

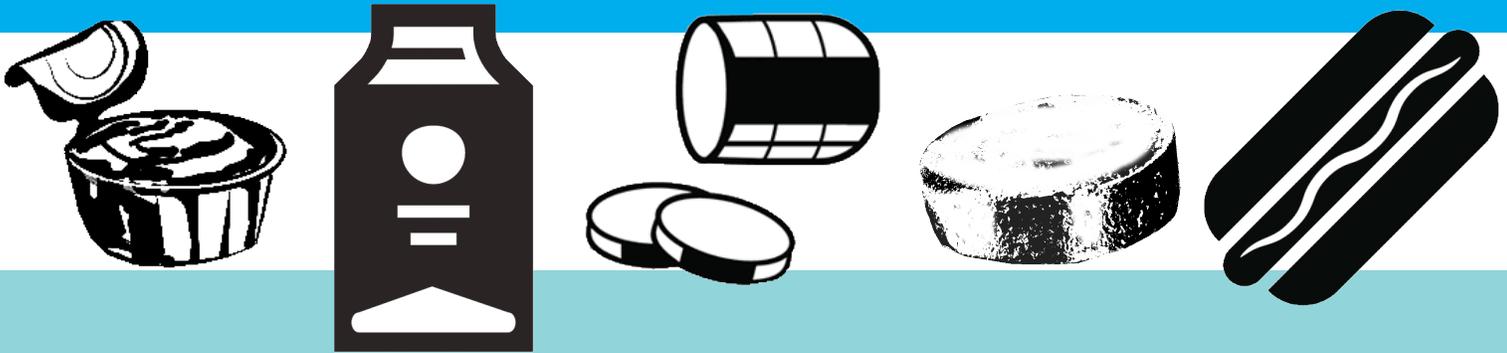
Tips for Preventing *Listeria* Food Poisoning

Germs, like *Listeria*, can be spread through food. *Listeria* strikes hard at pregnant women and their newborns, older adults, and people with weakened immune systems.

If you, or someone you make food for, are pregnant, 65 or older, or have a weakened immune system:

- Reheat hot dogs and deli meats to steaming hot or 165° F just before serving.
- Select canned or shelf-stable pâté and meat spreads that do not need refrigeration before opening. Refrigerate after opening.
- Do not eat refrigerated smoked seafood unless it is in a cooked dish, such as a casserole, or is canned or shelf stable.
 - Refrigerated smoked seafood is most often labeled as nova-style, lox, kippered, smoked, or jerky.
 - Canned and shelf stable tuna, salmon, and other fish products are safe to eat.
- Do not drink raw (unpasteurized) milk and do not eat foods that contain unpasteurized milk.
- Do not eat soft cheese, such as queso fresco, feta, Brie, Camembert, and blue-veined cheeses, unless the label says, "made with pasteurized milk."

Most people with *Listeria* infections require hospital care and about one in five die.



Food Safety Tips in the Kitchen

- Clean refrigerator spills right away, especially juices from hot dog and lunch meat packages, raw meat, and uncooked poultry.
- Clean the refrigerator's inside walls and shelves with hot water and liquid soap, then rinse.
- Store leftovers in shallow containers then cover with airtight lids, plastic wraps, or aluminum foil. Use leftovers within three to four days.
- Use precooked or ready-to-eat food as soon as possible. Do not store the product in the refrigerator past the use-by date; follow USDA refrigerator storage time guidelines:
 - Hot dogs: store opened package one week or less and unopened package, two weeks or less.
 - Lunch and deli meat: store factory-sealed, unopened package two weeks or less. Store opened packages and meat sliced at a local deli no longer than 3 to 5 days.

DID YOU KNOW?

***Listeria* can grow in your refrigerator unless it is set at 40°F or lower and the freezer is at 0°F or lower.**

Clean. Separate. Cook. Chill.

CLEAN



- Wash hands often with soap and warm water, especially after touching hot dogs, raw meat, chicken, turkey, seafood, or their juices.
- Use clean dishes, spoons, knives, and forks.
- Wash counter tops with hot soapy water and clean spills right away.
- Wash cutting boards with hot, soapy water after each use.
 - To sanitize, cover the cutting board's surface with one tablespoon of unscented, liquid chlorine bleach per gallon of water then allow it to stand for several minutes.
 - Rinse with clear water and air or pat dry with clean paper towels.

- Do not cross-contaminate.
- Keep raw meat, fish, and poultry away from other food that will not be cooked.
- Use one cutting board for fresh produce and bread and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs without first washing the plate with hot soapy water.

SEPARATE



COOK



- Use a food thermometer to cook food to a safe minimum internal temperature:
 - Ground beef or pork to 160°F,
 - Poultry to 165°F, and
 - Seafood to 145°F.
- Cook shrimp, lobster, and crab until they turn red and the flesh is pearly opaque.
- Cook clams, mussels, and oysters until the shells open.
- Cook eggs until the yolks and whites are firm. Use only recipes in which the eggs are cooked or heated to 160°F.

- Refrigerate or freeze within two hours.
- Refrigerate or freeze within one hour in hot weather (90°F or more).
- Do not leave meat, fish, poultry, or cooked food unrefrigerated.
- Buy perishable foods last and go directly home from the grocery store.
- In hot weather, take a cooler with ice or another cold source to transport foods safely.

CHILL

