



Listeriosis

What is Listeriosis?

Listeriosis is a serious infection caused by eating food contaminated with the bacterium *Listeria monocytogenes*. The disease affects primarily pregnant women, newborns, and adults with weakened immune systems.

How Listeriosis spread?

- Listeria bacteria are widely distributed in soil and water, which can contaminate certain foods including unpasteurized milk, unpasteurized soft cheese, deli-style meats, poultry, hot dogs, fresh produce and egg products.
- The fetus and newborn are highly susceptible to transmission from an infected pregnant woman causing miscarriage, stillbirth or premature delivery.
- Elderly and immune-deficient people are also susceptible.

How is Listeriosis treated?

- Listeriosis can be treated with antibiotics.
- A diagnosis is made when the bacteria is found in blood, spinal fluid, or amniotic fluid.

How can Listeriosis be prevented?

Some preventive measures include thoroughly washing and/or cooking food before consumption, washing hands, and avoiding unpasteurized dairy products. More extensive information is contained at the CDC website listed in this document.

Symptoms of Listeriosis:

- Symptoms develop in hours or 1-2 days
- High fever
- Headache
- Stiff neck and back
- Nausea/vomiting
- Rash symptoms can occur 3-70 days after exposure.
- Sensitivity to bright light
- Confusion
- Difficulty breathing
- Shock

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Source: www.cdc.gov

CDC Public Information

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