## Food Safety During Pregnancy



**Did you know?**Pregnant people are 10 times more likely to get Listeriosis<sup>^</sup>



## What is Listeria?

Listeria is an illness caused by eating foods contaminated by the bacteria, **Listeria** monocytogenes.

Listeria infection (also known as Listeriosis) is uncommon, but it can cause death in at-risk people, such as the elderly and people whose immune systems are not working properly.

## Implications for pregnant people

Listeria is dangerous for pregnant people.

Even a mild listeria infection can cause:

- miscarriage
- stillbirth
- premature birth
- a baby who is very ill when born.

## **More information**

For information regarding Listeriosis, including symptoms, visit the Department of Health website:



www. health.vic.gov.au/ infectious-diseases/listeriosis



Grampians Public Health Unit



The following listeria **high-risk foods** should be avoided if you are pregnant

Soft cheeses (these are safe if cooked and served hot)



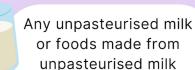
Ready-to-eat foods – including leftover meats, which have been refrigerated for more than one day



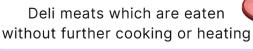
Ready-to-eat or raw seafood



Dips and salad dressings in which vegetables may have been dipped









Drinks made from fresh fruit and vegetables where washing procedures are unknown

Pre-prepared or pre-packaged fruit and vegetable salads

