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Campylobacter jejuni

Department of Health and Human Services



Campylobacter jejuni

Campylobacter is an "S"-shaped bacterium about 100 times smaller than the width of a strand of hair. It has a tail at one or both ends to help it move. This bacterium hangs out in bird droppings, raw milk, and untreated water. It is usually spread through undercooked poultry. You can stop *Campylobacter* from making you sick by not drinking unpasteurized milk, by never eating undercooked chicken and by washing your hands after touching raw chicken.