

Safer foods for people at risk:



✓ freshly cooked foods

- ✓ pasteurised dairy foods, eg,
- milk, UHT milk, yoghurt
 - hard cheese (eg, cheddar, colby, edam)
 - processed cheese, cheese spread, cottage cheese and cream cheese. Eat these cheeses cold or cooked within two days of opening the pack. Don't eat leftovers.
 - purchase all cheese in sealed packs, in small quantities and use within the use-by date.



✓ freshly washed vegetables and fruit

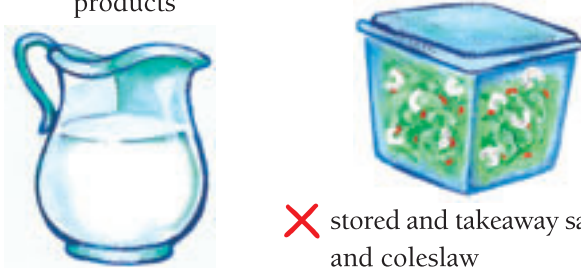


- ✓ freshly prepared salads
- ✓ tinned foods that have just been opened
- ✓ bread and baked foods without cream or custard
- ✓ dried food
- ✓ cereals
- ✓ beverages.

Unsafe foods for people at risk:



- ✗ uncooked, smoked or pre-cooked fish or seafood products that are chilled or frozen
- ✗ pâté, hummus-based dips and spreads
- ✗ cold pre-cooked chicken
- ✗ ham and other chilled pre-cooked meat products



- ✗ raw (unpasteurised) milk
- ✗ surface-ripened soft cheese (eg, brie, camembert) unless heated until piping hot.

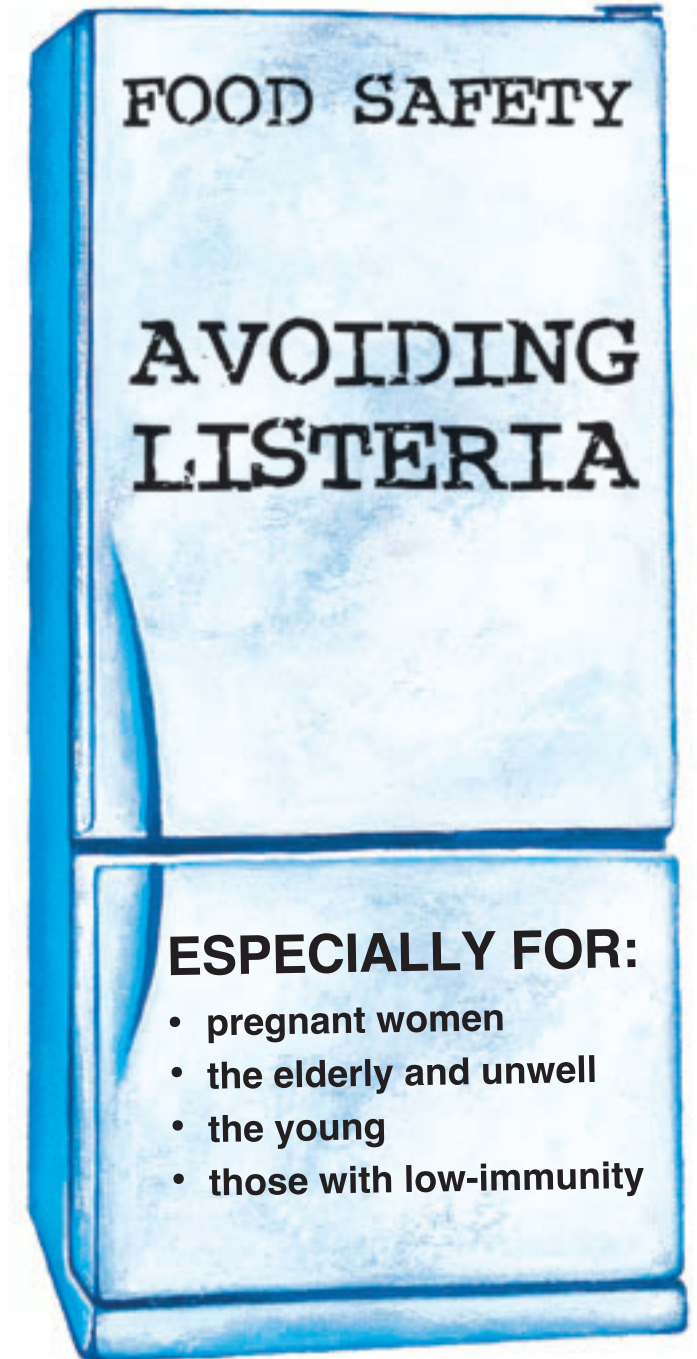
Note that the foods on this list are safe to eat if heated thoroughly to steaming hot, that is, above 72°C where appropriate.

