

Are you pregnant?

Did you know that LISTERIOSIS is an illness that can cause serious harm to you and your baby?

Listeria is a germ that is found in certain foods.

What are the symptoms of listeriosis?

Listeriosis can cause flu-like symptoms (chills, fever, headache), diarrhea, and stomachaches. Symptoms can develop days or even weeks after eating contaminated food. Contact your doctor or clinic if you have these symptoms during pregnancy.

How to prevent listeriosis

- During pregnancy, don't eat soft Mexican-style cheeses (queso blanco, queso fresco, queso asadero, cotija, ranchero, and queso enchilado). Also avoid feta, Brie, Camembert, and blue-veined cheeses such as Roquefort. Instead, eat hard cheeses (for example, Monterey Jack, cheddar, mozzarella); processed cheese, such as American cheese; cream cheese; and yogurt.
- Avoid raw (unpasteurized) milk and foods made out of raw milk.
- Avoid cold cuts such as bologna, hot dogs and pâté during pregnancy.
- Cook meats such as beef, poultry, pork, and seafood thoroughly. Heat leftover foods thoroughly, until steaming hot.
- Wash fruits and vegetables well.
- Wash your hands thoroughly after handling or cutting raw meat, poultry, pork, or fish.
- Keep cutting boards and other surfaces where you prepare or store foods, as well as the inside of the refrigerator, clean.

Additional written information is available through
Division of Bacterial and Mycotic Diseases
National Center for Infectious Diseases
Centers for Disease Control and Prevention
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