

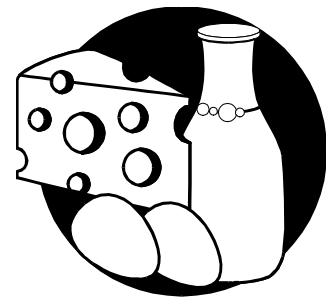
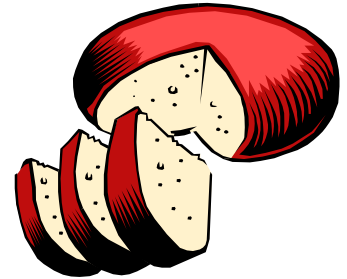


**CRAVEN COUNTY HEALTH  
DEPARTMENT**

▶ **WORKING  
TOGETHER FOR  
YOUR HEALTH.**

## **What is Listeria?**

Listeria is a group of bacteria found in the environment. Listeria bacteria can be found in raw (unpasteurized) milk, soft cheeses, ice cream, raw vegetables, raw meats, raw fish, and raw fermented meats. Populations at high risk for Listeriosis include pregnant women, elderly, newborns, and patients whose immune systems are compromised by cancer, AIDS or medications. Symptoms of listeriosis include fever, fatigue, nausea, vomiting and diarrhea. Serious effects of listeriosis include miscarriages or still births.



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### Helpful Tips to prevent exposure to Listeria

- Follow basic food safety procedures
- Avoid raw (unpasteurized) milk
- Avoid cheeses made from raw milk
- Keep raw and cooked foods separate
- Wash hands and kitchen utensil after using with raw foods

### FACTS TO KNOW ABOUT...

#### LISTERIA

- Thoroughly cook all foods of animal origin

*Individuals with a high risk for Listeriosis, such as pregnant women and individuals with weakened immune systems, should take additional precautions*

- All ready-to-eat foods such as hot dogs should be cooked to an internal temperature of at least 165°F
- Avoid soft cheeses, which include Mexican-style cheese (queso blanco, queso fresco, queso Chihuahua, cuajada/ queso salado), feta, Camembert and Brie
- Even though the risk of listeriosis associated with food from deli meat is relatively low, pregnant and immunocompromised individuals may choose to avoid these food products

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