

WHAT ARE THE SYMPTOMS?



FEVER



SWEATS



GENERAL DISCOMFORT



LOSS OF APPETITE



HEADACHE



MUSCLE PAIN



FATIGUE



FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.



WHAT IS BRUCELLOSIS?

Animals that are most commonly infected include sheep, cattle, goats, pigs, and dogs, among others.

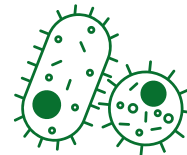
Brucellosis, also known as undulant fever, is an infectious disease caused by bacteria. People can get the disease when they have contact with infected animals or raw animal products. Brucellosis is not usually fatal to people, but may result in long-term illness and lasting health problems even after treatment.

HOW CAN YOU BECOME INFECTED WITH BRUCELLOSIS?

Some routes of transmission include:



Eating **undercooked meat** or **raw/unpasteurized dairy products**



Breathing in the bacteria that causes brucellosis



Bacteria entering the body through skin wounds via contact with an infected animal

Person-to-person spread of brucellosis is extremely rare. Infected mothers who are breastfeeding may transmit the infection to their infants. Sexual transmission has been rarely reported. While uncommon, transmission may also occur via tissue transplantation or blood transfusions.



WHAT IS THE TREATMENT FOR BRUCELLOSIS?



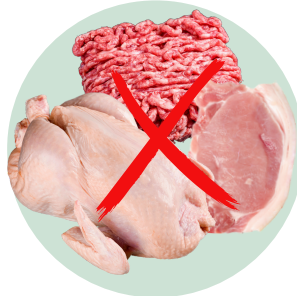
After a diagnosis of brucellosis has been confirmed by a physician, a course of antibiotics will be prescribed to treat brucellosis. Depending on the timing of treatment and severity of illness, recovery may take a few weeks to several months.

HOW CAN BRUCELLOSIS BE PREVENTED?

The best way to prevent brucellosis infection is to be sure you **do not** consume:

Some signs and symptoms may **persist for longer periods** of time, **never go away**, or **reoccur**. These can include:

- recurrent fevers
- arthritis
- swelling of the testicle and scrotum area
- swelling of the heart (endocarditis)
- neurologic symptoms (in up to 5% of all cases)
- chronic fatigue
- depression
- swelling of the liver and/or spleen



Undercooked meat



Unpasteurized Milk



Unpasteurized Cheese



Unpasteurized Dairy



If you are not sure that the dairy product is pasteurized, do not eat it.

People who handle animal tissues (such as hunters and animal herdsman) should protect themselves by using:



Gloves



Goggles



Gowns or aprons

This will help ensure that bacteria from potentially infected animals do not get into eyes or inside a cut or abrasion on the skin.

Disclaimer: This information does not constitute medical advice or a doctor-patient relationship

Sources:

- <https://www.cdc.gov/brucellosis/index.html>
- https://www.aphis.usda.gov/publications/animal_health/fs-brucellosis.pdf

