



YERSINIOSIS (YERSINIA) FACT SHEET

WHAT IS YERSINIOSIS ?

Yersiniosis is an illness caused by the bacteria, Yersinia.

HOW DO YOU GET YERSINIOSIS?

People can get Yersinia by consuming contaminated water or food or by direct contact with infected humans or animals (via the fecal-oral route). Raw or undercooked pork products are the major food source associated with this illness. Pigs are the most common animal that carries strains of Yersinia that cause human illness, but rodents, rabbits, sheep, cattle, horses, dogs, and cats also can carry strains that cause human illness.

SYMPTOMS

Symptoms usually begin 4 to 7 days after exposure. Symptoms depend on the age of the person infected. Infection occurs most often in young children. Common symptoms in children are fever, abdominal pain, and diarrhea, which is often bloody. In older children and adults, symptoms may include right-sided abdominal pain and fever. Symptoms may last 1 to 3 weeks or longer.

TREATMENT

Yersiniosis usually goes away on its own without antibiotic treatment. However, antibiotics may be used to treat more severe or complicated infections. Discuss treatment options with your doctor.

PREVENTION

- Avoid eating raw or undercooked pork
- Consume only pasteurized milk and milk products
- Wash hands thoroughly with soap and water before eating and preparing food, after contact with animals, and after handling raw meat.
- Prevent cross-contamination in the kitchen by carefully cleaning all cutting boards, countertops, and utensils with soap and hot water after preparing raw meat.

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 illness, and engages in community outreach and education.