

## Yersiniosis

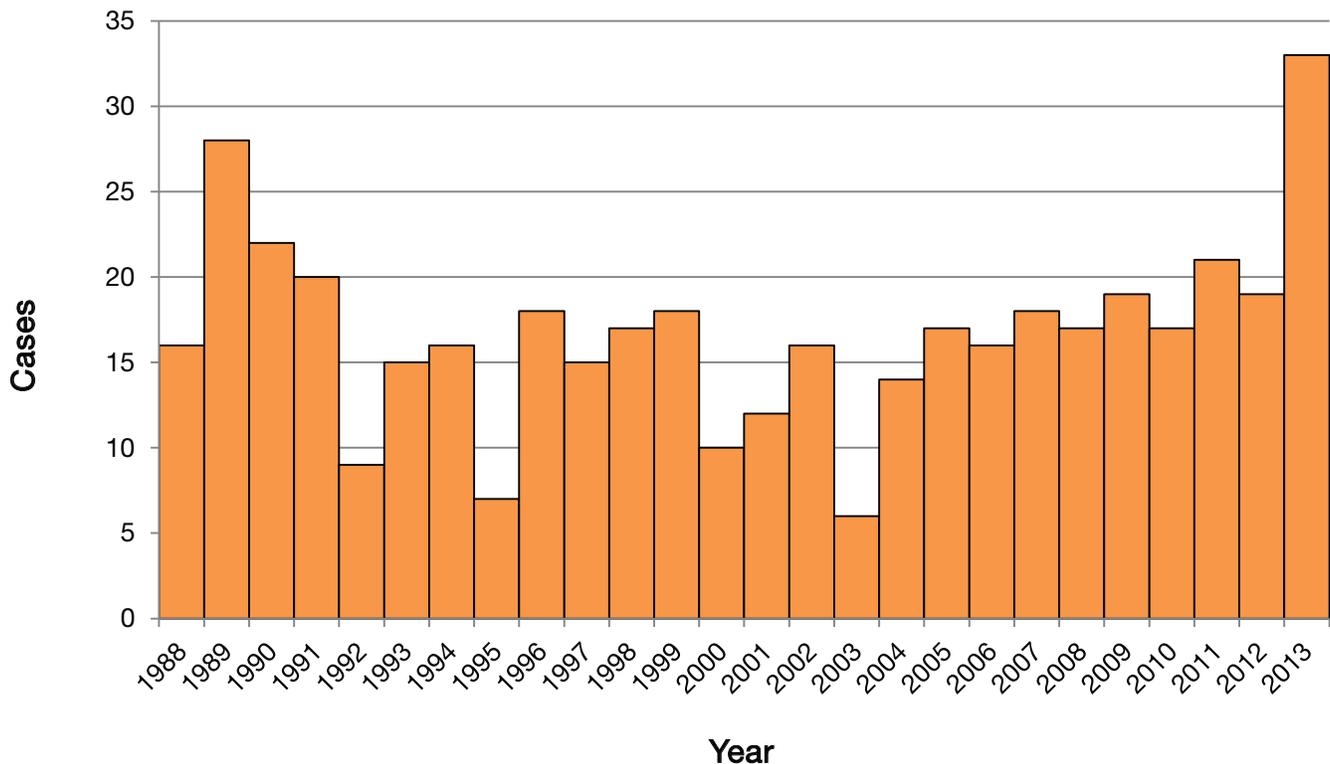
Yersiniosis is a bacterial infection characterized by (sometimes bloody) diarrhea, vomiting and abdominal pain. The main reservoir for *Yersinia* is the pig. Transmission occurs via the fecal-oral route through contaminated food and water, or through contact with infected people or animals. Preventive measures include cooking food thoroughly, avoiding cross-contamination with raw food of animal origin, and washing hands after handling food.

