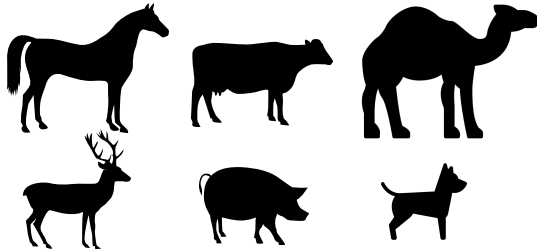




Brucellosis

Fact Sheet



Brucellosis is a disease caused by *Brucella* bacteria. It infects humans and many animals. This includes livestock, horses, dogs, deer, elk, and moose.



Hunters may be at increased risk, especially if they hunt deer, elk, moose, bison, or feral swine.

Symptoms



Fever and sweats



Loss of appetite



Muscle and joint pain



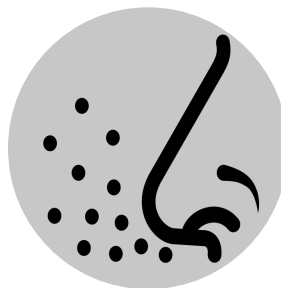
Headache

Symptoms usually start 1-2 months after exposure, but can start as soon as 5 days after exposure. Some symptoms may last for longer periods of time, or may go away and reoccur. These include fevers that come and go, arthritis, chronic fatigue, depression, and neurologic symptoms. Some people also get swelling of the heart, liver, spleen, or testicles and scrotum.

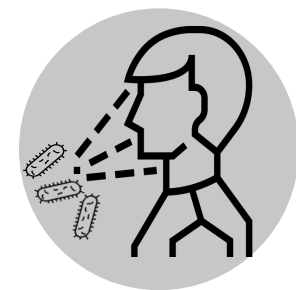
Spread



Eating undercooked meat or unpasteurized (raw) dairy products



Breathing in bacteria (especially in a lab or during animal processing)



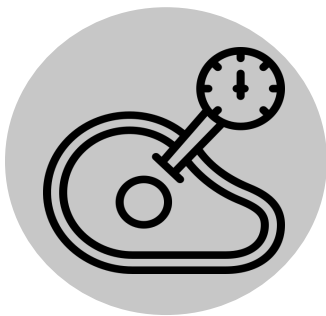
Getting bacteria into wounds or nose, mouth, or eyes



Talk to a health care provider if you have any of these symptoms. Let your provider know if you had any contact with animals or work in a lab or meat processing plant. They can run a blood test to see if you have brucellosis. Several drugs are available to treat the illness.

Prevent Brucellosis

The best way to prevent brucellosis is to:



Cook meat and meat products to safe temperatures

Visit www.cdc.gov/foodsafety/keep-food-safe.html for proper food temps and handling.



Do not eat or drink raw or unpasteurized dairy products, including raw milk

Pasteurization is when raw milk gets heated to a high temperature for a short time. This destroys harmful bacteria.



Wear protective clothing if you are handling animal tissues. (Includes hunters, animal herdsman, and people who work in meat processing)

Wearing rubber gloves, goggles, and an apron helps keep bacteria from getting into the eyes or wounds.

For More Information, Visit:



1. www.maine.gov/dhhs/mecdc/infectious-disease/epi/zoonotic/brucellosis.shtml
2. www.cdc.gov/brucellosis/index.html

You can also call Maine CDC at 1-800-821-5821.