

Yersiniosis

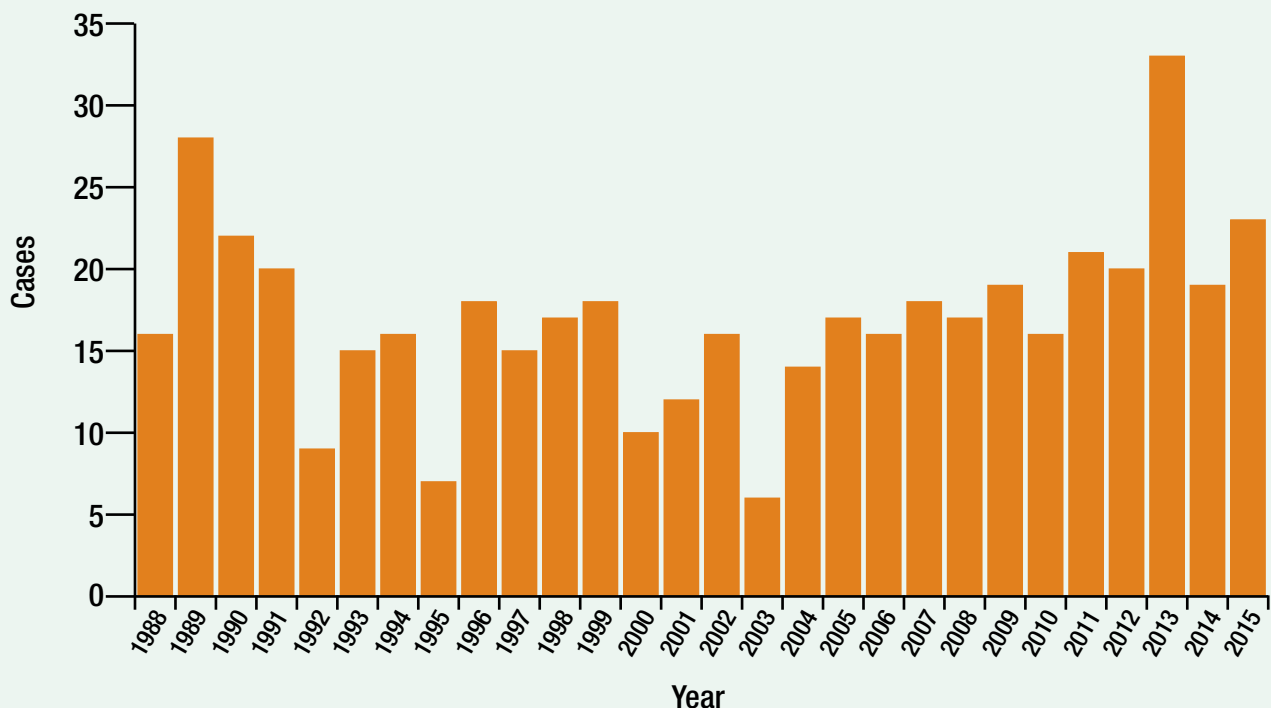
Yersiniosis is a bacterial infection characterized by (sometimes bloody) diarrhea, vomiting and abdominal pain. The main reservoir for *Yersinia* is the pig.

Transmission occurs by 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.

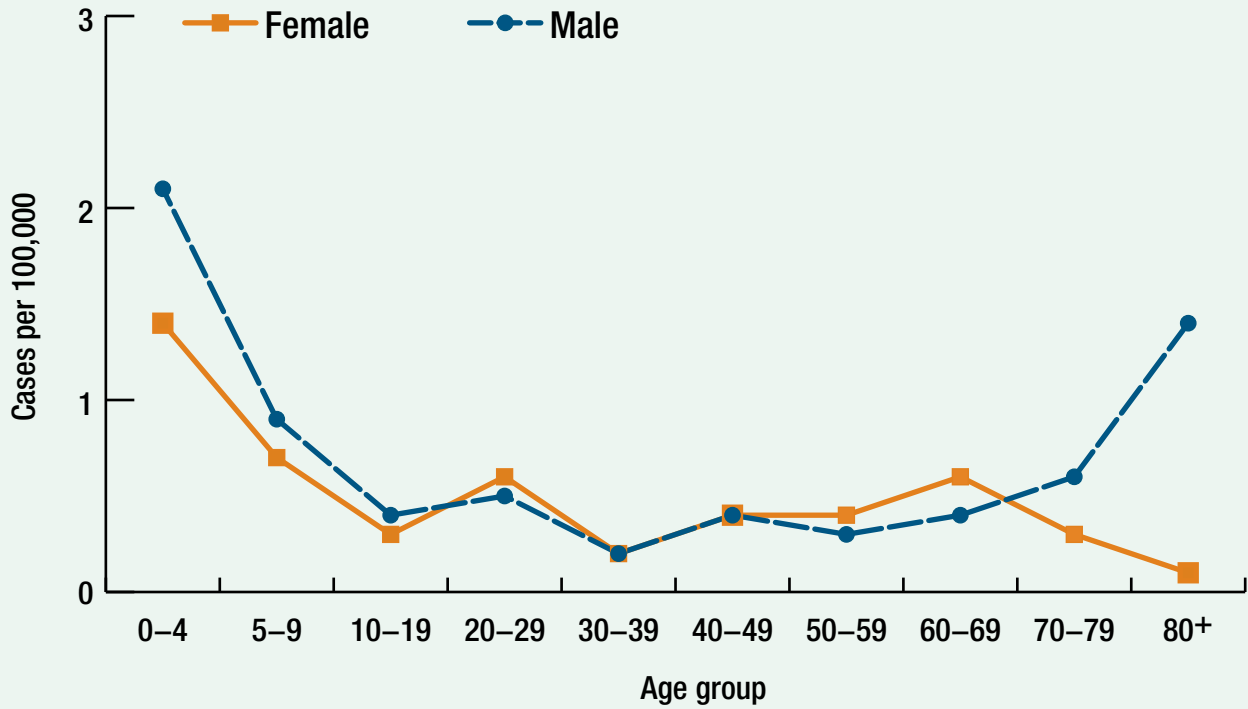
The incidence of yersiniosis in Oregon has been fairly stable over the years. Yersiniosis occurs throughout the year with no seasonality. The most common species is *Y. enterocolitica*. In 2015, there were 23 cases, a 21% increase from 19 cases in 2014. All cases were sporadic except two that were part of a possible restaurant-associated outbreak. The vast majority were *Yersinia enterocolitica* (18). Two were *Y. frederiksenii*, and one each *Y. intermedia* and *Y. kristensenii*.

