

Listeriosis is an infection caused by eating food contaminated with *Listeria monocytogenes* bacteria. The bacteria is found in soil, water and vegetation, and can be carried by pets and wild animals.

Practical ways to reduce the risk of Listeriosis

- Wash raw vegetables and fruit thoroughly before eating.
- Thoroughly cook raw food from animal sources, such as beef, lamb, pork and poultry.
- Reheat food until it is steaming hot.
- Use separate cutting boards for raw meat and foods that are ready to eat.
- Wash your hands with soapy water before and after preparing food.
- Wash knives and cutting boards after handling uncooked foods.
- Wash your hands after handling animals.

Pregnant women, children, the elderly and those with a weakened immune system have a higher risk of contracting Listeriosis. Avoiding these high risk foods is recommended.

- Cold meats from delicatessen counters, sandwich bars, and packaged, sliced ready-to-eat meats (i.e ham)
- Cold, cooked ready-to-eat chicken
- Pre-cut fruit or vegetable salads, including those from buffets and salad bars
- Chilled seafood such as raw oysters, sashimi and sushi, smoked ready-to-eat seafood and cooked ready-to-eat prawns
- Soft, semi-soft and surface-ripened cheeses such as brie, camembert, ricotta, blue and feta
- Refrigerated paté or meat spreads
- Soft serve ice cream
- Unpasteurised dairy products.

For more information on Listeria visit [Food Standards Australia and New Zealand](#)