

# Yersinosis (Yersinia Enterocolitica)



## What is Yersinia?



- Yersinia enterocolitica is a bacteria that causes an infection called Yersinosis.
- This illness spreads by eating or drinking contaminated food or water, or contact with fecal matter (poop) from infected people or animals.
- This illness is most often caused by eating raw or undercooked pork.



## What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Yersinosis.

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 severely ill.

## Who can get Yersinia?



It only takes a small amount of this germ to make you sick and anyone can get sick from it, but it is most common in children.

### People can get Yersinia from:

- eating raw or undercooked pork or other meats (or eating something that touched it)
- drinking raw (unpasteurized) milk
- contact with an infected person or animal, or their feces (poop)

## How to decrease your chance of getting Yersinia:

There is no vaccine or cure for this illness, the best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop) or garbage
- after contact with animals (pets, zoos, farms, fairs)

-Keep raw pork and other meats away from other foods.

-Cook pork and all other meats completely.

-Do NOT drink raw (unpasteurized) milk.



## Symptoms of Yersinia:

Symptoms usually start 4-7 days after exposure, and usually last around 1-3 weeks.

### Symptoms in young children:

- Diarrhea that is often bloody
- Stomach cramps or pain
- Fever

### In older children and adults:

- fever
- pain on the right side of the abdomen (could be mistaken with appendicitis)



## Treatment:



People with a Yersinia infection should drink plenty of fluids to prevent dehydration.

Most people do not require antibiotic treatment to recover from this illness. They may, however, be given to those who have severe illness or those with a weakened immune system.

If your healthcare provider gives antibiotics for a Yersinia infection, take them exactly as instructed. Make sure you take all the pills even if you feel better.