

PUBLIC HEALTH RESPONSE TO TRICHINELLOSIS

- Health care providers are required to notify their local health departments if they suspect or diagnose a case of trichinellosis.
- Local health departments and the California Department of Public Health (CDPH) investigate reported cases of trichinellosis to try to identify the food item that is the source of infection and prevent additional people from becoming infected.
- Local health departments and CDPH collaborate to try to identify all potentially exposed people and ensure that they are notified, provided information about trichinellosis, and advised to consult their health care provider.

LEARN MORE

For more information about trichinellosis, contact your local health department or visit the following websites:

<http://www.cdc.gov/parasites/trichinellosis>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Trichinellosis-Trichinosis.aspx>



California Department of Public Health

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FACTS ABOUT TRICHINELLOSIS



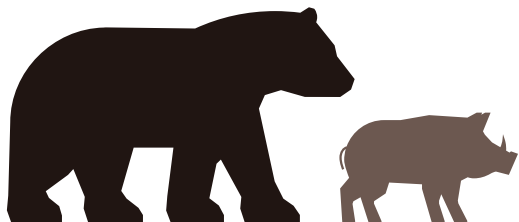
WHAT IS TRICHINELLOSIS?

Trichinellosis (also known as trichinosis) is a parasitic disease caused by eating raw or undercooked meat, usually pork or bear meat, that is infected with a microscopic worm called *Trichinella*. These worms are in the muscle tissue of infected animals and can pass to humans who eat the infected meat. *Trichinella* worms are not transmitted from person to person.



HOW COMMON IS TRICHINELLOSIS?

In the U.S., trichinellosis is rare in humans. Pork that is commercially produced and sold in the U.S. is unlikely to contain *Trichinella* worms. Outbreaks of trichinellosis sometimes happen among people who eat meat from the same infected animal, usually a wild pig or bear.



WHAT ARE THE SYMPTOMS OF TRICHINELLOSIS?

The symptoms of trichinellosis usually happen in two phases:

1. In the first phase (**one to two days after eating infected meat**), the worms burrow into a person's intestines. Infected persons may have fever, nausea, vomiting, abdominal pain, and diarrhea.
2. In the second phase (**one to eight weeks later**), immature worms travel throughout a person's body. Infected persons may have fever, muscle pain, face or eyelid swelling, and sometimes weakness and loss of coordination.

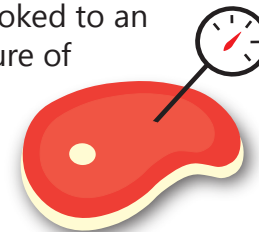
Severe disease may occur if the worms invade the heart, brain, or lungs. If left untreated, severe cases of trichinellosis can be fatal.

See your health care provider if you have any of these symptoms and have recently eaten raw or undercooked bear or pig meat. Early treatment can prevent the development of severe disease.



HOW DO I PREVENT TRICHINELLOSIS?

- Avoid eating raw or undercooked meat, especially wild pig or bear meat.
- Use a food thermometer to make sure all meat is cooked to an internal temperature of 160°F or greater.



- Clean all knives, equipment, and surfaces used to cut or process meat before preparing other foods.



- Freezing pork and other meat can kill most germs that can make people sick, but freezing wild game meat may **not** kill *Trichinella* worms because the type of *Trichinella* found in wildlife is often more resistant to cold temperatures.
- Purchase and eat meat that has been inspected by the U.S. Department of Agriculture (USDA)— look for packaged meat with a label that says the meat has been inspected and approved by the USDA.