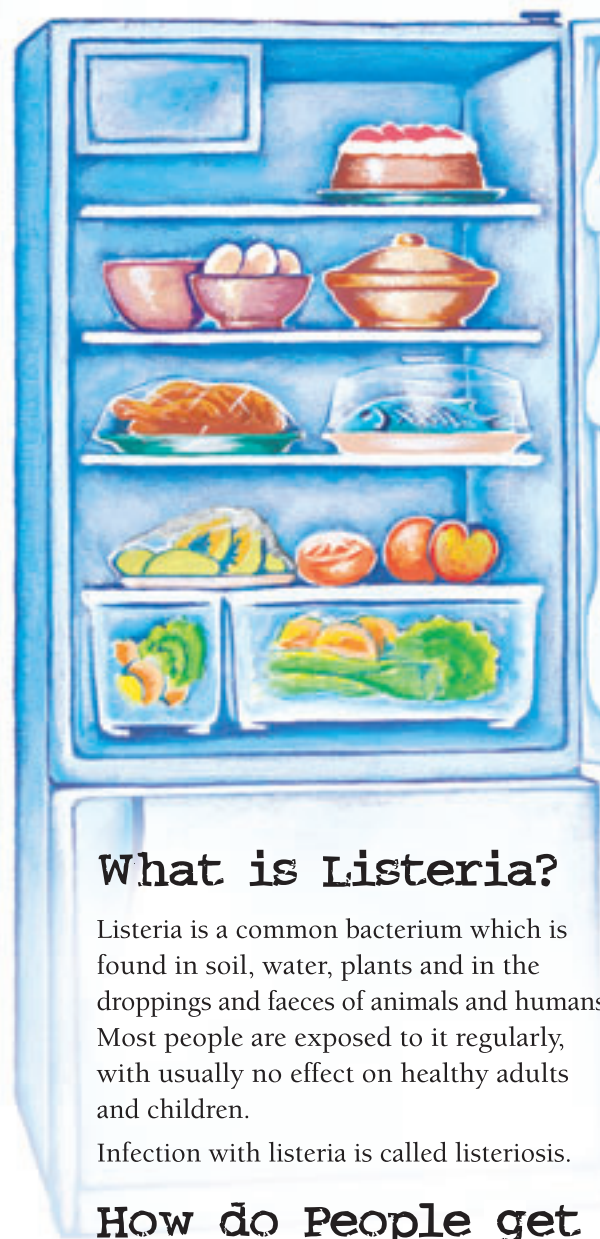
MORE INFORMATION Your local public health service can give you more information on food preparation, storage and safety; talk to your doctor or nurse, or contact the NZ Food Safety Authority, www.nzfsa.govt.nz or Freephone 0800 693 721.

New Zealand Government



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Who is at serious risk of listeriosis?

Those who:

- are pregnant
- are frail or unwell
- have long term illnesses
- have damaged immune systems.

If you are not sure about your risk of being infected, talk to your doctor.

Listeriosis is particularly dangerous for pregnant women as it can cause miscarriage, premature labour or stillbirth, and can cause infection in their baby. A newborn baby born with listeriosis may have a severe illness and may even die.

What are the Symptoms?

It takes between a few days and a few weeks for symptoms to show up. After being infected with listeria you may have no symptoms at all or you may become ill with:

- mild fever
- headache
- aches and pains.

You may also feel sick or vomit.

Some people may suffer a severe acute illness with a fever, meningitis, delirium and coma. If you think you might have listeriosis, see your doctor.

How can Listeriosis be Prevented?

The risk of serious illness from listeria infection can be reduced by safe food handling

practices. Listeria is one of the few food bacteria that will grow on food even if it's in the fridge and can withstand freezing. It is wise to store any perishable food in the fridge, but it is also important to use it within two days.

Safety with food

You can keep food safe by:

- keeping cooked foods and ready-to-eat foods separate from raw and unprocessed foods so there is no cross-contamination
- washing your hands, utensils and chopping boards before preparing a different food, to avoid cross-contamination
- cooking food thoroughly
- eating freshly-cooked food as soon as possible after cooking
- eating canned food immediately after opening the can
- using cooked, prepared and canned food that has been stored in the fridge within two days
- reheating cooked food thoroughly so that it is steaming hot, that is, above 72°C. (Take special care to heat thoroughly and evenly when using a microwave oven by stirring frequently.)
- washing and drying whole raw fruit and vegetables thoroughly
- ensuring that food is eaten before the use-by date
- cleaning the fridge regularly and checking that the temperature is between 2-4°C.

What is Listeria?

Listeria is a common bacterium which is found in soil, water, plants and in the droppings and faeces of animals and humans. Most people are exposed to it regularly, with usually no effect on healthy adults and children.

Infection with listeria is called listeriosis.

How do People get Listeriosis?

Listeriosis is a food-borne infection that results from eating contaminated food.