



BE SAFE FROM PORK TAPEWORMS



ADVERSE HEALTH EFFECTS

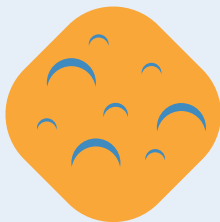
Epileptic seizures



Blindness



Skin nodules



Headaches

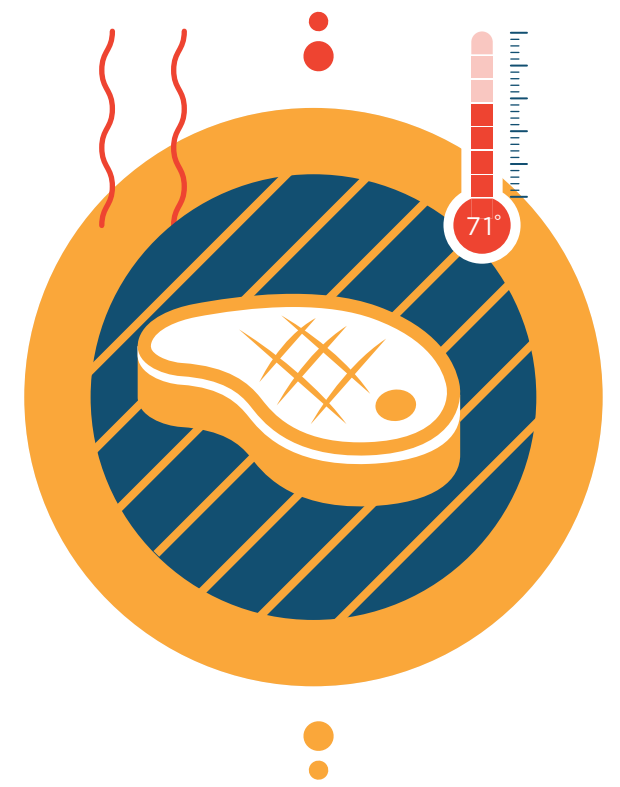


Pork tapeworm (*Taenia solium*) is an intestinal parasite that can cause taeniasis and cysticercosis.

Taeniasis occurs due to eating undercooked pork that contains the cysts. This results in adult tapeworms in the intestines.

Cysticercosis occurs due to ingesting eggs from food or water contaminated with feces of someone with taeniasis. Larvae develops in the muscles, skin and eyes. When larvae invade the nervous system, it can cause chronic headaches, blindness and seizures (neurocysticercosis).

TO AVOID INFECTION



THOROUGHLY COOK YOUR MEAT*

EVIDENCE: ASEAN/ASIA



3.9% prevalence of tapeworm infection in Asia

The prevalence of pork tapeworm infection is 3.9% in Asia. In Thailand, tapeworm infections are estimated to be less than 2% on average but as high as 5.9% in northern provinces.*

*Pork Tapeworms are killed at a core temperature of 60°C and above. However other pathogens required a higher temperature, so to be safe, always cook pork at 71°C and above.