

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.**

Trichinellosis is treatable 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.

