

Questions and Answers about Listeriosis

Q What is Listeriosis?

A Listeriosis is a serious infection caused by eating food that has the germ called *Listeria*. The disease can affect pregnant women, newborns, anyone with a weakened immune system and the elderly.

Q What are the symptoms?

A	<u>In All Ages</u>	<u>In Pregnant Women</u>
	Fever	Flu-like illness
	Diarrhea	Stillbirth
	Headache	Premature delivery
	Confusion	Infection of infant
	Stiff neck	
	Convulsions	
	Loss of balance	
	Feeling like throwing up	

Q How do you prevent it?

- A**
- Avoid raw milk and foods made from raw milk.
 - Cook meats, poultry and seafood well.
 - Cook leftover foods until hot.
 - Wash raw fruits and vegetables well.
 - Wash your hands, knives and cutting boards after handling uncooked foods.
 - During pregnancy, do not eat soft Mexican-style cheeses. Also avoid feta, Brie, Camembert, and blue-veined cheeses. Instead, eat hard cheeses, processed cheese and yogurt. Avoid cold cuts such as bologna, hot dogs and pate unless you cook them well.

Q Can Listeriosis be treated?

A Yes, Listeriosis can be treated with antibiotics. When infection occurs during pregnancy, antibiotics given promptly to the pregnant woman can often prevent infection of the fetus or infant.