Genesee County Health Department
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Listeriosis

What is Listeriosis?
- An infection by the bacterium *Listeria monocytogenes* normally caused by eating contaminated foods. The bacterium is also found in soil and water. Processed foods such as deli meats and soft cheeses can become contaminated after processing

What are symptoms that could occur?

Mild
- Fever
- Muscle aches
- Nausea and/or vomiting
- Diarrhea

Severe – seek medical attention
- Headache
- Stiff neck
- Confusion
- Loss of balance
- Convulsions

How is it spread?
- Eating soft cheeses, ready-to-eat meats, fruits and vegetables that may have been contaminated
- Drinking unpasteurized 'raw' milk

How is it diagnosed and treated?
- Primary care provider evaluation; may include laboratory work
- Antibiotics are given

How can Listeriosis be prevented?
- Wash hands before eating or preparing food, and keep food preparation areas clean
- Separate uncooked meats and poultry from vegetables, cooked foods, and ready-to-eat foods
- Rinse raw produce thoroughly under running tap water before eating/cooking
- Scrub firm produce with a clean produce brush
- Avoid unpasteurized beverages
- Cook and serve foods at safe temperatures
- Pregnant women and people with weakened immune systems should:
  - DO NOT EAT hot dogs, luncheon meats, or deli meats
  - DO NOT EAT soft cheeses such as feta, Brie, Camembert, and blue-veined cheeses
  - DO NOT EAT refrigerated pates or meat spreads; canned or shelf-stable is okay
  - DO NOT EAT smoked seafood unless it is contained in a cooked dish, such as a casserole
  - Avoid cross-contaminating other foods and utensils during food preparation

Are there complications?
- Pregnant women and people with weakened immune systems are at a higher risk

Should the sick individual be isolated?
- No.

Should facilities cleaning?
- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

If I have any other questions, whom can I contact?
- Call the Genesee County Health Department at 257-1017