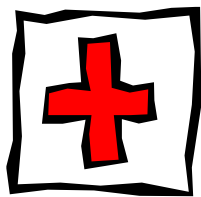


WHAT IS CAMPYLOBACTER?



Campylobacter is a very common form of gastro-enteritis. It is more common than Salmonella and is an important cause for traveller's illnesses.

How did I get it?

From any of the following sources:

- From handling raw meat especially poultry
- From drinking untreated water or milk
- From eating undercooked meat or poultry
- From direct contact with animals
- From close contact with another infected person
- From milk bottles pecked open by birds.

When did I get it?

The illness usually occurs within 2-10 days of infection but it can be up to 14 days before the symptoms appear.

What are the signs and symptoms?

- Fever, a feeling of being generally unwell, abdominal pains
- After 2-3 days diarrhoea starts (some people might see blood and mucus). This lasts 2-3 days longer.
- Colicky abdominal pains may last for a further 2-3 days longer.
- Vomiting is rare in adults but may happen in children

How do I stop it spreading?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating
- Young children with the infection should have their hands washed for them or be supervised
- Disinfect all areas in the toilet daily (including door handles and taps)
- Infected persons should stay away from work until vomiting and diarrhoea have ceased
- If the infected person is a food handler, works as a health carer/nurse or is a child attending school or a nursery etc. further advice should be obtained
- Read the accompanying leaflet for further guidance.

Where can I get more advice?

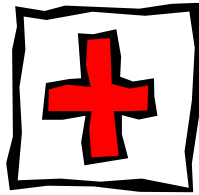
- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.

Ceredigion County Council
Environmental Services and Housing Dept
Neuadd Cyngor Ceredigion
Penmorfa
Aberaeron
Ceredigion
SA46 0PA

Tel No: 01545 572105
Fax: 01545 572380



BETH YW CAMPYLOBACTER?



Ffurf gyffredin ar lid y stumog a'r perfedd neu gastro-enteritis yw Campylobacter. Mae'n fwy cyffredin na Salmonella ac yn un o achosion pennaf clwy'r teithwyr.

O ble ddeath y haint?

O un o'r ffynonellau isod:

- Trafod cig amrwd, dofednod yn arbennig
- Bwyta cig neu ddofedned sydd heb ei goginio'n ddigonol
- Cyswllt uniongyrchol ag anifeiliad
- Cyswllt agos â rhywun sydd wedi'i heintio â'r clwy
- Poteli llaeth wedi'u pigo ar agor gan adar.

Pryd wnes i ddal yr haint?

Byddwch fel arfer yn dechrau teimlo'n sâl o fewn 2-10 niwrnod wedi i chi gael eich heintio. Gall gymryd hyd at 14 niwrnod i'r symptomau ymddangos fodd bynnag.

Beth yw'r arwyddion a'r symptomau?

- Twymyn, teimlo'n anhwylyd, poen yn y bol neu'r abdomen
- Ar ôl 2-3 diwrnod bydd dolur rhydd yn dechrau (mae'n bosib y bydd yn cynnwys gwaed a mwcws). Bydd hyn yn para 2-3 diwrnod
- Gallwch gael poenau'n cnoi yn eich bol am 10-14 diwrnod arall
- Anaml y gwelir oedolion yn cyfogi ond gall ddigwydd ymhlith plant.

Sut mae ei atal rhag lledu?

- Golchi'r dwylo yn drylwyr ar ôl mynd i'r toiled, a chyn paratoi bwyd neu fwyta bwyd.
- Dylid golchi dwylo plant ifanc sydd â'r haint neu eu goruchwylio yn golchi eu dwylo eu hunain.
- Diheintio pob man yn y toiled bob dydd (gan gynnwys dolenni'r drws).
- Dylai pobl sydd wedi'u heintio aros adre o'r gwaith hyd nes y bydd y cyfogi a'r dolur rhydd wedi cilio.
- Os yw'r sawl sydd wedi'i heintio yn trin bwyd, yn gweithio fel gofalydd iechyd/nyrs neu'n blentyn sy'n mynd i ysgol neu feithrinfa ayb holwch am gyngor pellach.
- Darllen y daflen sydd ynghlwm am gyngor mwy manwl.

Ble alla i gael mwy o gyngor?

- Bydd eich Meddyg Teulu neu arbenigwr iechyd yn gallu rhoi cyngor i chi ar y gofal fydd ei angen ar gleifion unigol.
- Dylech ddweud wrth eich cyflogwr neu, gyda phlant, brifathro'r ysgol i weld a oes angen aros adre a phryd i ddychwelyd i'r gwaith neu'r ysgol.
- Bydd y Swyddog ymchwilio hefyd yn rhoi i chi daflen fwy cyffredinol ar sut i reoli'r haint a gallwch gysylltu â'r Swyddog drwy ffonio'r rhif isod os bydd angen mwy o wybodaeth arnoch.

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