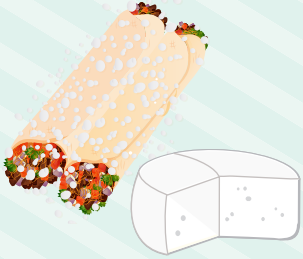


# CHECK THE CHEESE, AVOID *LISTERIA*



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.

An illustration of a round cheese wheel with a red banner across its center that says "Pasteurized" in white text.

Pasteurized

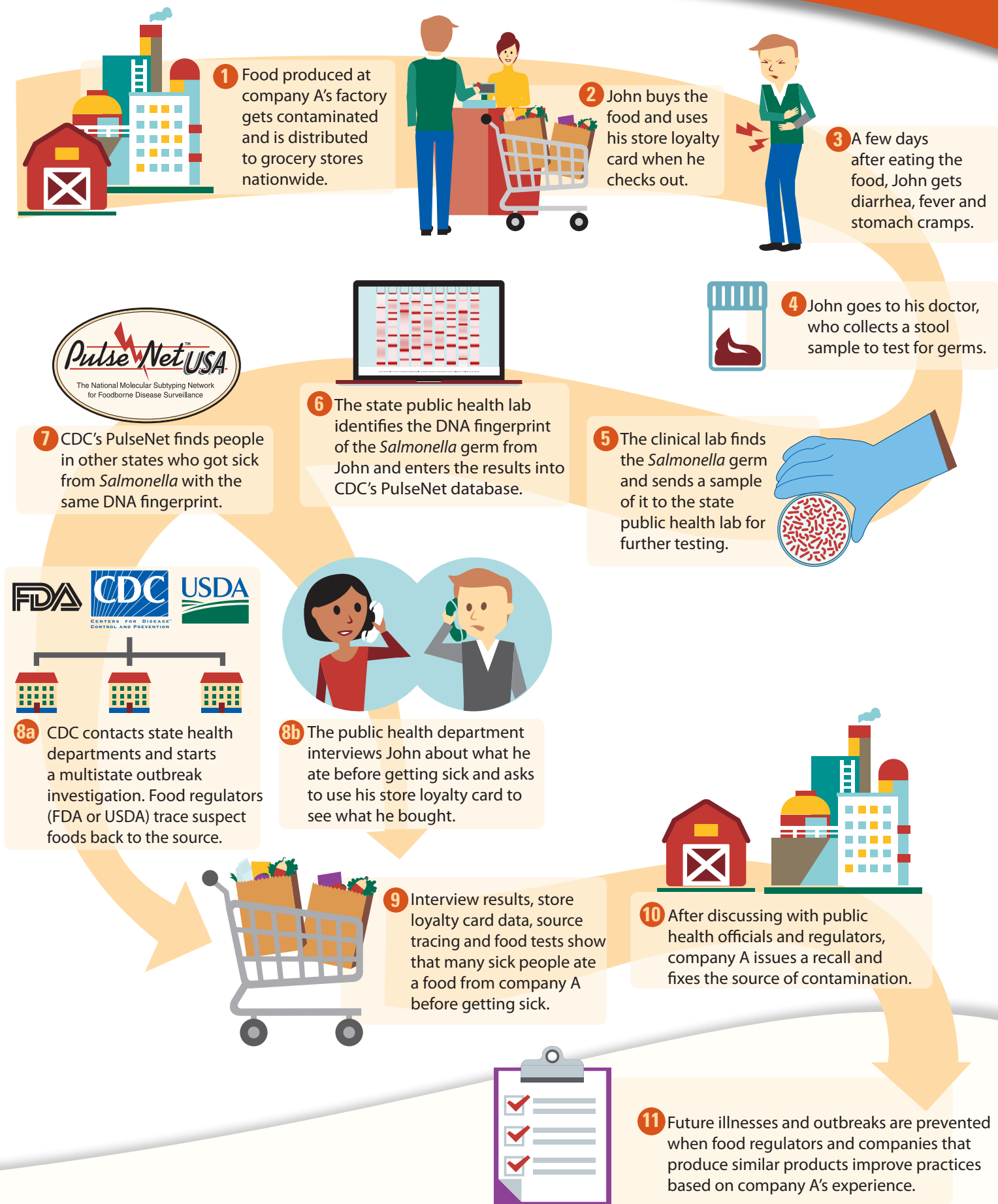
**Types of Hispanic-style soft cheeses include** queso fresco, queso blanco, queso blanco, queso cotija, queso panela, queso ranchero, and cuajada en terrón.

