Listeriosis

What is Listeriosis?

Listeriosis is an infection that is caused by a germ called *Listeria*, which can be found in some foods. People usually become ill with listeriosis after eating contaminated food. Pregnant people, newborns, older adults, and people wither weakened immune systems are at higher risk for listeriosis. It is rare for people outside of these demographics to get sick with *Listeria* infection.

What is the burden of Listeriosis each year in the United States?

- 1,600 illnesses
- 260 deaths

What are common symptoms of Listeriosis?

- Fever
- Muscle aches and fatigue
- Headache
- Stiff neck
- Confusion
- Loss of balance
- Seizures

How can I prevent Listeriosis?

Know which foods are higher risk for containing *Listeria* and avoid them, if possible:

- Soft cheeses
- Meats, cheeses, and salads from the deli
- Pâté or meat spreads
- Cold-smoked fish
- Sprouts
- Melons
- Raw (unpasteurized) milk and raw milk products

How do people get infected?

Listeriosis is caused by eating contaminated food with *Listeria* bacteria.

TN Department of **Health**