



BRUCELLOSIS FACT SHEET

WHAT IS BRUCELLOSIS?

Brucellosis is caused by bacteria that typically infect sheep, cattle, goats, pig, dogs, and humans.

HOW DO YOU GET BRUCELLOSIS?

- Eating undercooked meat
- Consuming unpasteurized/raw dairy products
- Breathing in the bacteria that cause brucellosis
- When bacteria enter the body through skin wounds
- Person-to-person spread of brucellosis is extremely rare.

SYMPTOMS

Once exposed to the bacteria, it typically takes 3 weeks for symptoms to appear.

Initial symptoms may include:	Long-term symptoms may include:
<ul style="list-style-type: none"> • Fever • Sweats • Loss of appetite • Headache • Pain in muscles, joint, and/or back • Fatigue 	<ul style="list-style-type: none"> • Recurrent fevers • Arthritis • Swelling of the testicle and scrotum area • Neurologic symptoms • Depression • Chronic fatigue • Swelling of the liver and/or spleen

TREATMENT

Brucellosis can be treated with antibiotics. Depending on the timing of treatment and severity of illness, recovery may take a few weeks to several months. Discuss treatment options with your doctor.

PREVENTION

- Avoid consuming undercooked meat and unpasteurized dairy products such as milk, cheese, and ice cream.
- People who handle animal tissues (such as hunters, animal herdsman, and veterinarians), should protect themselves by using rubber gloves, goggles, and gowns or aprons.

DGHD EFFORTS

Reports of suspected and confirmed cases of disease are made to the Delaware General Health District (DGHD). The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.