

# Trichinellosis

## FACT SHEET

### What is Trichinosis?

Trichinosis, also called trichinellosis is caused by eating raw or undercooked pork and wild game infected with the larvae of a species of worm called *Trichinella*. The disease can be mild to severe, and can cause death in some people.

### Who Can Get Trichinellosis?

Anyone who eats raw or undercooked meat, especially pork or wild animals is at risk for trichinosis. The disease is not passed from human to human.

### What are the Symptoms?

Some people only have mild symptoms while other people develop a very serious illness. The first symptoms of trichinosis include:

- Nausea
- Diarrhea
- Vomiting
- Stomach pain

Symptoms may also include:

- Fever
- Chills
- Eye swelling
- Aching joints and muscle pains
- In severe cases, patients may have heart and breathing problems. In severe cases, death can occur

### What is the Treatment?

There are drugs that your health care provider can give you to help treat trichinosis. If you suspect that you have eaten infected meat, you should see your doctor immediately.

### How Can You Prevent Trichinellosis?

- Cook meat products until the juices run clear or to an internal temperature 71 ° C (160F)
- Freeze pork less than 15 cm (6 inches) thick for 30 days at -15° C (5 ° F) to kill any worms.
- Cook wild game meat thoroughly. Freezing wild game meats, unlike freezing pork products, even for long periods of time, may not effectively kill all worms.
- Cook all meat fed to pigs or other wild animals.
- Clean meat grinders thoroughly if you prepare your own ground meats.
- Curing (salting), drying, smoking, or microwaving meat does not consistently kill worms.