

Trichinellosis (Trichinosis)

What is Trichinellosis?

- Trichinellosis is a disease caused by parasites from eating raw or undercooked meat.
- Commonly infected animals are wild animals like bears, cougars, boars, pigs, dogs, fox, horses, seals, or walruses.
- Trichinellosis may result in intestinal symptoms but could progress into more severe symptoms like muscular, breathing, or cardiac problems.

Who can get Trichinellosis?

It only takes a small amount of the Trichinellosis parasite to make you sick and anyone who eats wild meat is at risk for becoming sick.

People can get Trichinellosis from:

- eating raw or undercooked meat from wild animals such as: pork (wild pig or boar), bear, feline (cougar), dog, fox, horse, seal, walrus

Symptoms of Trichinellosis:

Symptoms usually start 1-2 days after exposure.

Symptoms may include:

- nausea/vomiting
- diarrhea
- abdominal pain/cramping

Symptoms may progress to:

- fever/chills
- muscle aches/headache
- swelling
- itchy skin rash
- cough



What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have severe diarrhea or severe stomach cramping. They may ask you to submit a blood sample to diagnose Trichinellosis.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become very ill.

How to decrease your chance of getting Trichinellosis:

- The best way to prevent Trichinellosis is to cook your meat all the way before you eat it.
- Curing meats through the process of jerky or sausage making does not kill the parasites.
- Clean meat grinders right way and completely after each use.
- Wash your hands with soap and warm water after handling raw meat.



Treatment:



People with a Trichinellosis disease should drink plenty of fluids to prevent dehydration.

Safe and effective treatment for Trichinellosis disease is available through a prescription from your healthcare provider. If your provider prescribes these antiparasitic medications take them exactly as instructed. Make sure you take all the pills even if you feel better.