Fact Sheet
Listeriosis

What is listeriosis?
Listeriosis is a serious illness caused by eating food that has the bacteria Listeria *monocytogenes. Listeria* can be found in a variety of raw foods, such as meats and vegetables. It is also found in prepackaged meats, such hot dogs and deli meats, and some cheeses.

What are the symptoms?
Symptoms can start from 2 to 70 days after eating the food and may include:
- Fever.
- Muscle aches.
- Nausea/throwing up.
- Diarrhea or constipation.
- Stomach pain.
- Stiff neck.
- Bad headache.

Who can get it?
Healthy adults and children may accidentally eat foods with Listeria and not get sick. However, some people can get listeriosis after eating food with even a few bacteria and include:
- Pregnant women.
- Babies.
- Elders.
- Adults already sick or on some medicines.

What is the treatment for it?
See your healthcare provider to determine if medicine is needed.

How can it be prevented?
- Thoroughly cook meat bought from stores, such as beef, pork, or chicken.
- Wash raw vegetables and fruit before eating.
- Keep raw meats separate from vegetables and from cooked foods.
- Avoid raw (unpasteurized) milk or foods made from raw milk.
- Wash hands, knives/ulus, and cutting boards after handling raw foods.

Also, pregnant women and persons with other illnesses should:
- Avoid soft cheeses such as brie, camembert, and feta cheese.
- Cook hot dogs until very hot before eating.
- Avoid pre-packaged deli meat or chicken and turkey meats.
- Eat all foods that are already cooked or ready-to-eat before the date of expiry.