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# What is Brucellosis?

## Description

**Brucellosis is a bacterial infection that spreads from animals to people, often via unpasteurized dairy products or through direct contact with infected animals.**

## Understanding Brucellosis

Brucellosis, also known as Malta fever or Mediterranean fever, is a highly contagious zoonosis caused by ingestion of unpasteurized milk or undercooked meat from infected animals, or close contact with their secretions. It is an important public health issue and occupational hazard for those working in animal-related industries, such as farming and veterinary services.

## Symptoms of Brucellosis

In humans, brucellosis can cause a range of symptoms that are similar to the flu and may include:

1. Fever
2. Sweats
3. Headaches
4. Back pains
5. Physical weakness

Severe infections of the central nervous systems or lining of the heart may occur. Brucellosis can also cause long-term complications, like arthritis and meningitis.

## Transmission of Brucellosis

Brucellosis is not spread from person to person. Instead, the disease is spread in one of three ways:

1. Eating or drinking something that is contaminated with Brucella
2. Breathing in the organism (inhalation)
3. Having the bacteria enter the body through skin wounds

The most common way to be infected is by eating or drinking contaminated milk products. When sheep, goats, cows, or camels are infected, their milk is contaminated with the bacteria. If the milk is not pasteurized, these bacteria can be transmitted to persons who drink the milk or eat cheeses made from it.

Another common way of getting brucellosis is by inhaling the organism. This is usually a problem for people in certain jobs, like laboratories where the organism is cultured, or for those who work around animals.

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# Prevention and Control of Brucellosis

Prevention of brucellosis involves several strategies:

- **Public Health Awareness:** Educating the public about the risks of consuming unpasteurized dairy products and promoting safe food handling practices can help prevent brucellosis.
- **Occupational Health Regulations:** Workers in high-risk occupations should wear protective clothing and safety gear to prevent exposure to the bacteria. Regular health inspections and disease surveillance can help detect and control outbreaks.
- **Disease Prevention:** Vaccination of livestock is an effective prevention strategy. Other measures include testing animals for the disease and slaughtering infected animals.
- **Infection Control:** In healthcare settings, standard infection control precautions should be followed to prevent transmission of the bacteria to healthcare workers.

In conclusion, brucellosis is a significant occupational health risk, but with proper precautions and public health measures, it can be effectively controlled.

**For more detailed information on brucellosis, its transmission, and prevention, consider visiting our website or contacting a healthcare professional.**

## CATEGORY

1. Health

## POST TAG

1. Brucellosis
2. Occupational Illness and Disease

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