



## Macon County Public Health

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# Public Service Announcement

### Macon County Public Health Reports Increase in *Campylobacter* Cases

**Franklin, NC** – Macon County Public Health is reporting an increase in *Campylobacter* infections, with five cases reported since March 1st and a total of eleven confirmed cases so far in 2025. For comparison, the county recorded 29 *Campylobacter* cases in all of 2024. While the recent cases appear to be unrelated, the trend serves as a timely reminder about the importance of safe food handling and proper hygiene.

*Campylobacter* is a bacterium that commonly causes gastrointestinal illness in humans. It is often associated with the consumption of undercooked poultry, unpasteurized dairy products, or exposure to contaminated water. Symptoms typically include diarrhea (which can be bloody), fever, stomach cramps, nausea, and vomiting. Although most people recover without treatment, serious complications can occur, especially in young children, older adults, and those with weakened immune systems.

“We are seeing a noticeable increase in reported *Campylobacter* cases in Macon County,” said Jennifer Germain from Macon County Public Health. “While the cases do not appear to be linked, it’s a good opportunity to remind everyone to take precautions when preparing food and to wash hands frequently.”

#### Tips to Prevent *Campylobacter* Infection:

- Wash hands with soap and water for at least 20 seconds before preparing or eating food, after using the bathroom, and after handling animals.
- Always cook poultry to an internal temperature of 165°F.
- Avoid drinking unpasteurized milk or untreated water.
- Prevent cross-contamination by keeping raw meat separate from ready-to-eat foods.
- Clean all cutting boards, counters, and utensils with hot soapy water after preparing raw meat.

Macon County Public Health continues to monitor the situation and is working closely with state health partners to identify patterns and promote prevention strategies.

For more information about *Campylobacter* and how to protect yourself and your family, please visit [NC DPH: Campylobacteriosis](#) or call Macon County Public Health at (828) 349-2081.