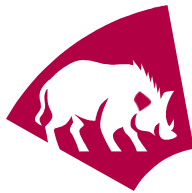


# ZOONOSES ASSOCIATED WITH SWINE: Protecting Your Health

*The University of Virginia's Occupational Health Program is a three-part program: Health Surveillance, Education, and Risk Assessment. This brochure has been prepared to educate you about the risks of zoonoses (diseases that transmit from animals to humans) that are associated with the care and use of swine in laboratories and University facilities.*



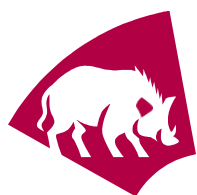
## **How are most swine zoonoses transmitted, and how can I avoid them?**

Many of the diseases listed are transmitted to humans by the fecal oral-route, although some can also be acquired by wound contamination with excreta, blood or tissue fluids. The swine user is cautioned to use good personal hygiene practices and Universal Precautions when handling animal blood and tissues. These precautions include: frequent handwashing; use of gloves, masks, and eye protection; and the wearing of protective clothing and other protective devices should be considered, as defined by the Office of Environmental Health and Safety.

## **What are some common zoonoses to which workers could be exposed, and what are their symptoms in humans?**

<b>Disease</b>	<b>Human Symptoms</b>	<b>Transmission and Protection</b>
Influenza	Incubation period is 1-3 days following exposure. Symptoms include sudden fever, headache, muscle aches and fatigue, conjunctivitis, nonproductive coughing, sneezing, and runny nose. Uncomplicated influenza is of short duration and recuperation takes 2-7 days.	This organism is generally transmitted by the aerosol route. Respiratory protection when working with infected animals is recommended. Good personal hygiene including washing hands following work with the animals is also required.
Hepatitis E	The incubation period following exposure is 26-42 days. Symptoms include gastrointestinal upset, hepatitis and jaundice that resolve after several weeks. A 20 – 25% mortality rate has been noted in pregnant women that become infected in the second or third trimester of pregnancy. The period of communicability is unknown.	This organism is transmitted by the fecal-oral route. Good personal hygiene including washing hands following work with the animals is required.
Colibacillosis (Traveler's diarrhea)	Incubation period is 24-72 hours after exposure. Symptoms include intense diarrhea and dehydration that generally	This organism is transmitted by the fecal oral-route. Good personal hygiene including

<b>Disease</b>	<b>Human Symptoms</b>	<b>Transmission and Protection</b>
	runs a course of 5-7 days and resolves.	washing hands following work with the animals is required.
Salmonellosis	Incubation period is 12-36 hours after exposure. Symptoms include sudden onset of fever, headaches, abdominal pain, nausea, vomiting, and diarrhea.	This organism is transmitted by the fecal-oral route. Good personal hygiene including washing hands following work with the animals is required.
Campylobacteriosis	Incubation period is 2-5 days after exposure. Symptoms include diarrhea (often bloody), fever, abdominal pain, cramping, nausea and vomiting. Generally the ensuing diarrhea is self-limiting and resolves in 10-14 days.	This organism is transmitted by the fecal-oral route. Good personal hygiene including washing hands following work with the animals is required.
Leptospirosis (Weil's disease)	Incubation period is 10 days after exposure. Most human cases are mild or clinically unapparent. Common symptoms of clinical disease are high fever, headache, chills, and muscle aches, liver failure or meningitis.	The agent may be present in urine, blood and tissues of infected animals. Ingestion, parenteral inoculation and direct or indirect contact of skin or mucous membranes with cultures or infected tissues or body fluids are the primary cause of infection. Gloves are recommended for handling and necropsy of infected animals. Practice good personal hygiene as well.



### **What should I do if I experience symptoms?**

Personnel that experience symptoms should inform their supervisor and call UVA-Workmed or Student Health Services to schedule an appointment for evaluation and treatment.

#### **Important Contacts for the Occupational Health Program**

*UVA-WorkMed: 243-0075*  
*Elson Student Health Center: 924-5362*  
*Environmental Health and Safety: 982-4911*  
*Institutional Animal Care and Use Committee (ACUC): 924-0405*  
*Center for Comparative Medicine: 243-9390*  
*University Human Resources: 924-4598*

*The Occupational Health Program is jointly administered by UVA-WorkMed and Student Health, in consultation with representatives of University Human Resources, Comparative Medicine, the ACUC, and Environmental Health and Safety. For more information about the Program, visit [our web site](#).*