

# Listeria & Pregnancy

## WHAT IS LISTERIA?

Harmful bacteria that can be found in soil, dust, water, unwashed raw produce, fish, undercooked poultry, prepared meats such as hot dogs and deli meats and stool of domestic and wild animals. The most common source of infection is contaminated food such as deli meat, unpasteurized milk or dairy products, soft cheeses and paté. Listeria is an unusual bacteria because it can grow at refrigerator



## FACTS:

- ◆ Pregnant women are 20 times more likely to get listeriosis than other healthy adults.
- ◆ An estimated 1/3 of all Listeria cases occur in pregnant women.



## SYMPTOMS:

May take days or weeks to appear and may include:

- ◆ Fever
- ◆ Chills
- ◆ Muscle Aches or stiff neck
- ◆ Diarrhea or upset stomach
- ◆ Headache
- ◆ Confusion
- ◆ Loss of balance



## PREVENTION:



- ◆ Your refrigerator should register 40°F or below and the freezer at 0°F or below.
- ◆ Refrigerate or freeze perishables & prepared foods within 2 hours of preparation.
- ◆ Discard foods left at room temperature longer than 2 hours.
- ◆ Reheat Hot dogs & lunch meats until steaming hot.
- ◆ Do not eat foods that contain unpasteurized milk such as soft cheeses like feta, Brie, Camembert, Blue-veined cheeses or queso blanco, queso fresco or panela- unless made with pasteurized milk.

## PRECAUTIONS:

To decrease the risk of listeriosis:

- ◆ Thoroughly cook raw foods from animal sources.
- ◆ Wash raw vegetables.
- ◆ Separate uncooked meat from cooked meat and vegetables.
- ◆ Wash hands, cutting boards and knives after contact with uncooked foods.



**IF YOU BELIEVE THAT YOU MAY HAVE BEEN INFECTED WITH LISTERIA PLEASE SEE YOUR MEDICAL PROFESSIONAL WHO CAN PROVIDE FURTHER DIAGNOSIS.**