



# Listeriosis

(*Listeria Monocytogenes*)

By Jack and Sean Graham

# Hideouts



- ▶ Planted vegetables
- ▶ Meat and dairy products
- ▶ Processed foods (such as soft cheeses, cold cuts)
- ▶ Avoid eating store bought salads.



# Crimes



- ▶ Fever
- ▶ Muscle aches
- ▶ Possible nausea
- ▶ Possible diarrhea

## If nervous system is infected

- ▶ Headache
- ▶ Stiff neck
- ▶ Confusion
- ▶ Loss of balance

- In pregnant women, listeriosis causes a mild flu-like illness to the mother but can cause serious infection to the baby such as miscarriage, premature delivery, and stillbirth.



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# Crimes

- ▶ Symptoms can occur as long as 2 months after eating the contaminated food.
- ▶ Most symptoms last 2 days.
- ▶ Severe symptoms last much longer and could possibly result in death.



# Prevention



- ▶ Wash hands/utensils with hot, soapy water before preparing food
- ▶ Don't thaw frozen meat at room temp
- ▶ Check expiration date
- ▶ Don't eat from bulging cans or cracked jars
- ▶ Wash fruits and vegetables thoroughly before eating
- ▶ Avoid drinking raw milk (or foods with raw milk)