The incidence of yersiniosis in Oregon has been fairly stable over the years. Yersiniosis

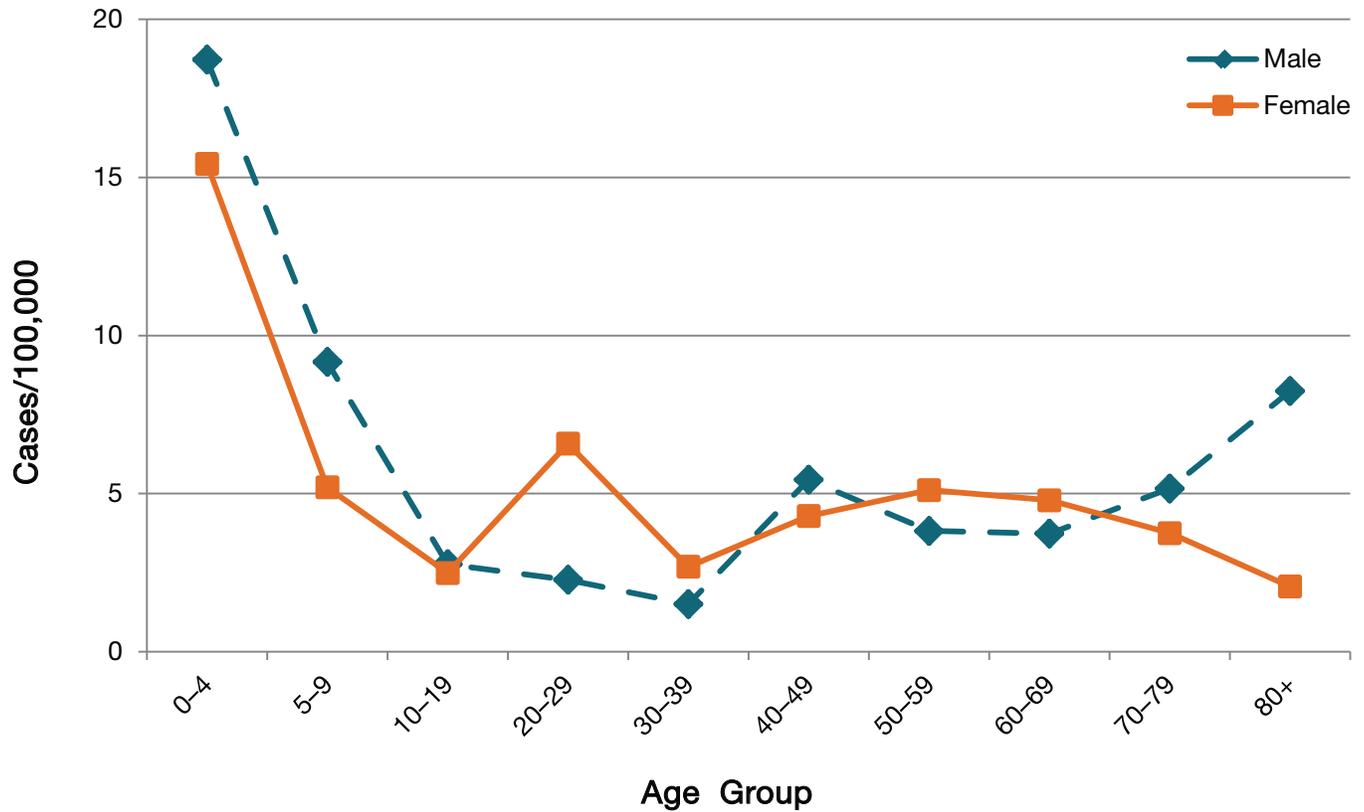
occurs throughout the year with no seasonality. The most common species is *Y. enterocolitica*. In 2013, there were 33 cases, the highest count since 1988. Twenty-eight were sporadic cases and five cases were part of a cluster. Twenty-eight were *enterocolitica*, two *frederiksenii*, one *intermedia*, one *mollaretii* and one pseudotuberculosis.

Infection with *Yersinia pestis*, also known as “plague,” is counted separately from other cases of yersiniosis. No cases of plague were reported in Oregon during 2013.

