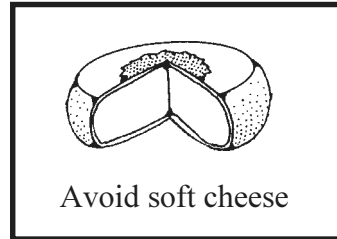


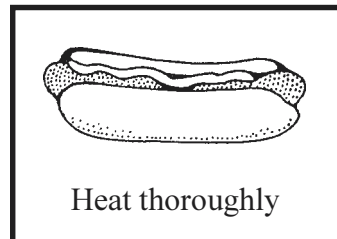
If you are pregnant, over 60, or have a serious illness, reduce your risk from Listeria by following these guidelines:

→ Avoid soft cheeses:

- Mexican-style cheeses such as queso blanco and queso fresco,
- Feta, Brie, Camembert, and blue-veined cheese such as Roquefort



→ Thoroughly heat ready-to-eat foods such as hot dogs and delicatessen meats before eating.



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Food Safety Alert:

- Are you pregnant?
- Are you over 60?
- Do you have a serious illness?

**Protect yourself
from
Listeria**

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Available in Spanish as *¡Atención! ... Protejase contra la Listeria*

Listeria is a bacteria that can cause illness.

If you eat food that has Listeria in it, you may get sick. The illness is rare and most people who get it just feel like they have the flu. The illness can be much more serious for people who are over 60 or have a serious illness such as cancer, AIDS, cirrhosis or diabetes. If a pregnant woman gets sick with Listeria, the baby she is carrying may die.

Listeria can be found in many foods.

Listeria is in soil and can live on fruits and vegetables and in raw meat, poultry and fish. Listeria has been found in soft cheeses such as Mexican-style, feta and brie that have not been made and handled properly. Listeria has also been found in hot dogs and foods from the delicatessen.

You cannot see, smell or taste Listeria.

You cannot tell if a food has Listeria in it.

Listeria can be killed by high heat.

Listeria will grow in the refrigerator and in warm food. Foods must be heated thoroughly to destroy Listeria.

Stay healthy. Follow these food safety rules:

- Wash hands before working with food or eating.
- Use only pasteurized dairy products.
- Wash fresh fruits and vegetables before eating.
- Keep raw meat, poultry and fish and their juices separate from cooked and ready-to-eat foods.
- Wash hands, sinks, counter, knives and dishes with soap and hot water after contact with uncooked food.
- Thoroughly cook all meat, poultry, seafood and eggs before eating.
- Keep hot foods hot and cold foods cold. Do not allow hot or cold foods to stand at room temperature for longer than two hours.
- Chill leftovers quickly in the refrigerator and reheat leftovers until steaming hot before eating.

