

WHAT IS LISTERIOSIS?

According to Mayo Clinic, listeria infection is a foodborne bacterial illness that can be very serious for pregnant women and people with impaired immune systems. Listeria infection is most commonly contracted by eating improperly processed deli meats and unpasteurized milk products.



SYMPTOMS:

Appear between **3** and **70** days after infection

- **Fever**
- **Muscle Aches**
- **Nausea or Diarrhea**
- **Stiff Neck**
- **Confusion**



WHO IS MOST LIKELY TO GET LISTERIA?

- Pregnant women
- Newborns
- People with weak immune systems
- Elderly
- People with certain diseases (ex. Cancer, HIV/AIDS)

Most commonly found in the environment and is able to grow at refrigeration temperatures.



CAUSES OF LISTERIA:

- Ready to eat foods (ex. Hotdogs, lunchmeats, poultry)
- Unpasteurized milk or foods made with unpasteurized milk
- Salads made in store (ex. Chicken salad)
- Contaminated raw vegetables
- Contaminated meat



HOW TO PREVENT LISTERIA?

- Rinse raw produce thoroughly before eating
- Wash hands, knives, countertops and cutting boards before and after handling/preparing uncooked foods
- Do not cross-contaminate foods
- Make sure raw food is cooked thoroughly

REFERENCES

<http://www.mayoclinic.org/diseases-conditions/listeria-infection/basics/definition/con-20031039>