

## **Trichinosis**

Agent: Roundworms of genus *Trichinella*; *T. spiralis* is the most common cause of human infection.

Mode of Transmission: Eating undercooked contaminated meat (including bear, pork, wild feline [such as cougar], fox, dog, wolf, horse, seal, or walrus).

Signs/Symptoms: Nausea, diarrhea, vomiting, fatigue, fever, and abdominal discomfort. Headaches, fevers, chills, cough, eye swelling, aching joints and muscle pains, itchy skin, diarrhea, or constipation may follow. Individuals may be asymptomatic, but severe infections can cause death.

Prevention: Cook all pork products and meat from wild animals to an internal temperature of at least 160 degrees Fahrenheit.

Other Important Information: Trichinosis is not transmitted from person to person. Infected meat will remain infective until it has been properly cooked, cured, frozen or irradiated.

One case of trichinosis was reported in Virginia in 2008. The condition occurred in an adult male with a recent history of consuming undercooked meat products, including wild elk. The last reported case of trichinosis in Virginia occurred in 2005.