Visit [www.cdc.gov/listeria](http://www.cdc.gov/listeria) and talk to your doctor for more information.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# Outbreak Investigations Help Everyone Make Food Safer



# FOOD BORNE DISEASE OUTBREAKS

THE 3 TYPES OF DATA USED TO LINK ILLNESSES TO CONTAMINATED FOODS AND SOLVE OUTBREAKS

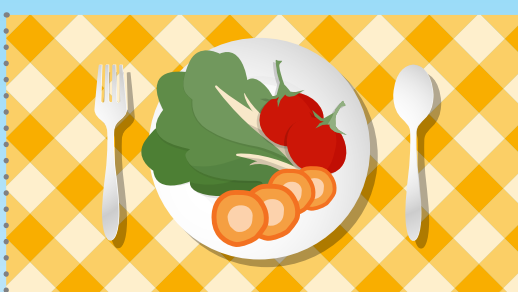


Public health and regulatory officials gather 3 types of data during an investigation:  
EPIDEMIOLOGIC | TRACEBACK | FOOD & ENVIRONMENTAL TESTING

## EPIDEMIOLOGIC



Patterns in where and when people got sick, and past outbreaks caused by the same germ

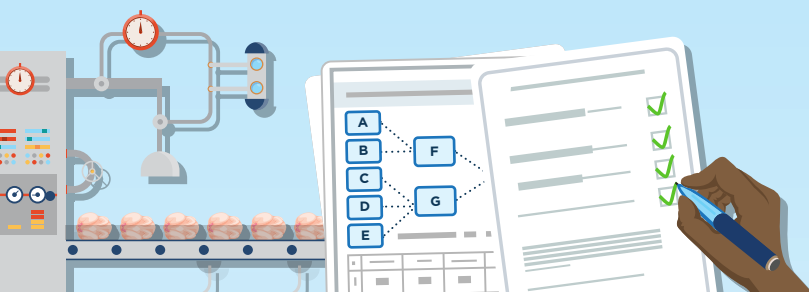


Interviews with sick people to look for foods or other exposures occurring more often than expected



Discovery of clusters of unrelated sick people who ate at the same restaurant, shopped at the same grocery store, or attended the same event

## TRACEBACK



A common point of contamination in the distribution chain from farm to fork, identified by reviewing records collected from restaurants or stores where sick people ate or shopped

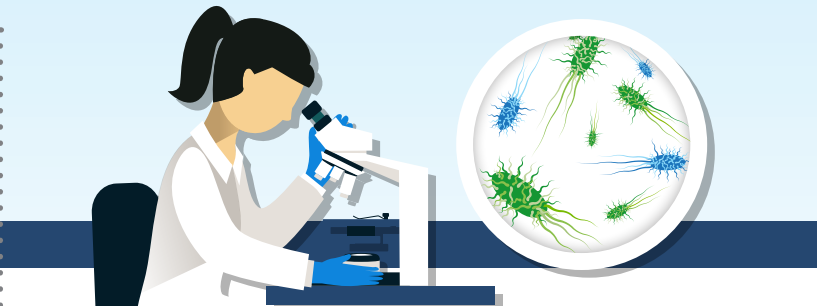


Inspections in food production facilities, on farms, and in restaurants that identify food safety risks

## FOOD & ENVIRONMENTAL TESTING



The germ that caused illness is found in a food item collected from a sick person's home, a retail location, or in the food production environment



The same DNA fingerprint linking germs found in foods or production environments to germs found in sick people

## ACTIONS TO STOP THE OUTBREAK

Health officials evaluate all of these types of data to try to identify the source of the outbreak. Actions to protect the public are taken when there is clear and convincing information linking illness to a contaminated food.



Health officials warn the public



Companies recall contaminated products



Temporary closure of restaurants or food production facilities

## CONSTANTLY IMPROVING



Health officials do not solve every outbreak. Sometimes outbreaks end before enough information is gathered to identify the likely source. Officials are constantly developing new ways to investigate and solve outbreaks faster.



Centers for Disease Control and Prevention  
National Center for Emerging and Zoonotic Infectious Diseases

FOR MORE OUTBREAK INFO:  
[www.cdc.gov/foodsafety/outbreaks](http://www.cdc.gov/foodsafety/outbreaks)



