

Yersiniosis

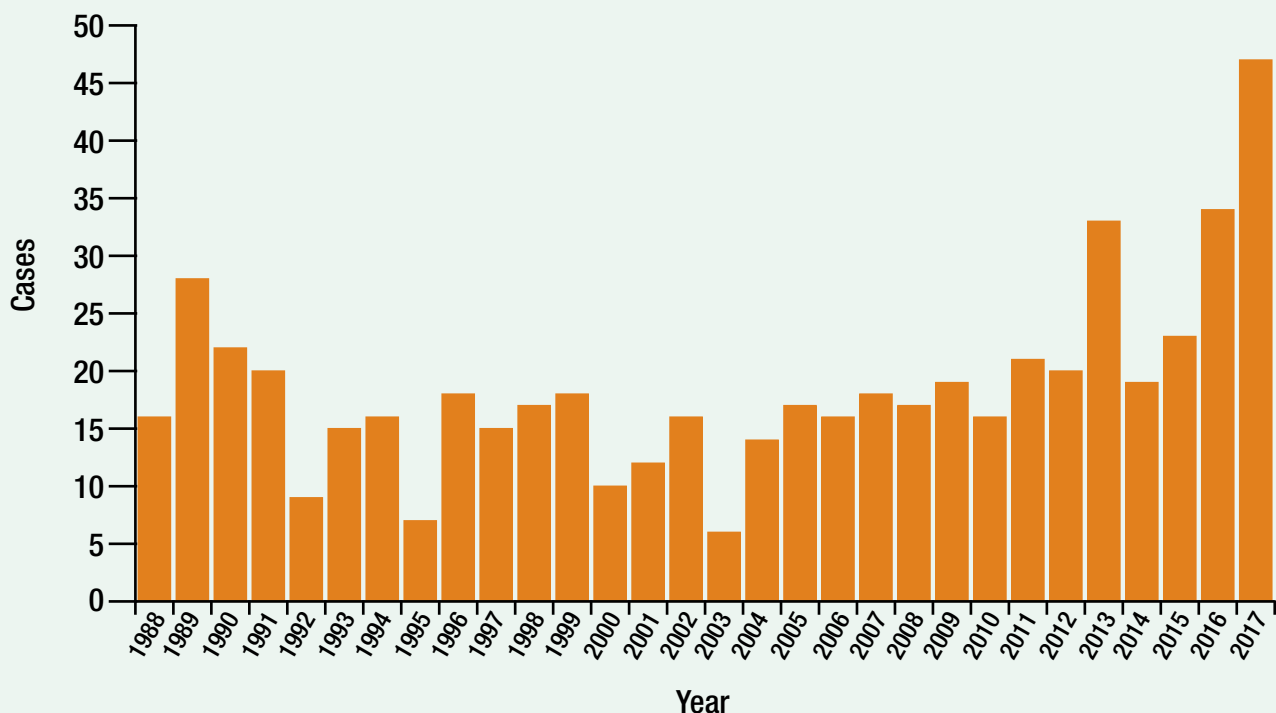
Yersiniosis is a bacterial infection characterized by (sometimes bloody) diarrhea, vomiting and abdominal pain. The main reservoir for *Yersinia* is the pig.

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.

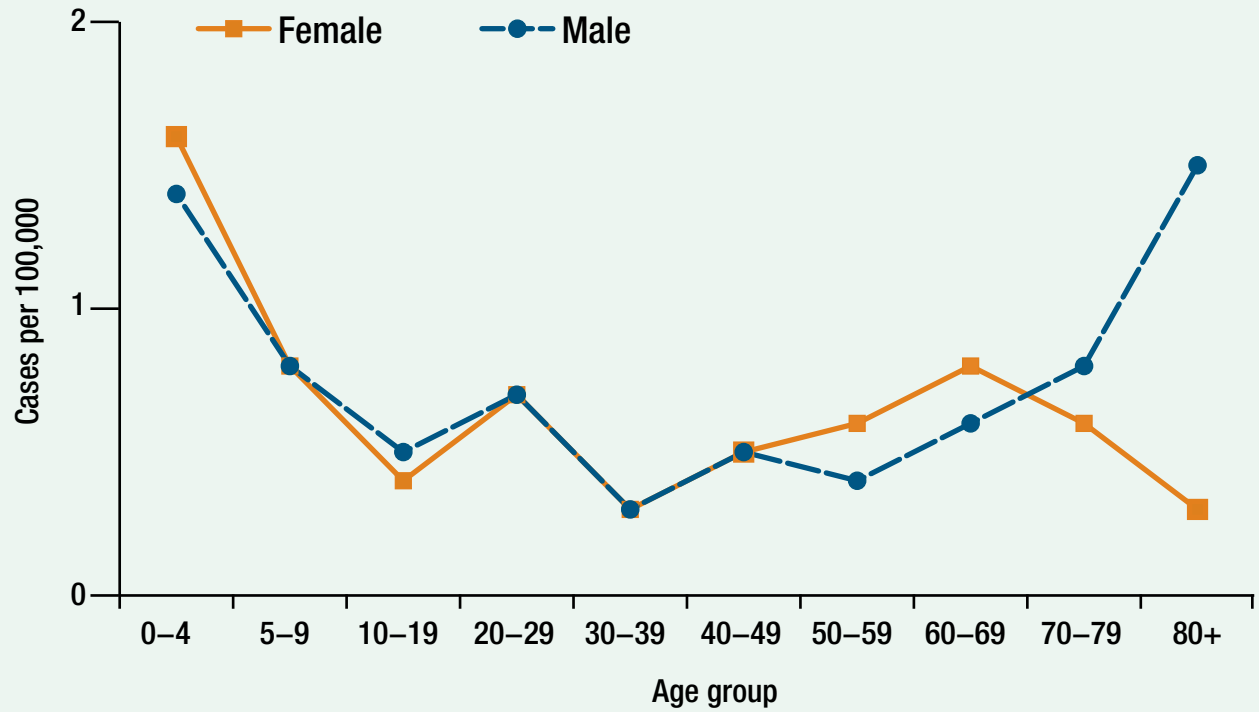
The incidence of yersiniosis in Oregon was fairly stable until 2013, when case counts began to rise. The increase in cases spans all ages, races and sex categories. Yersiniosis occurs throughout the year with no seasonality. The most common species is *Y. enterocolitica*. In 2017, 47 cases occurred in Oregon, the largest number in 30 years. All cases were sporadic; no outbreaks were reported. The vast majority were *Yersinia enterocolitica* (35). Four were *Y. frederiksenii*, and seven were *Y. intermedia*.

