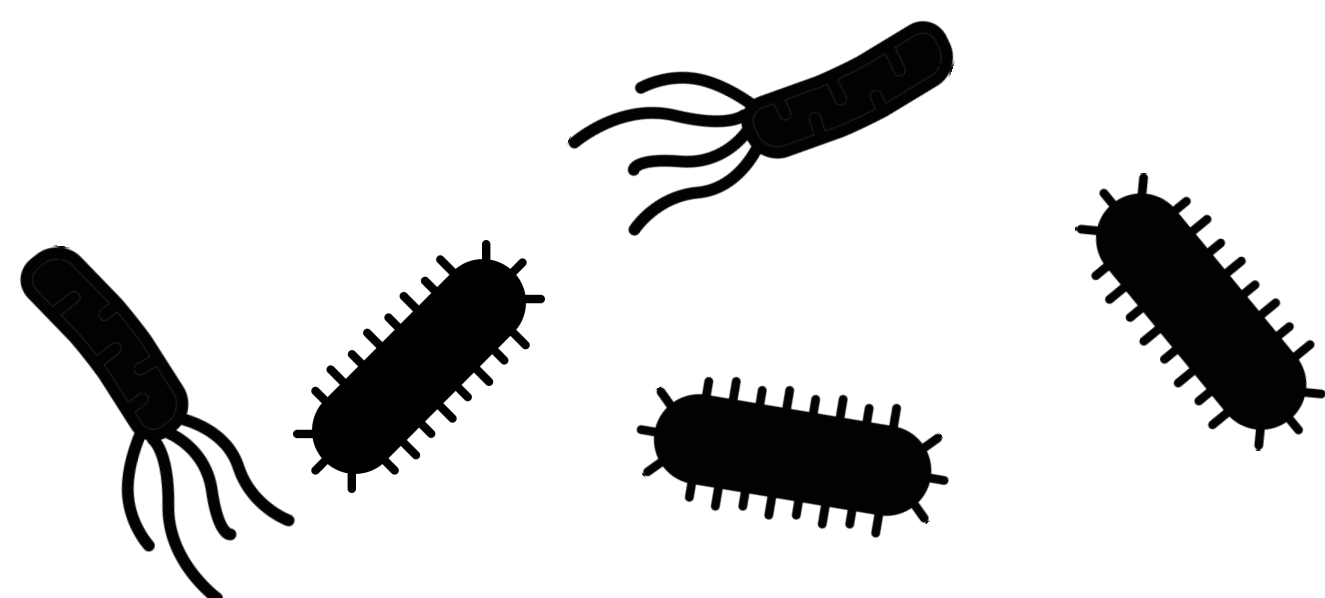
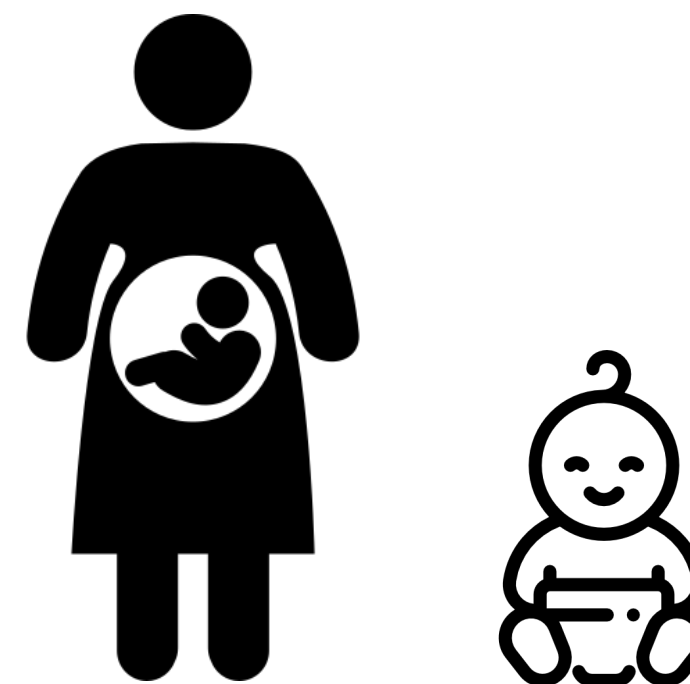


Listeriosis

Fact Sheet



Listeriosis is an illness caused by eating food contaminated with *Listeria* bacteria.



The disease mostly affects pregnant women, newborns, and adults with weakened immune systems.

