



FACT SHEET

Yersiniosis

What is it?

- Yersiniosis is an infection caused by a bacteria (germ) called *Yersinia* that is found in the stool (bowel movements) of infected people and animals and in some types of food. It does not come from the mouth of an infected person.

What are the symptoms?

- Symptoms start 3 to 7 days after exposure and include:
 - Watery diarrhea
 - Abdominal pain (sometimes like appendicitis)
 - Fever
 - A variety of other symptoms such as nausea or vomiting. Sometimes people have no symptoms, yet carry the bacteria in their stool. People who have not taken an antibiotic treatment may have the bacteria in their stool for 2 or 3 months, even if they have no symptoms.

How is it spread?

- Infected people who do not wash their hands well after using the bathroom can spread the infection to other people.
- Food or water contaminated by feces or urine from infected animals or pets (they may have no symptoms).
- Raw pork or pork products.
- Blood transfusion.

Diagnosis and treatment

- The bacteria can be identified from a stool sample
- Antibiotics can be prescribed as treatment.

Prevention

- Wash hands well with soap and water after going to the bathroom, after changing diapers, after animal contact and before and after preparing food.
- Dispose of human, dog, and cat feces properly.
- Protect water supplies from human and animal waste.
- Drink and use only pasteurized milk.
- Cook food thoroughly.
- Discard soiled diapers properly

NOTE: Persons with food handling, child care or patient care responsibilities should not handle food until the symptoms are gone.

Report all cases to El Paso Department of Public Health by calling 915-771-5810