



According to the CDC (Center for Disease Control), **LISTERIA** is a harmful germ that can be in food. It is a hardy germ that can be difficult to fully remove from food processing facilities. If a facility has **LISTERIA** germs, the germs can spread to food that touches contaminated equipment or surfaces.

LISTERIA is especially harmful for some people:

- Older adults (65 and older)
- People who have weakened immune systems, (have health problems or take medicines that lower the body's ability to fight germs and sickness)
- Pregnant people and newborns

LISTERIA is killed by heating food to a high enough temperature

WHICH foods may be contaminated with **LISTERIA**

CHEESES

Soft cheeses are more likely than hard cheeses to be contaminated with **LISTERIA** because of their high moisture, low salt content, and low acidity.

Soft cheeses made with unpasteurized milk or made in facilities with unclean conditions are more likely to be contaminated.

Although pasteurizing milk kills germs, cheese made with pasteurized milk can still get contaminated during cheese-making.

Soft cheeses - queso fresco, queso blanco, queso panela, brie, camembert, and blue-veined.

Hard cheeses - asiago, cheddar, emmental, gruyere, parmesan, and swiss cheese.

DELI MEATS, COLD CUTS, HOT DOGS, FERMENTED AND DRIED SAUSAGE

PATE or MEAT SPREADS

COLD SMOKED FISH, MELONS, SPROUTS, UNPASTERIZED MILK

SYMPTOMS

In older adults and people with immunocompromising conditions, the most common clinical presentations are invasive infections, such as sepsis, meningitis, and meningoenzephalitis.

Some people may also experience focal infections, including septic arthritis, osteomyelitis, prosthetic graft infections, and infections of sites inside the chest and abdomen or of the skin and eye.

Listeriosis during pregnancy is typically a relatively mild “flu-like” illness. Some pregnant women with **LISTERIA** infection have no symptoms.

People with normal immune systems rarely develop invasive infection.

DIAGNOSIS

Listeriosis is usually diagnosed when a bacterial culture (a type of laboratory test) grows **LISTERIA** from body tissue or fluid, such as blood, spinal fluid, or the placenta.

TREATMENT

Most people recover from intestinal illness without antibiotic treatment. Antibiotics are needed only for patients who are very ill or at risk of becoming very ill. People who have an intestinal illness should drink extra fluids while they have diarrhea.