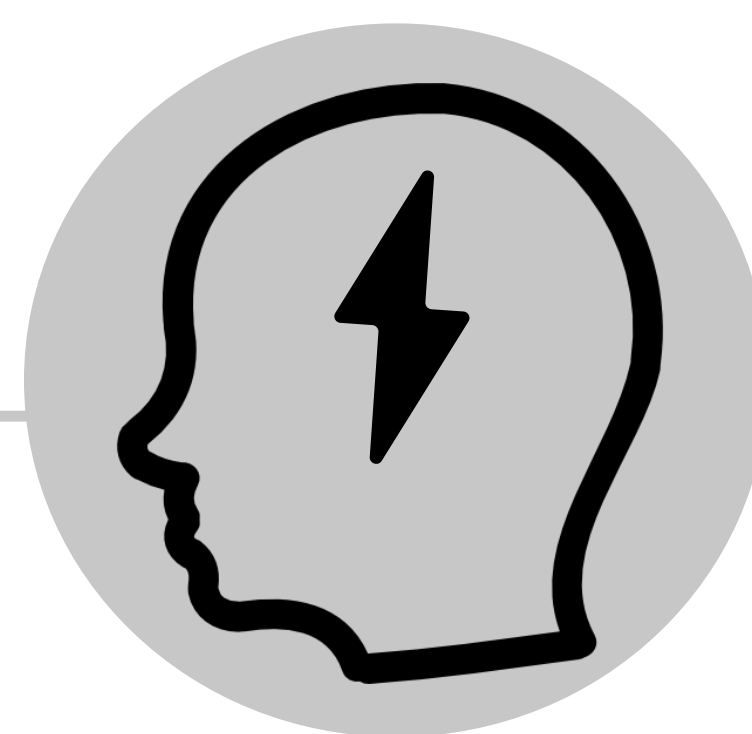
Common Signs and Symptoms



Fever



Nausea and Diarrhea



Headache



Confusion

Fever, muscle aches, nausea, and diarrhea are common symptoms. If the infection spreads, it can cause headaches, a stiff neck, confusion, loss of balance, or convulsions. Severe infection can result in death. Healthy people sometimes get infected with *Listeria*, but they rarely become seriously ill.

Infected pregnant women may have only a mild flu-like illness. Infections during pregnancy can lead to miscarriage, stillbirth, premature delivery, or infection of the newborn.



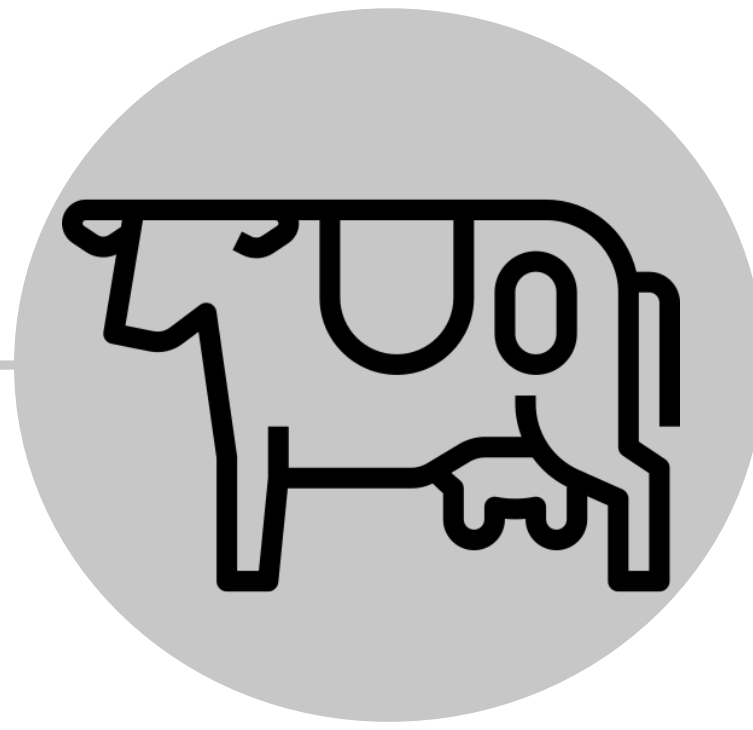
Talk to your healthcare provider if you think you have listeriosis. They may run tests to see if you have the bacteria. It can be treated with antibiotics. Persons with serious medical problems and the elderly are more likely to become seriously ill.

Spread of Listeriosis

Listeria can be found in:



Soil and Water



Animals and Animal Products



Raw Milk

The germ is found in soil and water. Vegetables can get contaminated from the soil or from manure used as fertilizer. Animals can carry the germ and contaminate foods such as meat and dairy products. The germ can also be found in raw (unpasteurized) milk or foods made with raw milk.

