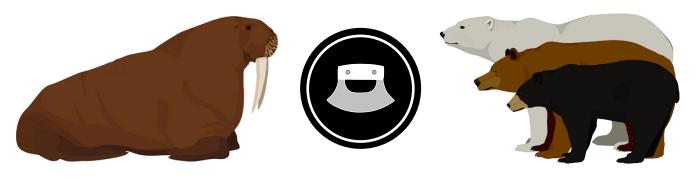
## **Trichinellosis**

Stay healthy - know the facts

Trichinellosis is a parasitic disease you can get by eating raw or undercooked meat.

While generally associated with pork, most trichinellosis cases in Alaska are linked to walrus or bear meat.





The parasite can survive freezing, smoking, and drying, but cooking meat completely (160°F) will kill the parasite.

The most common symptoms of trichinellosis are severe muscle aches and joint pain. These usually begin 2-6 weeks after eating meat containing the parasite.

On average, there are 4 cases each year in Alaska.

<u>Trichinellosis is treatable</u> with medication, so see a healthcare provider if you experience symptoms. Make sure to tell them if you recently ate any raw or undercooked meat.



