期內的去處和飲食情況。

### 彎曲桿菌存在於什麼地方？

彎曲桿菌多存在於動物身上，例如家禽、鳥、牛和家庭寵物，包括小狗和小貓。

### 彎曲桿菌病是如何傳播的？

彎曲桿菌入口後，就會感染彎曲桿菌病，並可能經由下列任何一種方式傳播：

#### 食物未煮熟

彎曲桿菌通常存在於未煮熟的肉類，尤其是家禽肉中。如果肉類沒有被充分煮熟，則病菌可能存活而感染食用者。

彎曲桿菌也會污染未經消毒的牛奶。

#### 交叉污染

交叉污染，是指被病菌污染的東西將病菌散播到未被污染的東西上的過程。

Campylobacter can spread when uncooked foods contaminated with the bacteria cross-contaminate ready-to-eat foods, either directly or via utensils and equipment used to prepare raw foods (eg. knives, chopping boards). Water can also be contaminated with Campylobacter.

To avoid cross-contamination, raw foods should always be handled and stored separately from cooked or ready-to-eat foods.

## Person-to-person spread

People with Campylobacteriosis have Campylobacter bacteria in their faeces. If these people do not wash their hands after going to the toilet, then contaminated hands can spread the bacteria to surfaces and objects which will be touched by other people.

Contaminated hands can also spread the bacteria to food which may be eaten by other people.

Hands can also become contaminated with bacteria when a person changes the nappy of an infant with Campylobacter infection.

People and animals can carry Campylobacter in their faeces without having any symptoms at all, or for some weeks after symptoms have stopped. These people and animals can still pass the disease on to others.

## I think I may have Campylobacteriosis - what should I do?

If you have symptoms of Campylobacteriosis, report them to your doctor immediately. This will ensure that you receive proper treatment and advice and that steps are taken to avoid the spread of the disease.

## Can I still work?

Food handlers, child care workers and health care workers with Campylobacteriosis should not work until symptoms have stopped.

Children must not attend child care centres, kindergartens or school until symptoms have stopped.

## How can I stop spreading it to others?

The risk of spreading Campylobacter to others can be reduced.

It is very important that people with Campylobacteriosis do not prepare or handle food which will be eaten by other people, and that no one shares their towel or face washer.

被病菌污染的未煮熟食物會以交叉污染的方式向即將被食用的食物散播彎曲桿菌。有的是直接污染，有的是通過備製生食的器具和設備（如刀具，砧板）傳播，水也可能被彎曲桿菌污染。

為了避免交叉污染，處理和存放生食的時候，務必將其與煮熟的或即將被食用的食物分開。

## 人與人的傳播

彎曲桿菌病患者的糞便中帶有彎曲桿菌。如果患者上廁所後不洗手，那麼污染的雙手就會將病菌傳播到物體表面和器物上，從而傳染他人。

污染的雙手也會將病菌傳播到其他人的食物上。

在給感染彎曲桿菌的嬰兒換尿布時，換尿布人的手也會被病菌污染。

即使是沒有任何症狀的人與動物，或症狀已經消失了幾個星期，他們的糞便仍可能攜帶彎曲桿菌，這些人與動物依然可能將病菌傳給他人。

## 我可能感染了彎曲桿菌病，應該怎麼辦？

如果你有感染彎曲桿菌病的症狀，請立即就醫。這樣能保證得到適當的治療和建議，並且採取措施避免疾病的傳染。

## 我仍然可以工作嗎？

食品加工人員、照顧兒童的人員及衛生保健人員如果患有彎曲桿菌病，在病症消失之前不得工作。

兒童在病症消失之前，不得上托兒所、幼兒園、或學校。

## 如何防止將病菌傳至他人？

減少傳播彎曲桿菌的風險。

最重要的是彎曲桿菌病患者不得備製或加工他人的食物，並不要與他人共用毛巾或洗臉巾。

## How can I avoid getting Campylobacteriosis?

By following the guidelines below, everyone can do something to avoid getting Campylobacteriosis.

### Careful hand washing

Everyone should wash their hands thoroughly with soap and warm running water for at least 15 seconds:

- before preparing food
- between handling raw and ready-to-eat foods
- before eating
- after going to the toilet or changing nappies
- after working in the garden
- after contact with animals or their faeces

Food handlers should use disposable paper towels or an air dryer to dry their hands. Cloth towels are not recommended as they get dirty quickly and can spread germs from one person to another.

