CHECK THE CHEESE, AVOID LISTERIA

Soft cheeses sometimes carry *Listeria* (a rare but deadly germ).

*Listeria* infection in pregnant women can cause miscarriage, stillbirth, or death of the newborn.

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24x

Pregnant Hispanic women are about 24 times more likely than the general population to get a *Listeria* infection.

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Reduce your risk of infection during pregnancy to protect your baby

- Only buy soft cheeses with the word “pasteurized” on the label.
- Avoid soft cheeses made with unpasteurized milk.
- Be aware that soft cheeses made in unclean places have caused *Listeria* infections.

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Types of Hispanic-style soft cheeses include queso fresco, queso blanco, queso blando, queso cotija, queso panela, queso ranchero, and cuajada en terrón.

Visit www.cdc.gov/listeria and talk to your doctor for more information.