

Listeria Causes Disease

Pay Attention to Food Hygiene to Ward Off Listeriosis



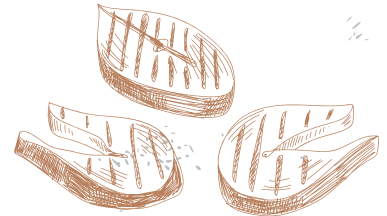
Major Symptoms of Listeriosis:

- Common symptoms include diarrhea, nausea and vomiting.
- Infections during pregnancy can lead to miscarriage, stillbirth or premature delivery.
- Listeriosis in newborn infants, elderly patients, and patients who are immunocompromised may lead to septicemia and meningitis.

How to Prevent Infection?

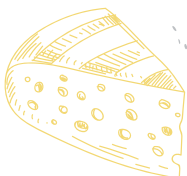
● Follow food safety and hygiene principles.

1. Wash hands with soap and water.
2. Clean the ingredients and cookware thoroughly.
3. Eat fresh foods and eat them promptly.
4. Consume only thoroughly cooked foods.
5. Keep uncooked foods separate from cooked foods. Cooked foods must be heated completely.
6. Pay attention to storage temperature. Avoid leaving foods that require refrigeration at room temperature for over 4 hours. Avoid refrigerating foods till they expire.



● Avoid consuming raw milk and products made from it.

- ### ● People in high-risk groups such as immunocompromised individuals and pregnant women should avoid consuming meat sauces stored at low temperatures, ready-to-eat meat products such as hot dogs and smoked seafood, salads, and leftovers.



TAIWAN CDC



www.cdc.gov.tw



Follow Us on
Facebook
www.facebook.com/TWCDC

Communicable Disease Reporting and Consultation Hotline : 1922

廣告