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

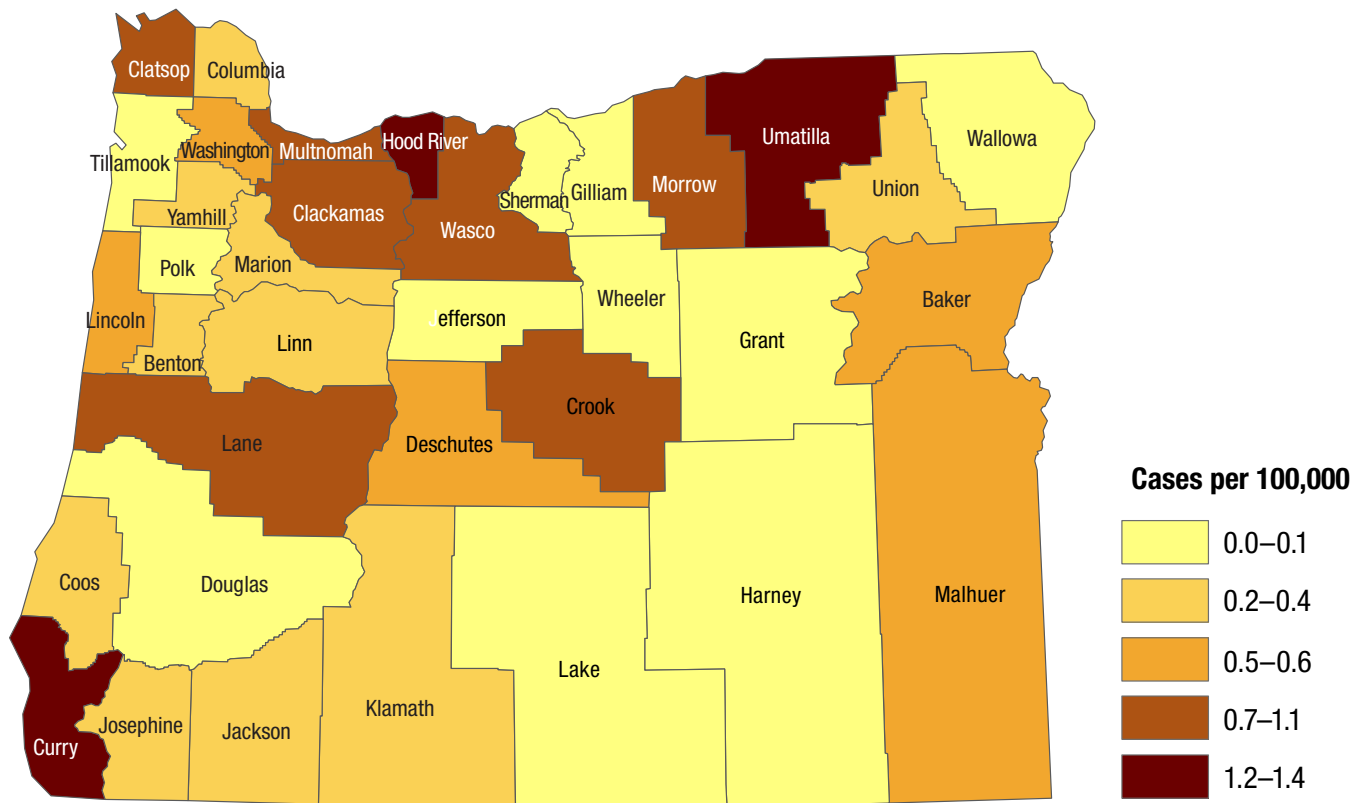
Yersiniosis by year: Oregon, 1988–2017



Yersiniosis by age and sex: Oregon, 2008–2017



Incidence of yersiniosis by county of residence: Oregon, 2008–2017



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.