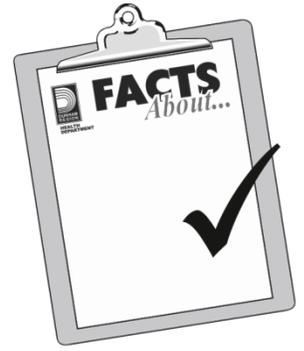




# FACTS

## About...



HEALTH DEPARTMENT



# Yersiniosis

## What is it?

Yersiniosis is a gastrointestinal illness caused by the *Yersinia* bacteria. A person's age may determine various symptoms and the severity of the disease.

Yersiniosis is a disease of public health significance and must be reported to the Health Department.

## How is it spread?

It is usually spread by eating food or water that has the bacteria in it. You may also get it by touching animals, your pets or especially pigs, and eating raw or undercooked pork products. If you are sick, you can also pass the bacteria to others by not washing your hands properly after using the washroom or changing the diaper of a sick child. The bacteria will stay in your stool until you feel better, which is in about 2 to 3 weeks.

## What do I look for?

You may start to feel sick within 10 days, but usually in 3 to 7 days after the bacteria gets into you. You may have fever, diarrhea and stomach pain, especially in young children. Older children and adults may develop appendicitis-like symptoms. One quarter of people will have bloody diarrhea.

## How is it treated?

Your health care provider may prescribe antibiotics. If you do not take any antibiotics you might still have the bacteria for 2 to 3 months.

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For more information

Durham Region Health Department

905-668-2020 1-800-841-2729 durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.



## How can I protect myself?

- Cook all your pork products to 71°C (160°F) or higher. Make sure you use a meat thermometer to check the temperature. When you place them in your fridge make sure it stays below 4°C (40°F). Hot foods should be kept at 60°C (140°F) or higher.
- Drink and eat only pasteurized milk and dairy products.
- Always drink water from a safe supply. If you have a private well, test the water for bacteria at least four times per year. The Health Department will give you sample bottles and help you understand the results.
- Wash your hands well, with warm running water and soap, rubbing together for at least 15 seconds, after using the washroom, changing diapers, before eating and preparing foods.
- If you are sick, do not prepare or serve any food for others until symptom free for 24 hours, or 48 hours after treatment. If you are a food handler or care for children or hospitalized people, you should not work.
- Dispose of your dog and cat feces in a sanitary manner.

## More information can be obtained from

Durham Health Connection Line  
905-668-2020 or 1-800-841-2729

August 8, 2018

For more information

Durham Region Health Department

905-668-2020 1-800-841-2729 durham.ca

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