



A MINUTE OF HEALTH WITH CDC

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Trichinellosis Surveillance — United States, 2002-2007

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Trichinellosis is a type of foodborne illness caused by eating raw or undercooked meat. It used to be commonly found in pork products, but trichinellosis has become rare in the United States, largely because of improved standards in the pork industry and other food-safety regulations. Most cases today are caused by people eating wild game, such as bear, but it's still possible to get trichinellosis from pork. Common symptoms include stomach ache, muscle pain, fever, and puffy eyes. If you are preparing meat, especially wild game, make sure it's fully cooked before serving or eating to avoid trichinellosis.

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For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.