



Update on Listeriosis Outbreak

For most people, the risk posed by listeriosis is very low. Healthy people who are exposed to it are rarely affected by the bacteria. But there is potential risk to pregnant women, seniors, young children and people with weakened immune systems.

Listeriosis can cause symptoms such as persistent fever, severe headaches, neck stiffness, nausea and vomiting.

If you are suffering from these symptoms, you should speak to a doctor or health provider.

Here are some simple steps you can take to protect yourself and your family from listeriosis and other disease causing bacteria:

- Refrigerate and cook raw food from animal sources, such as beef, pork or poultry. Cooking will kill the listeria bacteria.
- Keep uncooked meats separate from vegetables and from cooked and ready-to-eat foods.
- Wash hands, knives and cutting boards after handling uncooked foods.
- Wash raw vegetables thoroughly before eating.
- Eat perishable and ready-to-eat foods as soon as possible.
- Avoid unpasteurized milk and milk products.
- Check the recall list at www.inspection.gc.ca. If there is food you have doubts about, throw it out or return it to the store.

Canada has one of the world's safest food supplies but outbreaks will and do happen. The Government of Canada is working closely with all provinces, territories, and with the food industry to respond to this outbreak and protect your health.

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