

Listeriosis

A bacteria that causes food poisoning

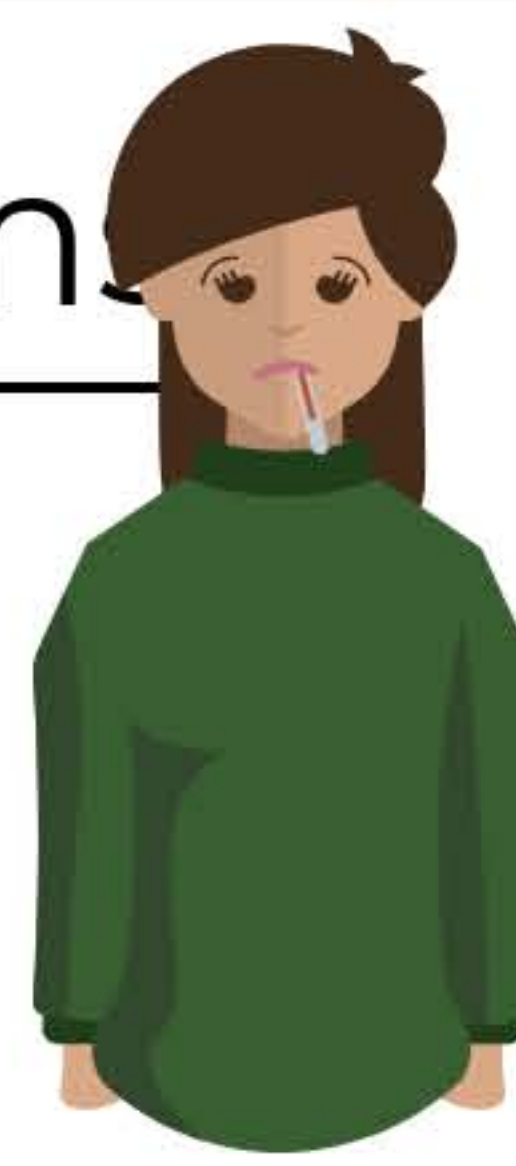


Listeriosis affects mainly pregnant women, newborns, the elderly & adults with **impaired immune systems**



Symptoms

- fever
- muscle aches
- nausea
- diarrhea
- headache
- stiff neck
- confusion
- loss of balance & convulsions



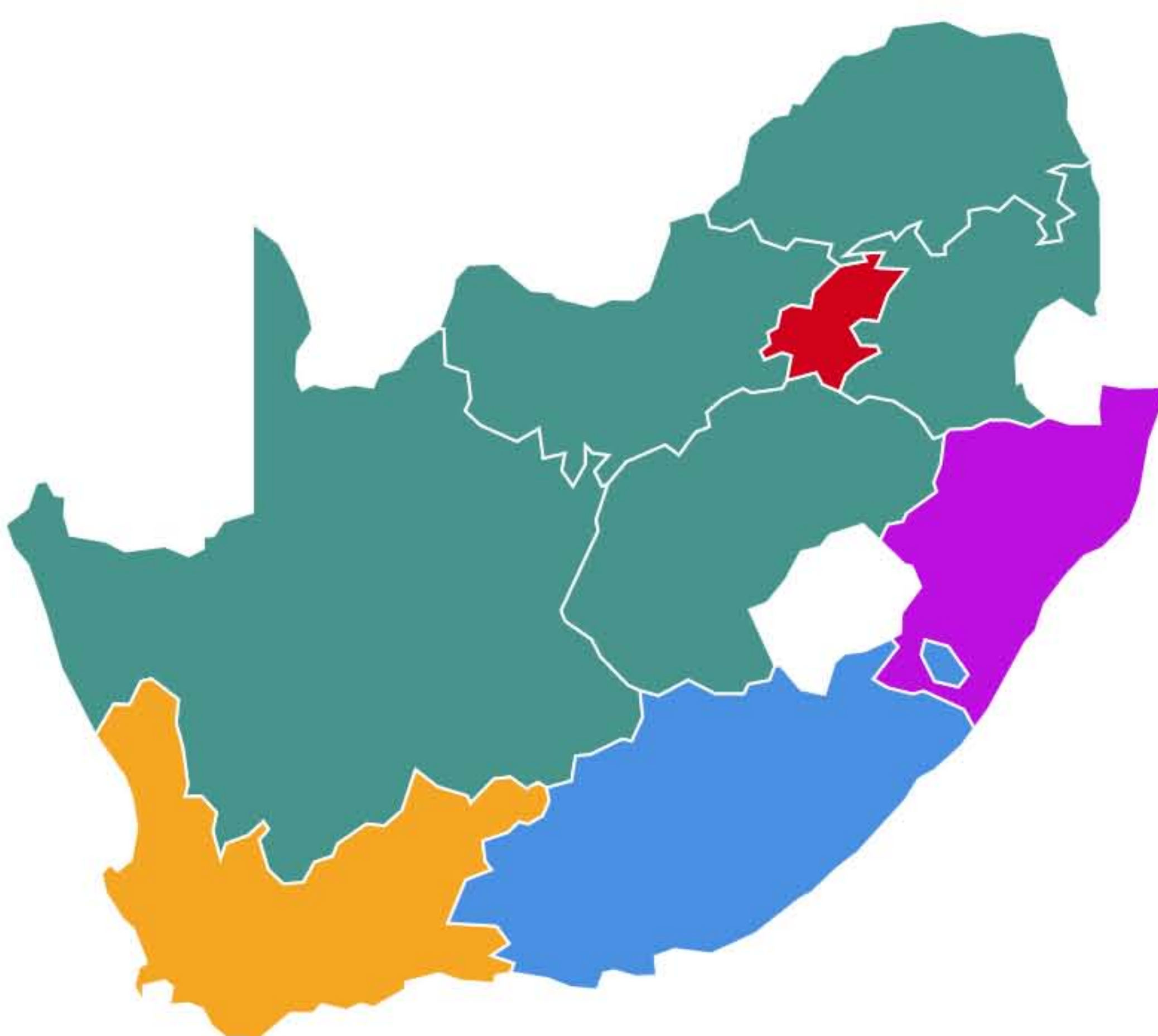
Prevention



- 1** Wash your hands before & after handling food.
- 2** Cook, refrigerate, or freeze meat, poultry, eggs, fish & ready-to-eat foods within 2 hours.
- 3** Do not eat raw food & be aware of the risk of **food poisoning** from raw fish (including sushi), clams, and oysters.
- 4** Avoid drinking "raw" milk that's unpasteurised & soft cheeses like feta, goat cheese & brie.
- 5** When in doubt, throw it out - reheating contaminated food won't make it safe!



Listeriosis in South Africa



Over **900** cases have been reported and **180** people have died.

Gauteng has the most cases followed by **Western Cape**, **KwaZulu-Natal** and the **Eastern Cape**.



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What you need to know about Listeriosis

What is it?

Listeriosis is a serious, but treatable and preventable disease caused by the bacterium, *Listeria monocytogenes*.



Symptoms

- Diarrhoea
- Fever
- Vomiting
- Weakness
- Muscle aches
- Headache

Who's at risk?

- pregnant women
- neonates
- very young infants
- elderly persons
- anyone with a weakened immune system



Five Safety tips

- Keep hands, utensils and surfaces clean
- Separate raw and cooked food
- Cook food thoroughly
- Keep food at safe temperatures
- Use safe water and raw material



Foods to avoid

Ready-to-eat cold meat products:

- Polony
- Viennas and other sausages
- Cold meats



Sources

- Directly at origin e.g. farm
- Food processing plant
- Retail
- Food preparation at home



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