

Of Special Concern

Pregnant women and those preparing food for them should be careful to follow safe food handling advice.

Any illness a pregnant woman gets can affect her unborn child.



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ALTERNATE FORMAT AVAILABLE

Safe Food Handling

Shopping

Don't buy cans or glass jars with dents, cracks or bulging lids.



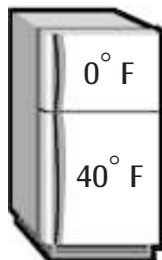
Working With Food

Keep work areas clean. Wash hands, cookware and cutting boards in warm, soapy water before and after cutting raw meat and poultry. Wash all produce well.



Thawing

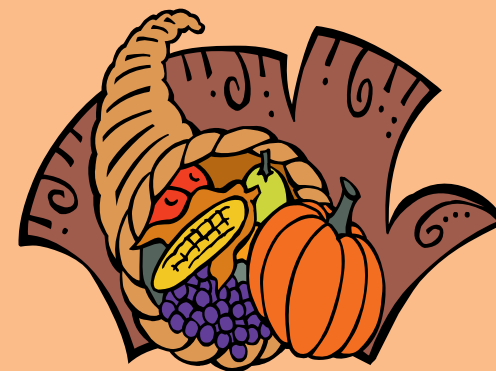
Don't thaw food on the counter! Defrost food in the refrigerator, in cold water or in the microwave just before cooking.



Serving and Storing Food

NEVER leave perishable food out at room temperature for more than 2 hours.

Food Safety



Pregnant Women and Foodborne Illness

Dept. of Human Services ■ Oregon Health Division
Acute & Communicable Disease Program
503-731-4024



www.ohd.hr.state.or.us/



Prepared in collaboration with the OHSU School of Nursing and Marion County Health Dept.

Are you pregnant?

Did you know that *LISTERIA* is a germ found in certain foods?

Listeria can cause illness to you and your baby, and possibly a miscarriage.



To stop *Listeria*, refrigerate any food marked "refrigerate."

Don't buy or use foods that are past their "use by" dates.

How to prevent listeriosis

IF YOU ARE PREGNANT, *don't eat* soft



Mexican-style cheeses. Also avoid other soft cheeses like Feta

and Brie. Instead, eat hard cheeses, processed cheese and yogurt.



Do not drink raw (unpasteurized) milk or eat foods made out of raw milk.

Avoid cold cuts such as lunch meat, hot dogs and pâté.



Cook meats such as beef, poultry, pork and seafood fully. Heat leftover foods until hot on the inside as well as the outside.



Wash your hands well after touching or cutting raw meat, poultry, pork or fish.



What are the symptoms of listeriosis?

- ▲ **chills**
- ▲ **fever**
- ▲ **headaches**
- ▲ **diarrhea**
- ▲ **stomach aches**

Symptoms can develop days or even weeks after eating contaminated food. If you have any questions about infections during pregnancy or other pregnancy health issues, ask your health care provider.

