



BRUCELLOSIS

What is BRUCELLOSIS?

Brucellosis is an infectious bacterial disease that exists in various animals and humans. Humans become infected by coming in contact with animals or animal products that are contaminated with these bacteria. Farm workers, veterinarians, and laboratory workers are mainly affected. Overall, brucellosis is not very common in the United States.

Signs and Symptoms:

Similar to the flu, with fever, sweats, headache, back and muscle aches, cough, chest pain, joint pain, and weakness. Brucellosis can cause an enlarged liver and cause painful or difficult urination. Infections of the central nervous system or heart lining can occur. Long-lasting symptoms include fevers, joint pain, and fatigue.

Transmission:

Person-to-person transmission is rare. Humans are infected by:

Ingestion: By eating or drinking raw milk and cheese made with unpasteurized dairy products.

Inhalation: This form has been seen in slaughterhouse employees and could also be utilized in an act of bioterrorism.

Skin: Bacteria enter a skin wound. This may be a problem for veterinarians, hunters, and those that work in slaughterhouses or meat packing plants.

Treatment:

Antibiotics. Depending on the timing of treatment and the severity of illness, recovery may take several weeks.

Diagnosis:

Laboratory blood testing.

Prevention:

No vaccine is available.

What can you do?

Do not eat unpasteurized milk or dairy products, especially while traveling outside the U.S. Meat packers, slaughterhouse employees, and anyone handling raw meat should wear protective gloves and wash their hands thoroughly.

Whom do you call?

Division of Public Health: 1-888-295-5156

For more information:

Visit the Centers for Disease Control and Prevention website:
www.cdc.gov/brucellosis/.

24/7 Emergency Contact Number: 1-888-295-5156

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