



Yersiniosis

What is it?

- Yersiniosis is an infection caused by bacteria found in the intestines of infected animals and humans.
- The bacteria can multiply under refrigeration and low oxygen conditions.

How is it spread?

You can become infected by ingesting the bacteria:

- Consuming contaminated food or water that has been improperly prepared or cooked.
- Raw pork and pork products are known sources of infection.
- Not washing your hands properly after handling or petting infected birds and animals.

What are the symptoms?

- Symptoms usually last 2 to 3 weeks, and include fever and diarrhea (especially in young children).
- Fever, abdominal pain, tenderness in the right lower quadrant of the abdomen, and rash in older children and adults.

When do symptoms start?

- It takes approximately 3 to 7 days, generally less than 10 days before you start to show signs of illness after consuming the bacteria.

How long is it contagious?

- Person to person transmission appears to be rare.
- Fecal shedding occurs as long as symptoms persist, usually 2-3 weeks; if untreated, persons may shed for 2-3 months.

How is it treated?

- Treatment is under the discretion of the Health Care Provider. Antibiotics can be used in some cases.

How is it prevented?

Handle and prepare foods properly by washing and sanitizing cutting boards and utensils after contact with raw meat, fruit, and vegetables and ready to eat foods.

- Cook all your meat thoroughly.
 - Ground Beef 71°C

- Pork 71°C
- Whole Poultry 82°C
- Poultry Pieces 74°C

- Avoid having your raw meats come in contact with your other food.
- Keep cold foods at 4°C or lower.
- Keep hot foods at 60°C or higher.
- Consume only pasteurized milk and milk products.
- Only drink water from a safe source.
- Do not prepare food for others if you are ill.
- Wash your hands properly before and after handling raw food, handling animals, using the bathroom and diapering.

Should I go to childcare, school or work?

- Symptomatic individuals are advised to stay home until symptom-free for a minimum of 24 hours.
- Longer exclusions may apply to food handlers, health care providers, childcare staff, or those who attend childcare. Contact the health unit for more information.
- If a relapse occurs, exclude yourself again and seek medical attention as needed.

For further information, please contact the Communicable Disease Control (CDC) Program at 705-474-1400 or toll free at 1-800-563-2808, ext. 5229.

References:

Heymann, David L. (2015) Control of Communicable Diseases Manual 21st ed. Washington, DC. p. 719-722

Ministry of Health, Infectious Diseases Protocol Appendix 1: Yersiniosis. (2022). Retrieved from: <https://files.ontario.ca/moh-yersiniosis-en-2022.pdf>

Fact Sheet for 13-CDC-1 - 2023-12-29