

# CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

## LISTERIA MONOCYTOGENES



| SYMPTOMS   | START OF SYMPTOMS / HOW LONG THEY LAST   | HOW YOU CAN GET SICK  | POTENTIAL HEALTH IMPACTS  | FOOD COMMONLY ASSOCIATED  | HOW TO PROTECT YOURSELF  |
|--|--|---|---|---|--|
| <p>Persistent fever</p> <p>Muscle aches</p> <p>Constipation</p> <p>Nausea (sometimes)</p> <p>Vomiting (sometimes)</p> <p>If infection spreads to the nervous system:</p> <p>Headache</p> <p>Stiff neck</p> <p>Confusion</p> <p>Loss of balance</p> | <p>Symptoms usually start within 3 to 70 days after exposure to the bacteria.</p> <p>How long the illness lasts can vary depending on the severity of illness.</p> | <p>By eating or drinking food or beverages contaminated with <i>Listeria monocytogenes</i></p> <p>Through cross-contamination during food preparation in the kitchen or in the processing plant</p> | <p>The disease mainly affects adults 60 years and older, pregnant women, newborns, and people with weakened immune systems.</p> <p>Pregnant women infected with this bacteria can experience a mild, flu-like illness however infections during pregnancy can lead to miscarriage, stillbirth, premature delivery, or infection of the newborn baby.</p> <p>Infection with <i>Listeria</i> may be followed by meningitis encephalitis (an infection of the brain or its surrounding tissues) and/or septicaemia (bloodstream infection), either of which can cause death.</p> | <p>Deli meats (cold cuts or “ready-to-eat” meat)</p> <p>Hot dogs</p> <p>Raw cheeses from unpasteurized milk, including soft and semi-soft cheese, such as Brie, Camembert and blue-veined cheese</p> <p>Raw food, such as uncooked or undercooked meats</p> <p>Refrigerated pâtés and meat spreads</p> <p>Refrigerated smoked seafood</p> | <p>Use a digital food thermometer to check the internal temperature of your food. Refer to the chart on page 5.</p> <p>Wash your hands after handling meat products.</p> <p><b>Adults 60 years and older, pregnant women, and people with weakened immune systems</b> should avoid food commonly associated with <i>Listeria</i>, including hot dogs, deli meats and unpasteurized dairy products. If you still choose to eat this food, follow these safe food handling practices:</p> <p>Cook high-risk food, including unpasteurized dairy products, deli meat, hot dogs, meat and poultry, to a safe internal temperature. Refer to the chart on page 5.</p> <p>Avoid spreading fluid from hot dog and deli meat packages onto other food, cutting boards, utensils, dishes and food preparation surfaces.</p> <p>Eat only pasteurized cheese, including hard cheese, such as Colby, Cheddar, Swiss and Parmesan Cheese.</p> |