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.

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

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.

Types of 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.