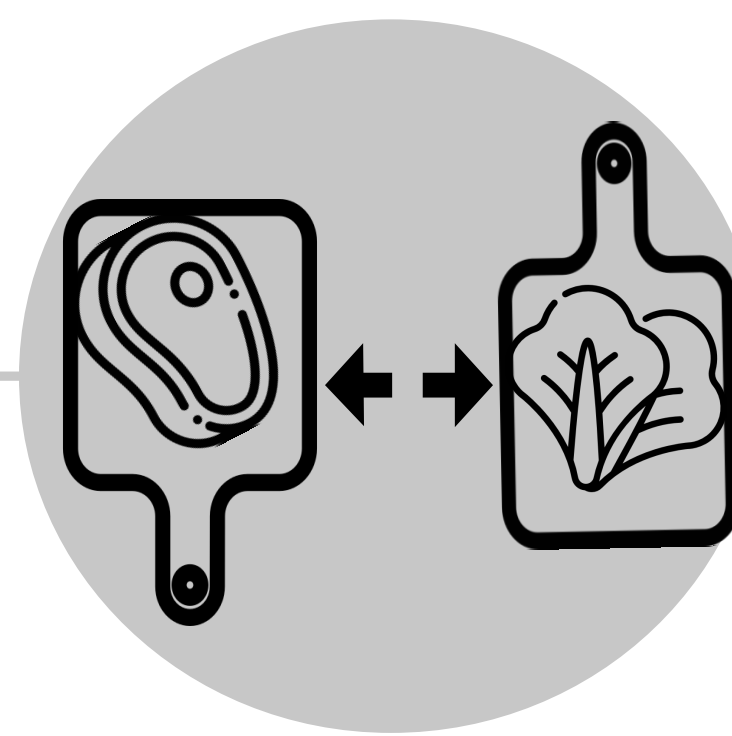
Prevent Listeriosis



Cook All Food Products Thoroughly



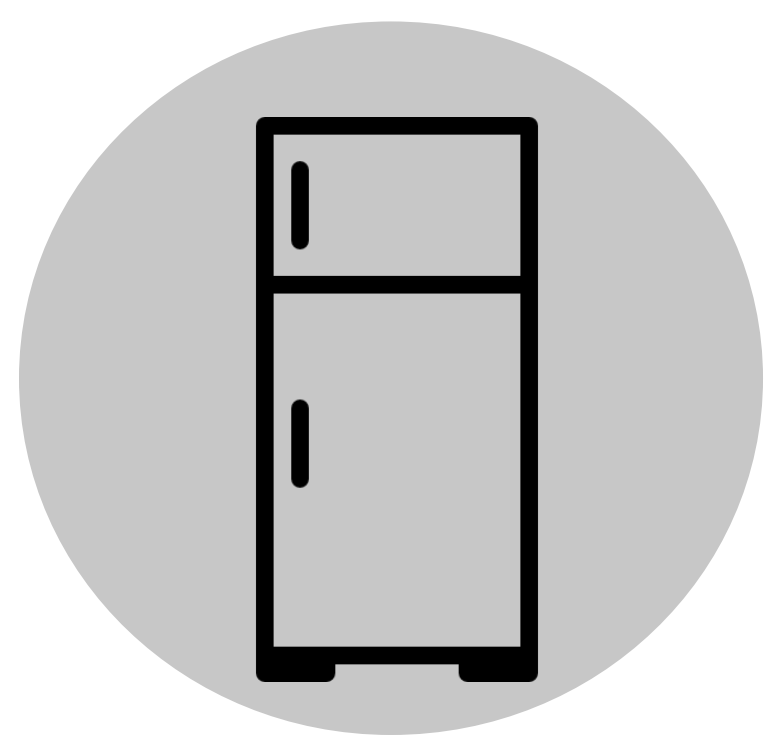
Do Not Drink Raw Milk



Use Separate Cutting Boards for Raw and Cooked Meat and Vegetables, Fruit, or Cheese



Wash raw vegetables and fruit before eating



Additional prevention measures:

- Wash hands, knives, and cutting boards after handling uncooked foods.
- Keep the fridge at 40°F
- Clean spills in the fridge right away
- Use leftovers within 3 to 4 days
- Store factory-sealed, unopened lunch meat no longer than 2 weeks; store open packages no longer than 3 to 5 days in the fridge

For More Information, Visit:



1. www.maine.gov/dhhs/listeria
2. www.cdc.gov/listeria

You can also call Maine CDC at 1-800-821-5821.