Infection with *Yersinia pestis*, also known as “plague,” is counted separately from other cases of yersiniosis.

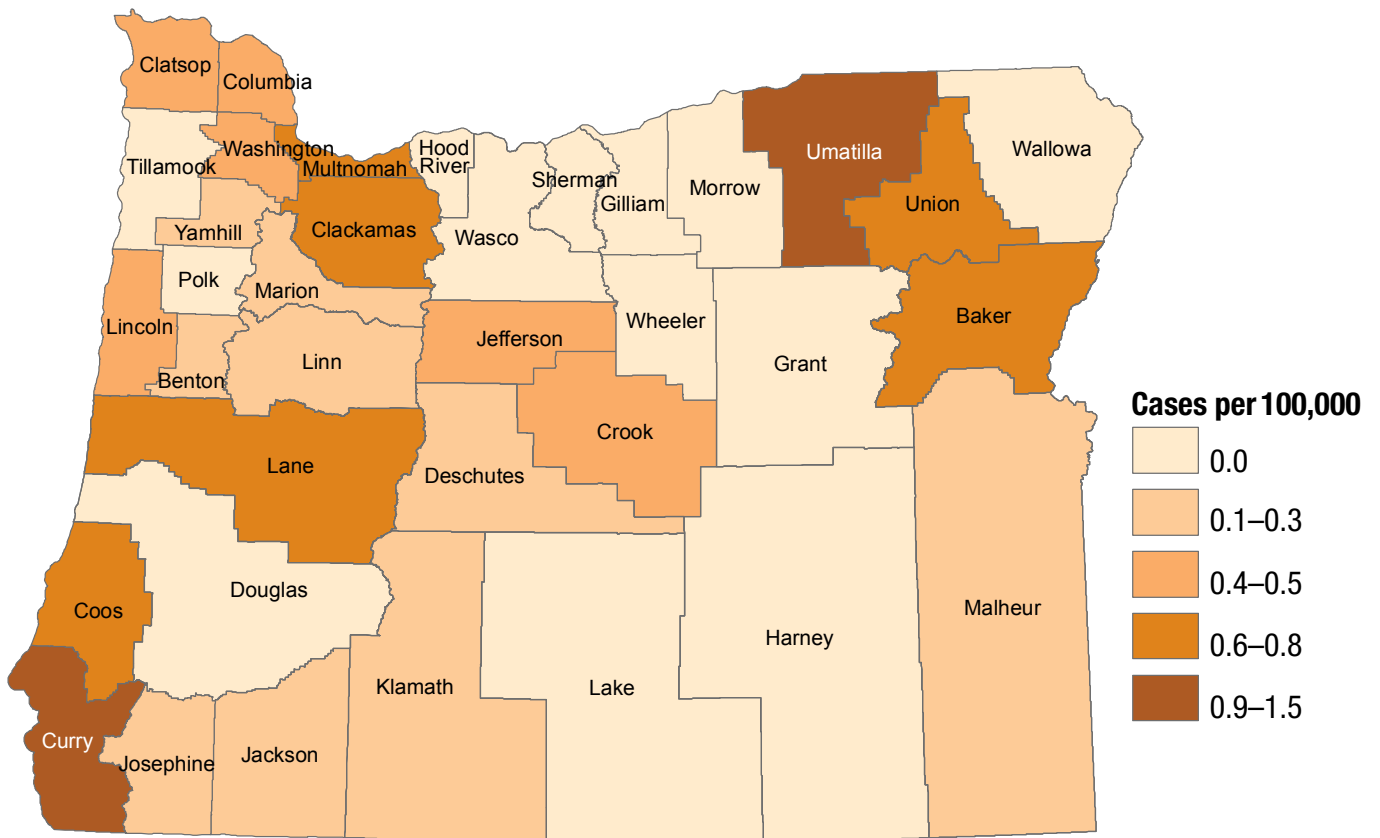
Yersiniosis by year: Oregon, 1988–2015



Yersiniosis by age and sex: Oregon, 2006–2015



Incidence of yersiniosis by county of residence: Oregon, 2006–2015



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, countertops and utensils with soap and hot water after preparing raw meat.
- Dispose of animal feces in a sanitary manner.