

Are you pregnant?

Listeriosis is an infection that can cause serious harm to you and your baby. If not treated early listeriosis can cause miscarriages, stillbirths, premature births, or blood and brain infection to the baby.

What are the symptoms of listeriosis?

Pregnant women with listeriosis can have fever, chills, headache, diarrhea, vomiting, nausea, stomachaches or flu-like symptoms. Symptoms can start days or even weeks after eating food or drink that has *Listeria* which is the germ that causes listeriosis. Contact your doctor or clinic if you have these symptoms during your pregnancy. Not all pregnant women show symptoms so avoid foods that can cause listeriosis.

How can you prevent listeriosis?

- During your pregnancy, avoid soft Mexican-style cheeses. Instead eat hard cheeses made from pasteurized milk, processed cheese, cream cheese and yogurt.
- Avoid raw (unpasteurized) milk and foods made out of raw fresh milk.
- Heat cold cut deli meats such as turkey, bologna, hot-dogs and pâté until steaming hot.
- Do not eat raw or rare-cooked beef, pork, poultry or seafood. Heat left-over foods thoroughly, until steaming hot.
- Wash fruits and vegetables well.
- Wash your hands thoroughly after handling or cutting raw meat, poultry, pork, or fish.
- Keep food preparation areas and cutting boards clean by washing them with soap and water and then sanitizing them with a sanitizing solution.
- Clean your refrigerators with bleach solution every month.

For more information on listeriosis, talk to your doctor or clinic and visit online at: www.lapublichealth.org/acd/food.htm

