

CAMPYLOBACTER

General description

Campylobacter spp. are microaerophilic (require decreased oxygen) and capnophilic (require increased carbon dioxide), Gram-negative, curved spiral rods with a single unsheathed polar flagellum. *Campylobacter* spp. are one of the most important causes of acute gastroenteritis worldwide. *Campylobacter jejuni* is the most frequently isolated species from patients with acute diarrhoeal disease, whereas *C. coli*, *C. Laridis* and *C. fetus* have also been isolated in a small proportion of cases. Two closely related genera, *Helicobacter* and *Archobacter*, include species previously classified as *Campylobacter* spp.

Human health effects

An important feature of *C. jejuni* is relatively high infectivity compared with other bacterial pathogens. As few as 1000 organisms can cause infection. Most symptomatic infections occur in infancy and early childhood. The incubation period is usually 2–4 days. Clinical symptoms of *C. jejuni* infection are characterized by abdominal pain, diarrhoea (with or without blood or faecal leukocytes), vomiting, chills and fever. The infection is self-limited and resolves in 3–7 days. Relapses may occur in 5–10% of untreated patients. Other clinical manifestations of *C. jejuni* infections in humans include reactive arthritis and meningitis. Several reports have associated *C. Jejuni* infection with Guillain-Barré syndrome, an acute demyelinating disease of the peripheral nerves.

Source and occurrence

Campylobacter spp. occur in a variety of environments. Wild and domestic animals, especially poultry, wild birds and cattle, are important reservoirs. Pets and other animals may also be reservoirs. Food, including meat and unpasteurized milk, are important sources of *Campylobacter* infections. Water is also a significant source. The occurrence of the organisms in surface waters has proved to be strongly dependent on rainfall, water temperature and the presence of waterfowl.

Routes of exposure

Most *Campylobacter* infections are reported as sporadic in nature, with food considered a common source of infection. Transmission to humans typically occurs by the consumption of animal products. Meat, particularly poultry products, and unpasteurized milk are important sources of infection. Contaminated drinking-water supplies have been identified as a source of outbreaks. The number of cases in these outbreaks ranged from a few to several thousand, with sources including unchlorinated or inadequately chlorinated surface water supplies and faecal contamination of water storage reservoirs by wild birds.

Significance in drinking-water

Contaminated drinking-water supplies have been identified as a significant source of outbreaks of campylobacteriosis. The detection of waterborne outbreaks and cases appears to be increasing. Waterborne transmission has been confirmed by the isolation of the same strains from patients and drinking-water they had consumed. Within a WSP, control measures that can be applied to manage potential risk from *Campylobacter* spp. include protection of raw water supplies from animal and human waste, adequate treatment and protection of water during distribution. Storages of treated and disinfected water should be protected from bird faeces. *Campylobacter* spp. are faecally borne pathogens and are not particularly resistant to disinfection. Hence, *E. coli* (or thermotolerant coliforms) is an appropriate indicator for the presence/absence of *Campylobacter* spp. in drinking-water supplies.

Selected bibliography

Frost JA (2001) Current epidemiological issues in human campylobacteriosis. *Journal of Applied Microbiology*, 90:85S–95S.

Koenraad PMFJ, Rombouts FM, Notermans SHW (1997) Epidemiological aspects of thermophilic *Campylobacter* in water-related environments: A review. *Water Environment Research*, 69:52–63.

Kuroki S et al. (1991) Guillain-Barré syndrome associated with *Campylobacter* infection. *Pediatric Infectious Diseases Journal*, 10:149–151.