

PREVENTION

Since pregnant women are particularly susceptible to infection with *Listeria*, the outcome of infection during pregnancy can be severe, and *Listeria* is a common low-level contaminant in certain foods, pregnant women are advised to take the following general precautions to prevent infection with *Listeria monocytogenes*.

- Do not drink raw (unpasteurized) milk or foods that contain unpasteurized milk.
- Wash raw vegetables thoroughly before eating.
- Keep the refrigerator temperature at 40°F (4.4°C) or lower; the freezer at 0°F (-17.8°C) or lower.
- Keep raw meat, fish, and poultry separate from other food that will not be cooked and from cooked foods and ready-to-eat foods.
- Wash hands, knives, and cutting boards after handling uncooked food.
- Thoroughly cook raw food from animal sources to a safe internal temperature: ground beef 160°F (71°C); chicken 170°F (77°C); turkey 180°F (82°C); pork 160°F (71°C).
- Do not eat hot dogs, luncheon meats, bologna, or other delicatessen meats unless they are reheated until steaming hot; avoid the use of the microwave oven since uneven cooking may occur
- Avoid getting fluids from hot dog packages on other foods, utensils, and food preparation surfaces; in addition, wash hands after handling hot dogs, luncheon meats, delicatessen meats, and raw meat, chicken, turkey, or seafood or their juices.
- Do not eat salads made in the store such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.
- Do not eat soft cheeses such as feta, Brie, and Camembert, blue-veined cheeses, or Mexican-style cheeses such as queso blanco, queso fresco, and Panela, unless they have labels that clearly state they are made from pasteurized milk.
- Do not eat refrigerated pates or meat spreads. Canned or shelf-stable products may be eaten.
- Do not eat refrigerated smoked seafood, unless it is contained in a cooked dish, such as a casserole. Canned or shelf-stable smoked seafood may be eaten.