# PROTECT YOURSELF WHEN EATING OUT

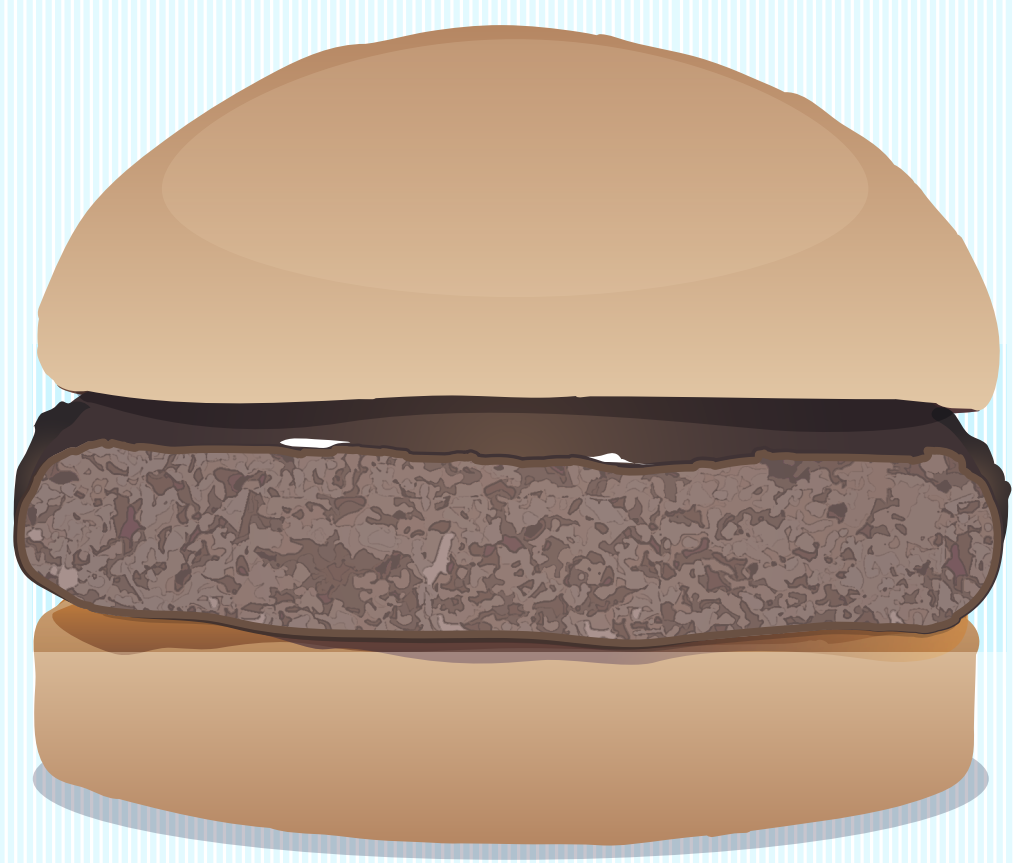


**1** CHECK INSPECTION SCORES

Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.

**2** MAKE SURE THE RESTAURANT IS CLEAN

Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.

