<table>
<thead>
<tr>
<th><strong>Listeria</strong></th>
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<td><strong>Sources</strong></td>
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| - Unpasteurized (raw) milk and dairy products.  
- Soft cheese made with unpasteurized milk, such as queso fresco, feta, Brie, Camembert.  
- Raw fruits and vegetables (such as sprouts).  
- Ready-to-eat deli meats and hot dogs.  
- Refrigerated pâtés or meat spreads.  
- Refrigerated smoked seafood.  
- Be aware that Hispanic-style cheeses made from pasteurized milk, such as queso fresco, have caused *Listeria* infections, most likely because they were contaminated during cheese-making. |
| **Incubation period** | 7 to 70 days |
| **Symptoms** | *Listeria* can cause fever and diarrhea similar to other foodborne germs, but this type of *Listeria* infection is rarely diagnosed.  
Symptoms in people with invasive listeriosis, meaning the bacteria has spread beyond the gut, include:  
- For pregnant women: fever, fatigue and muscle aches. Pregnant women may also have no symptoms but experience fetal death, pre-term labor, or infection of the newborn.  
- For all others, stiff neck, confusion, loss of balance, and convulsions in addition to fever and muscle aches. |
| **Duration of illness** | Days to weeks |
| **Who is at risk** | - Adults age 65 and older  
- Pregnant women and their newborns  
- People whose immune systems are... |
<table>
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<tr>
<th>What to do</th>
<th>For invasive listeriosis, antibiotics given promptly can cure the infection. In pregnant women, antibiotics are given to prevent infection in the unborn baby.</th>
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| Prevention | • Do not drink raw (unpasteurized) milk, and do not eat soft cheeses made with it, such as queso fresco.  
  • Heat hot dogs, cold cuts, and deli meats to an internal temperature of 165°F or until steaming hot before eating.  
  • Eat cut melon right away or refrigerate it.  
  • People at higher risk **should not eat** the following foods:  
    • Refrigerated pâtés or meat spreads from a deli or meat counter or from the refrigerated section of a store  
    • Refrigerated smoked seafood, unless it is canned or shelf-stable or it is in a cooked dish, such as a casserole  
    • Raw or lightly cooked sprouts of any kind  
    • Soft cheese, such as queso fresco, queso blanco, panela, brief, Camembert, blue-veined, or feta, unless labeled as made with pasteurized milk  
  • People at higher risk should be aware that Hispanic-style cheeses made from pasteurized milk, such as queso fresco, have caused *Listeria* infections, most likely because they were contaminated during cheese-making. |