



TRICHINOSIS

WHAT IS TRICHINOSIS?

TRICHINOSIS IS A FOOD-BORNE DISEASE CAUSED BY A PARASITE.

WHO GETS TRICHINOSIS?

ANYONE WHO EATS UNDERCOOKED MEAT OF INFECTED ANIMALS CAN DEVELOP TRICHINOSIS.

HOW IS TRICHINOSIS SPREAD?

ANIMALS SUCH AS PIGS, DOGS, CATS, RATS AND MANY WILD ANIMALS (INCLUDING FOX, WOLF AND POLAR BEAR) MAY HAVE THE PARASITE. WHEN HUMANS EAT INFECTED MEAT THAT HAS BEEN IMPROPERLY COOKED, THEY BECOME INFECTED. IMPROPERLY COOKED WILD ANIMAL MEAT MAY ALSO BE RESPONSIBLE FOR INFECTING HUMANS. PERSON-TO-PERSON SPREAD DOES NOT HAPPEN.

WHAT ARE THE SYMPTOMS OF TRICHINOSIS?

THE SYMPTOMS USUALLY START WITH FEVER, MUSCLE SORENESS, PAIN AND SWELLING AROUND THE EYES. INCREASED THIRST, SWEATING, CHILLS, WEAKNESS AND TIREDNESS MAY DEVELOP. CHEST PAIN MAY OCCUR IF THE PARASITE GETS INTO THE THIN MUSCLE SEPARATING THE LUNGS FROM ABDOMINAL ORGANS.

HOW SOON AFTER INFECTION DO SYMPTOMS APPEAR?

WHEN SYMPTOMS APPEAR DEPENDS ON THE NUMBER OF PARASITES IN THE MEAT AND THE AMOUNT EATEN. IT CAN RANGE FROM FIVE TO 45 DAYS BUT IS USUALLY 10 TO 14 DAYS.

WHAT IS THE TREATMENT FOR TRICHINOSIS?

MEDICATION IS USED TO TREAT THE ILLNESS.

WHAT CAN BE THE EFFECT OF NOT BEING TREATED FOR TRICHINOSIS?

WITHOUT TREATMENT, TRICHINOSIS CAN CAUSE DEATH.

WHAT CAN BE DONE TO PREVENT THE SPREAD OF TRICHINOSIS?

THE BEST PREVENTION IS TO MAKE SURE THAT MEAT IS STORED IN A FREEZER FOR 10 DAYS AND THEN PROPERLY COOKED TO MAKE SURE THE PARASITE IS KILLED.