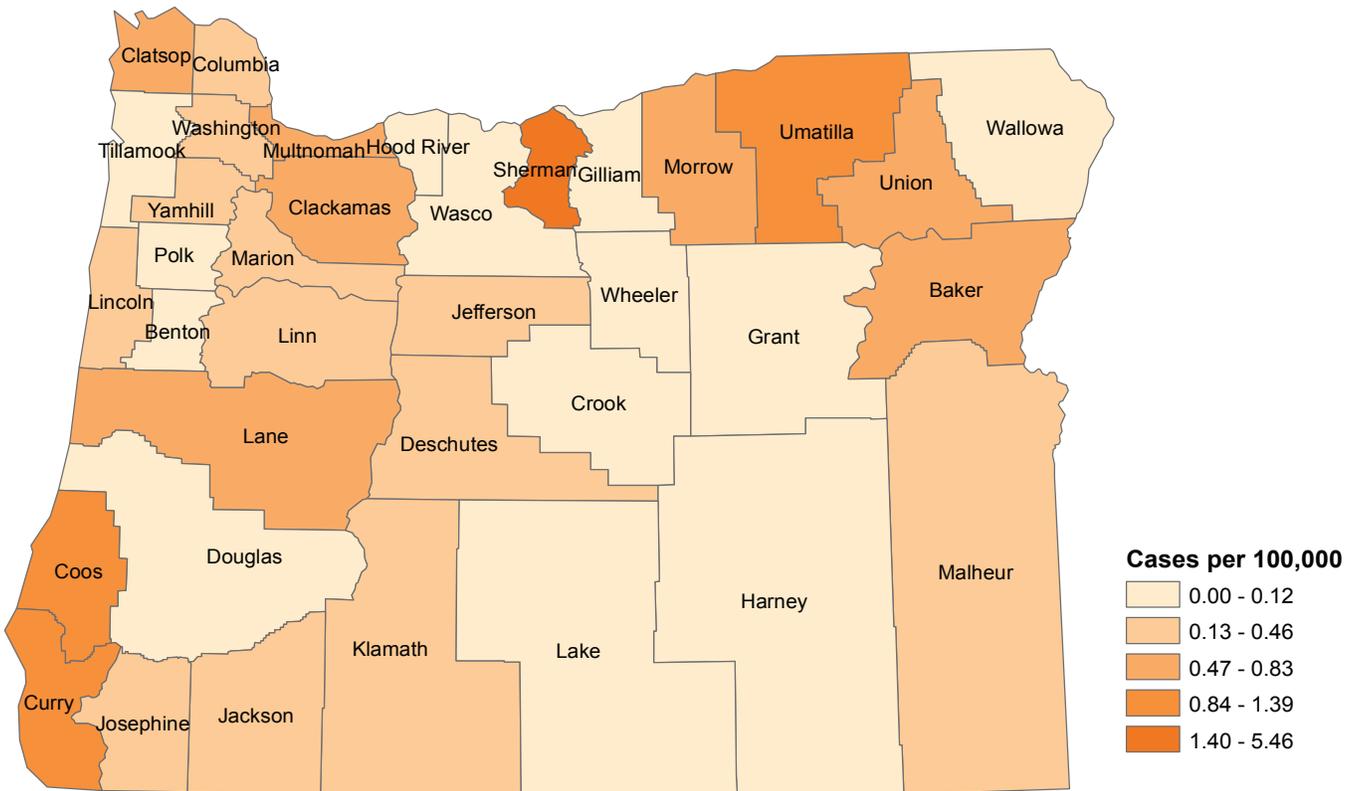
Yersiniosis by year: Oregon, 1988–2013



Yersiniosis by age and sex: Oregon, 2004–2013



Incidence of yersiniosis by county of residence: Oregon, 2004–2013



## Prevention

- Avoid eating raw or undercooked pork.
- Consume only pasteurized milk or milk products.
- Wash hands with soap and warm water before eating and preparing food, after contact with animals, and after handling raw meat.
- After handling raw chitterlings, clean hands and fingernails scrupulously with soap and water before touching infants or their toys, bottles, or pacifiers.
- Prevent cross-contamination in the kitchen: use separate cutting boards for meat and other foods. Carefully clean all cutting boards, counter-tops, and utensils with soap and hot water after preparing raw meat.
- Dispose of animal feces in a sanitary manner.