### Safe food storage and handling

- Do not handle cooked foods with the same implements (tongs, knives, cutting boards) used on raw foods, unless they have been thoroughly washed between uses.
- Keep all kitchen surfaces and equipment clean.
- Defrost food by placing it in a container on the lower shelves of a refrigerator or use a microwave oven.
- Thoroughly cook all raw foods, particularly poultry. Make sure that the meat is cooked throughout (no longer pink) and that the juices run clear.
- Place cooked food in a refrigerator within an hour of cooking it.
- Refrigerate raw foods below cooked or ready-to-eat foods to prevent cross-contamination.
- Store foods below 5 °C or above 60 °C to prevent growth of bacteria.
- Thoroughly wash raw vegetables before eating.
- Reheat food until the internal temperature of the food reaches at least 75 °C.
- Protect food from insects, rodents and other animals.

### Microwave cooking

Part of the microwave cooking process includes standing time. When using a microwave, read the manufacturer's instructions carefully and observe these standing times to ensure the food is completely cooked before it is eaten.

## 如何避免感染彎曲桿菌病？

按照下列指引，每個人都可以盡量避免感染彎曲桿菌病：

### 仔細洗手

每個人都應用流動的溫水和肥皂洗手15秒以上：

- 備製食物之前
- 加工生食與即將食用的食品時
- 飯前
- 上廁所或換尿布之後
- 處理完園藝之後
- 接觸動物或動物糞便之後

食物加工人員應使用一次性紙巾或空氣乾燥機來乾燥他們的手。不建議使用毛巾布，因為毛巾布容易變髒而且可能傳播病菌。

### 安全的食品儲存和處理

- 不要用同樣的用具（夾子、刀、砧板）來加工生食和熟食，除非在使用過程中對這些用具進行徹底清洗。
- 保證廚房及設備的所有表面的清潔
- 解凍食物時，將冷凍食物放在冰箱的下層架子上的容器中，或者用微波爐解凍。
- 徹底煮熟生的食物，尤其是家禽類。確定將肉完全煮熟（沒有粉紅色），並且肉汁清澈。
- 在一個小時內，將煮好的肉放進冰箱。
- 將生肉放在煮熟的食物或即將食用的食物的下層位置，以免造成交叉污染。
- 存放食物的溫度要低於5 °C或高於60 °C，以避免細菌孳生。
- 生的蔬菜在食用前要徹底清洗。
- 再加熱食物時，內部溫度一定要達到至少75 °C
- 防止食物不被昆蟲、齧齒動物或其他動物污染。

### 用微波爐烹煮食物

靜置時間(standing time) 是微波烹調過程的一部分。使用微波爐時，仔細閱讀製造商的說明書並且遵守該靜置時間，以確保食物完全煮熟後食用。

## Household cleaning

Bathrooms and toilets must be cleaned often, to avoid the spread of bacteria. Pay particular attention to surfaces such as toilet seats and handles, taps and nappy change tables.

Sandpits can become contaminated with animal faeces and urine. Rake the sand frequently and remove any animal faeces. Cover the area when not in use.

## Water from untreated sources

Untreated water that comes directly from lakes or rivers may be contaminated with faeces from people or animals. Boil water from these sources before drinking it.

If you think the source of your illness may have been food, it is important that you report it to your local council health department as soon as possible. Retain (and refrigerate) any left over food which you believe may have caused you to become ill.

## Further information

Department of Health

Communicable Disease Prevention and Control Unit

Phone: 1300 651 160

[www.health.vic.gov.au/ideas](http://www.health.vic.gov.au/ideas)

Language assistance is available through the Translating and Interpreting Service, phone 13 14 50

## 家居打掃清潔

浴室及廁所必須經常清潔以避免病菌散播。特別注意表面的清潔，如廁所坐墊和把手，水龍頭和換尿布台。

兒童遊戲的沙坑會受到動物大小便的污染，應經常耙鬆沙坑，除走動物糞便，不使用時應將其遮蓋。

## 未經處理的水

直接來自湖中或河裡的水未經過處理，可能有人或動物糞便的污染，飲用之前必須煮沸。

如果認為病源可能來自食物，應立即向當地市政府衛生部門報告。並保留（放進冰箱）被認為可能是病源的剩餘食物。

## 查詢詳情

《衛生部》

《傳染病預防及控制小組》

電話：1300 651 160

[www.health.vic.gov.au/ideas](http://www.health.vic.gov.au/ideas)

可以透過《翻譯及傳譯服務》獲得語言協助，電話13 14 50