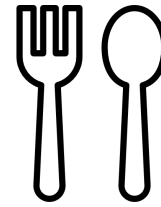
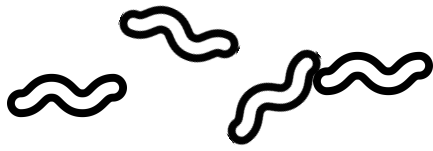




Trichinosis

Fact Sheet



Trichinosis, also called trichinellosis, is caused by eating raw or undercooked meat of animals infected with a species of worm called *Trichinella*.

Infection can only occur by eating raw or undercooked meat containing *Trichinella*.

Signs and Symptoms



Nausea and Vomiting



Diarrhea



Fever



Abdominal pain



Headache



Cough

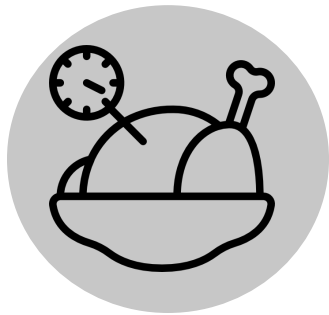
The first symptoms are nausea, diarrhea, vomiting, fatigue, fever, and abdominal pain. Other symptoms include headaches, chills, cough, eye swelling, joint pain, muscle pain, itchy skin, and constipation. Symptoms usually start 1 to 2 days after eating contaminated meat. Most symptoms go away within a few months. In severe cases, death can occur.



Talk to your healthcare provider if you have any of these signs and symptoms. Let your provider know if you recently ate raw or undercooked food. They can run a blood test or muscle biopsy to see if you have trichinosis. Several drugs are available to treat the illness.

Prevent Trichinosis

The best way to prevent trichinosis is to:



Cook meat and meat products to safe temperatures

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



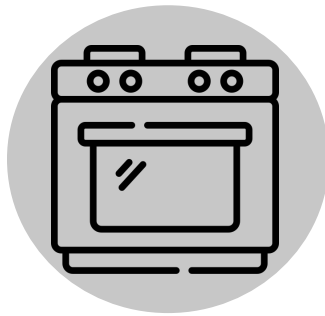
Cook wild game meat thoroughly

For wild game (whole cuts and ground), cook to at least 165°F

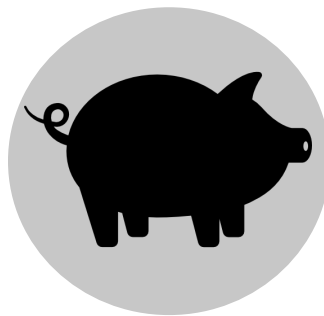


Freeze pork for 20 days

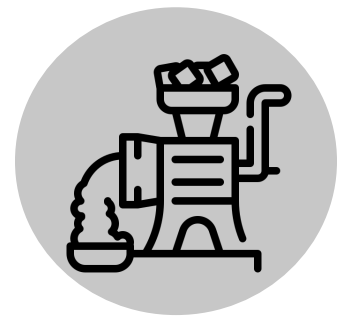
Freezing pork less than 6 inches thick for 20 days at 5°F will kill any worms



Cook all meat fed to pigs or other wild animals



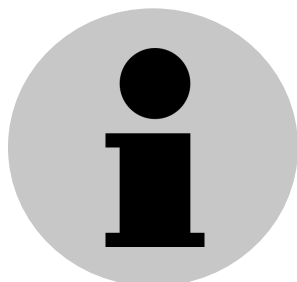
Do not allow hogs to eat uncooked carcasses of other animals, including rats



Clean meat grinders thoroughly if you prepare your own ground meats

Curing (salting), drying, smoking, or microwaving meat does not consistently kill *Trichinella*. Freezing wild game meats, unlike freezing pork products, even for long periods of time may not effectively kill all worms.

For More Information, Visit:



1. www.maine.gov/dhhs/trichinosis
2. www.cdc.gov/trichinellosis

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