

Why Some Queso Fresco is Dangerous

Queso fresco that is NOT factory made is sometimes made in dirty areas of people's homes and garages.



Even worse, some queso fresco is made using milk that has **NOT** been pasteurized. Pasteurized milk is milk that has been heated enough to kill germs.

Queso fresco made from milk that has **NOT** been pasteurized can have bad germs such as:

- *Listeria* • *Salmonella* • *Brucella*
- *M. bovis* (causes tuberculosis)

Be careful!

Queso fresco contaminated with germs can look, smell, and taste normal.

Protect yourself and your family from unsafe queso fresco!

DOs

Eat queso fresco only if it is made from **pasteurized milk**.

Buy queso fresco in the refrigerated area of the supermarket. The queso fresco should:

- be factory sealed and labeled, and
- have "**pasteurized milk**" listed in the ingredients.

Keep queso fresco cold and refrigerated at all times.

DON'Ts

Don't eat queso fresco made from milk that has **NOT** been pasteurized.

Don't buy queso fresco from street vendors, door-to-door salesmen, or swap meets. This queso fresco is often made:

- in dirty conditions and
- from milk that was **NOT** pasteurized.

Don't transport queso fresco unless you can keep it very cold.

Pregnant women are at higher risk of getting some diseases!

If you are pregnant, be sure that the cheese you eat is pasteurized. This will help protect you and your unborn baby from getting serious infections!

Eating queso fresco during pregnancy can be dangerous!

Queso fresco that has not been made properly can cause the disease listeriosis. Listeriosis is very bad for pregnant women and babies.

- In pregnant women, listeriosis can cause miscarriage, premature birth, or stillbirth.
- In babies, listeriosis can cause blood and brain infections.



Remember, you can protect your family from contaminated queso fresco!

Only buy queso fresco that is factory made and in its original wrapper.



Only buy queso fresco that has "pasteurized milk" listed in the INGREDIENTS section of the label.

KEEP REFRIGERATED
INGREDIENTS:
CULTURED PASTEURIZED MILK AND SKIM MILK, SEA SALT AND ENZYMES.

What are the symptoms of some of the diseases that you can get from eating bad queso fresco?

Symptoms can include:

- Fever
- Confusion
- Headache
- Muscle or joint aches
- Diarrhea or vomiting
- Abdominal cramps

Newborns may have:

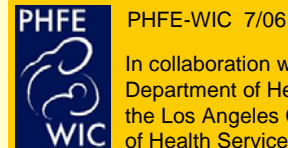
- Fever
- Poor feeding
- Lack of energy
- Irritability
- Seizures

What if you become ill after eating queso fresco?

Go to your doctor right away!

For more information:

- Call your doctor
- Call your health department



In collaboration with the California Department of Health Services and the Los Angeles County Department of Health Services.



Photos courtesy of California Department of Food and Agriculture, Dr. Mark Janowski, and PHFE-WIC.

Queso Fresco

Safe Cheese



Unsafe Cheese



Know the difference!

Did you know that some queso fresco and other soft cheeses can be bad for you and your family?

Be sure the queso fresco that you and your family eat is made safely!