



## **BRUCELLOSIS FACT SHEET**

### **WHAT IS BRUCELLOSIS?**

Brucellosis is caused by bacteria that typically infect sheep, cattle, goats, pig, dogs, and humans.

### **HOW DO YOU GET BRUCELLOSIS?**

Eating undercooked meat Consuming unpasteurized/raw dairy products Breathing in the bacteria that cause brucellosis When bacteria enter the body through skin wounds Person-to-person spread of brucellosis is extremely rare.

### **SYMPTOMS**

Once exposed to the bacteria, it typically takes 3 weeks for symptoms to appear.

#### Initial symptoms may include:

- Fever
- Sweats
- Loss of appetite
- Headache
- Pain in muscles, joint, and/or back
- Fatigue

#### Long-term symptoms may include:

- Recurrent fevers
- Arthritis
- Swelling of the testicle and scrotum area
- Neurologic symptoms
- Depression
- Chronic fatigue
- Swelling of the liver and/or spleen

### **TREATMENT**

Brucellosis can be treated with antibiotics. Depending on the timing of treatment and severity of illness, recovery may take a few weeks to several months. Discuss treatment options with your doctor.

### **PREVENTION**

- Avoid consuming undercooked meat and unpasteurized dairy products such as milk, cheese, and ice cream
- People who handle animal tissues (such as hunters, animal herdsman, and veterinarians), should protect themselves by using rubber gloves, goggles, and gowns or aprons.

### **DPHD EFFORTS:**

Reports of suspected and confirmed cases of disease are made to the Delaware Public Health District (DPHD). The DPHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education