



What is yersiniosis?

- Yersiniosis is an infection of the intestine caused by the bacteria *Yersinia enterocolitica*.
- The bacteria is found mainly in pigs, rodents, cats, dogs and birds.

How does a person get yersiniosis?

- A person can become infected by:
 - eating contaminated food
 - drinking contaminated water or unpasteurized milk.
- The bacteria may be spread from person to person if hands are not washed thoroughly.

What are the signs and symptoms?

- Symptoms develop 3 to 7 days after a person has become infected.
- The most common symptoms are:
 - diarrhea (sometimes bloody)
 - fever (especially in young children)
 - stomach pain (sometimes mistaken for appendicitis).

How is yersiniosis treated?

- Your doctor will determine if treatment is necessary.
- Drink plenty of fluids to replace water lost through diarrhea.

How is yersiniosis prevented?

- Always wash your hands thoroughly:
 - after using the toilet
 - after diapering a child
 - before preparing or handling food
 - before eating.
- Thoroughly cook all meats, especially pork.
- Thoroughly wash cutting boards, counters and utensils with hot, soapy water if they have been in contact with raw meat.
- Use a clean surface and utensils to prepare salads, sandwiches and other foods that do not require cooking.
- People who work with children, the sick or elderly should not return to work until diarrhea has stopped.

For more information contact your doctor or
Population and Public Health s at **306-655-4612**