

Listeriosis and Pregnant Women

Pregnant women are at high risk for getting sick from *Listeria*, harmful bacteria found in many foods. Listeria can lead to a disease called listeriosis. Listeriosis can cause miscarriage, premature delivery, serious sickness, or death of a newborn baby.

To keep you and baby safe from listeriosis:

- § **Do not eat** hot dogs, luncheon meats, bologna, or other deli meats **unless** they are reheated until steaming hot.
- § **Do not eat** refrigerated pâté meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that don't need refrigeration, like canned tuna and canned salmon, are okay to eat. Refrigerate after opening.
- § **Do not eat** salads made in the store such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.
- § **Do not eat** soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, and Panela **unless** it is labeled as made with pasteurized milk. Make sure the label says, "MADE WITH PASTEURIZED MILK."
- § **Do not drink** raw (unpasteurized) milk and do not eat foods that have unpasteurized milk in them.

Keeping your food safe

- § Listeria can grow in the refrigerator. The refrigerator should be 40°F or lower, and the freezer 0°F or lower.
- § Clean up all spills in your refrigerator (with hot water and liquid soap) right away—especially juices from hot dog packages or raw meat or chicken/turkey.
- § Use precooked or ready-to-eat food as soon as you can. Don't store it in the refrigerator too long.

Signs and Symptom of listeriosis

Because the illness could take weeks to show up, you may not know you have it. Some early signs include fever, chills, muscle aches, diarrhea, and upset stomach. At first, you may feel as if you have the flu. Later on, you could have a stiff neck, headache, convulsions, or lose your balance. Contact your physician if you have any symptoms.