

LISTERIA

WHAT IS LISTERIA?

A serious infection usually caused by eating food contaminated with the bacterium *Listeria monocytogenes*

WHAT ARE THE SYMPTOMS?

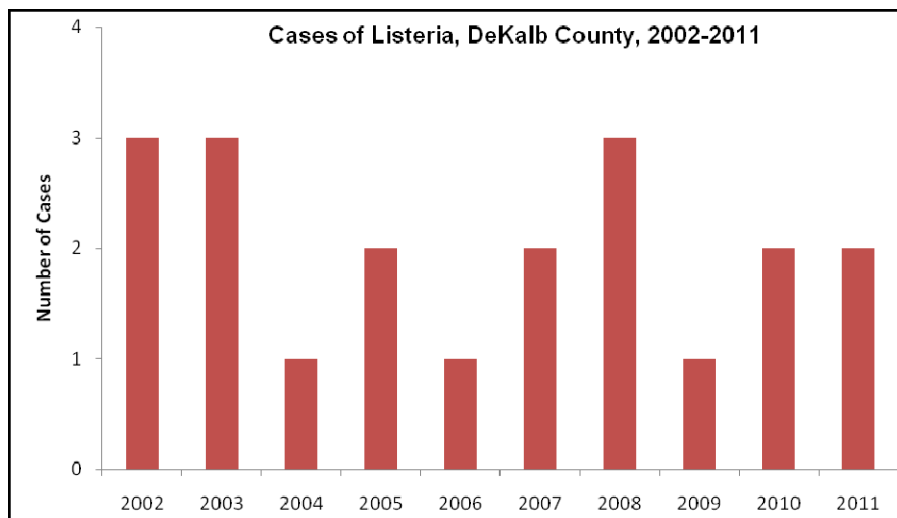
- Persons other than pregnant women:
 - ⇒ Fever
 - ⇒ Muscle aches
 - ⇒ Headache
 - ⇒ Stiff neck
 - ⇒ Confusion
 - ⇒ Loss of balance
 - ⇒ Convulsions
- Pregnant women:
 - ⇒ fever
 - ⇒ fatigue
 - ⇒ muscle aches

HOW IS IT SPREAD?

- Consuming unpasteurized milk and milk products
- Eating contaminated foods
 - ⇒ uncooked meats or vegetables
 - ⇒ food that becomes contaminated after cooking or processing such as deli meat, hot dogs, soft cheeses and smoked seafood

HOW CAN I PREVENT INFECTION?

- Rinse raw produce thoroughly under running tap water before eating, cutting or cooking. Wash produce even if it will be peeled.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush and dry with a clean cloth or paper towel.
- Separate uncooked meats and poultry from vegetables, cooked foods and ready-to-eat foods.
- Thoroughly cook raw food from animal sources to a safe internal temperature (165°F for poultry, 160°F for ground meats and 145°F for beef and pork cuts).
- Use precooked and ready-to-eat food as soon as you can. Do not store a product in the refrigerator beyond the use by date.
- Divide leftovers into shallow containers to promote rapid, even cooling.
 - ⇒ Cover with airtight lids, plastic wrap or aluminum foil
 - ⇒ Use leftovers within 3 to 4 days
- Do not drink unpasteurized milk and do not eat foods that contain unpasteurized milk.



HOW CAN I GET MORE INFORMATION?

Call the DeKalb County Board of Health at (404) 508-7851.
Visit our website at www.dekalbhealth.net.