



BRUCELLOSIS

WHAT IS BRUCELLOSIS?

BRUCELLOSIS IS A BACTERIAL DISEASE THAT CAN AFFECT ANY ORGAN OF THE BODY. BRUCELLOSIS IS NOT VERY COMMON IN THE UNITED STATES, WITH 100-200 CASES REPORTED EVERY YEAR.

WHO GETS BRUCELLOSIS?

ANYONE CAN GET THE DISEASE, BUT IT IS MORE LIKELY TO BE FOUND IN PEOPLE WHO BUTCHER AND CLEAN DEER AND LIVESTOCK, OR WHO EAT UNPASTEURIZED DAIRY PRODUCTS.

HOW IS BRUCELLOSIS SPREAD?

THE BACTERIA THAT CAUSE THIS DISEASE ARE FOUND IN UNPASTEURIZED MILK FROM INFECTED COWS. IT IS UNLIKELY THAT THIS DISEASE WOULD BE SPREAD FROM PERSON TO PERSON. HOWEVER, INFECTED MOTHERS CAN SPREAD THE INFECTION TO THEIR BABIES THROUGH BREAST MILK.

WHAT ARE THE SYMPTOMS OF BRUCELLOSIS?

SYMPTOMS OF BRUCELLOSIS INCLUDE IRREGULAR FEVERS, HEADACHE, WEAKNESS, SWEATING, CHILLS, WEIGHT LOSS AND ACHES. BRUCELLOSIS CAN ALSO CAUSE LONG-LASTING SYMPTOMS SUCH AS OCCASIONAL FEVERS, JOINT PAIN AND TIREDNESS. THE DISEASE MAY LAST FOR SEVERAL DAYS, MONTHS OR YEARS IF IT IS NOT TREATED.

HOW SOON DO SYMPTOMS APPEAR?

SYMPTOMS USUALLY APPEAR WITHIN FIVE TO UP TO 60 DAYS. SOME PERSONS INFECTED YEARS AGO WILL HAVE CONTINUING SYMPTOMS.

DOES PAST INFECTION WITH BRUCELLOSIS MAKE A PERSON IMMUNE?

IT IS UNLIKELY THAT AN INDIVIDUAL WILL BE REINFECTED. HOWEVER, IF NOT PROPERLY TREATED, THE DISEASE MAY LAST FOR UP TO A YEAR.

WHAT IS THE TREATMENT FOR BRUCELLOSIS?

MEDICATION IS AVAILABLE AND THE EARLIER THE INFECTION IS TREATED, THE LESS LIKELY IT WILL TURN INTO A LONG-LASTING INFECTION.

WHAT CAN BE DONE TO PREVENT THE SPREAD OF BRUCELLOSIS?

EAT AND DRINK ONLY PASTEURIZED DAIRY PRODUCTS. TO REDUCE GETTING INFECTED, AVOID CONTACT WITH INFECTED CATTLE, SHEEP OR GOATS. THOSE WHO SLAUGHTER AND BUTCHER LIVESTOCK AND OTHER ANIMALS SHOULD WEAR RUBBER GLOVES ON THE JOB.