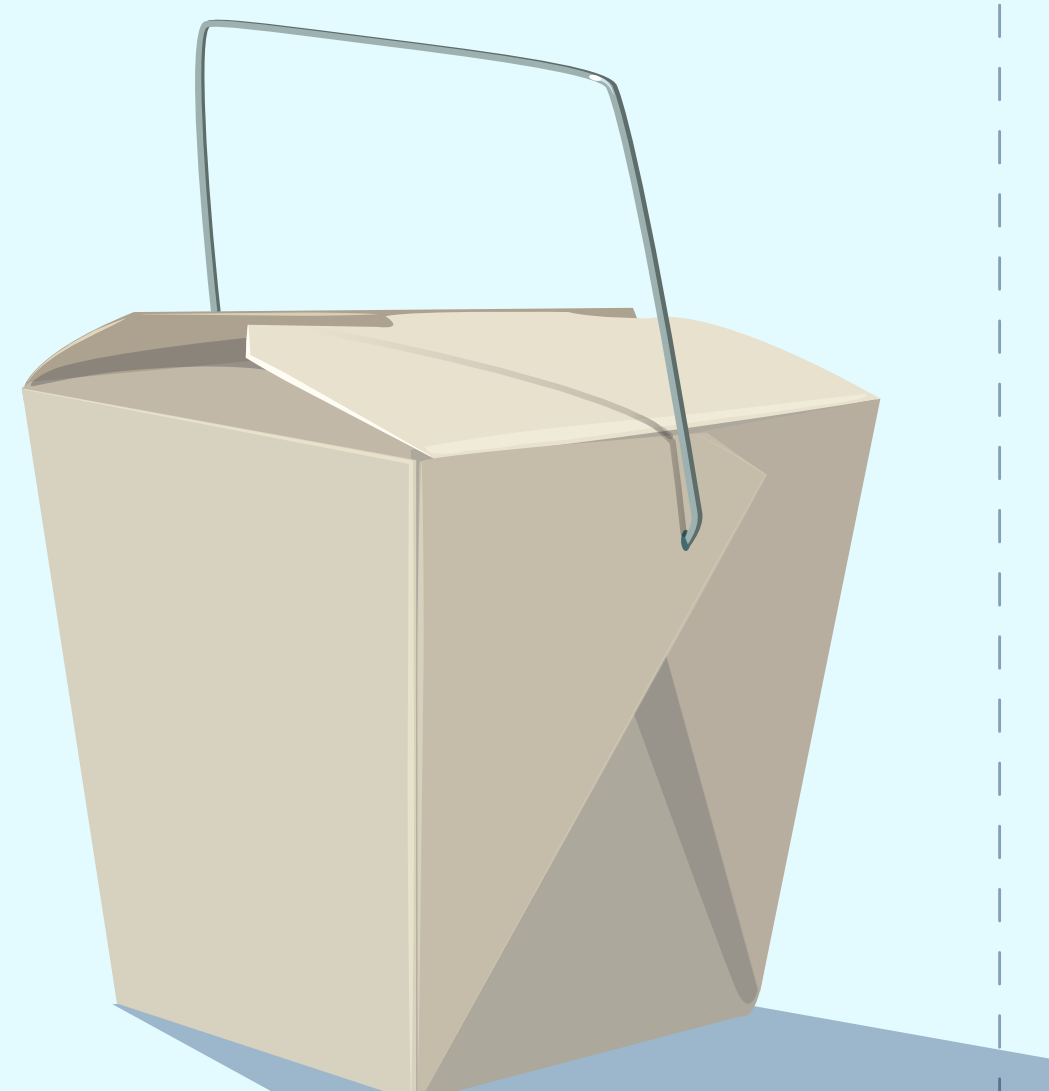


**3** CHECK THAT YOUR FOOD IS COOKED THOROUGHLY

Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.

**4** PROPERLY HANDLE YOUR LEFTOVERS

Taking your food to go? Remember to refrigerate **within 2 hours** of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days.





# RULES of the GAME

## for Food Safety



### Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



### Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:

**165°F** for chicken and  
**160°F** for ground beef.

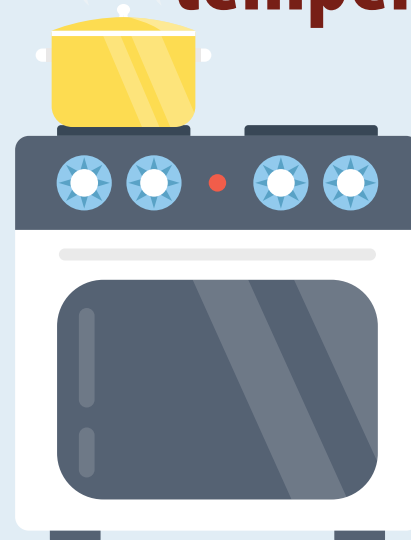


### Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.



### Serve at the right temperature




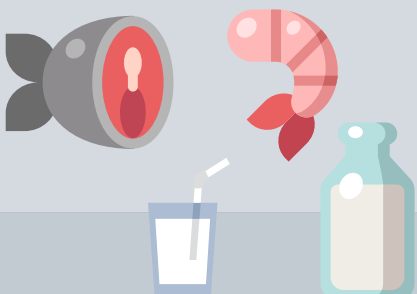

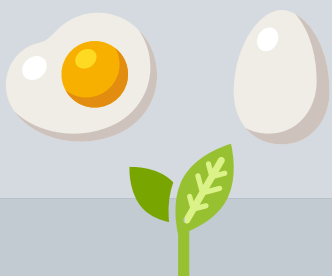



Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

# Safety Tips *for handling and preparing common foods*

HELP  
Prevent Food  
Poisoning!

	Type of FOOD	AVOID	Better CHOICE
	MEAT & POULTRY	Raw or undercooked meat or poultry	Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check <a href="https://www.foodsafety.gov/keep/charts/mintemp.html">https://www.foodsafety.gov/keep/charts/mintemp.html</a>
	SEAFOOD	Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche.	<ul style="list-style-type: none"> <li>• Seafood cooked to 145°F</li> <li>• Canned fish and seafood</li> <li>• Refrigerated smoked seafood in a cooked dish, such as a casserole</li> </ul>
	DAIRY	Unpasteurized (raw) milk	Pasteurized milk
	EGGS	Foods that contain raw or undercooked eggs, such as: <ul style="list-style-type: none"> <li>• Homemade Caesar salad dressing</li> <li>• Raw cookie dough</li> <li>• Eggnog</li> </ul>	Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs.
	SPROUTS	Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout	<ul style="list-style-type: none"> <li>• Cooked sprouts</li> <li>• No sprouts</li> </ul>
	VEGETABLES	Unwashed fresh vegetables, including lettuce and salads	<ul style="list-style-type: none"> <li>• Washed fresh vegetables, including salads</li> <li>• Cooked vegetables</li> </ul>
	CHEESE	Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, Camembert	<ul style="list-style-type: none"> <li>• Soft cheeses that are clearly labeled "made from pasteurized milk"</li> <li>• Processed cheeses, cream cheese, mozzarella, hard cheeses</li> </ul>