



## Five keys to safer food

### Keep clean

- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the toilet
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals
- Clean refrigerators regularly.

### Separate raw and cooked

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods
- Use all perishable items that are precooked or ready-to-eat as soon as possible

### Cook thoroughly

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- Reheat cooked food thoroughly

### Keep food at safe temperatures

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food (preferably below 5°C)

- Keep cooked food piping hot (more than 60°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature
- Use a refrigerator thermometer to make sure temperature stays below 2°C.

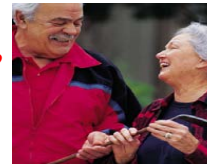
### Use safe water and raw materials

- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date



## Listeriosis Food Safety to Protect Your Family

• **Are You  
Over 60?**



• **Are You  
Pregnant?**

• **Do You  
Have a  
Serious  
Illness?**



# City of Johannesburg Health Department

Know more about  
**Listeriosis**



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# What is Listeriosis?

- Listeriosis is a serious illness caused by eating food contaminated with the germ called listeriosis Monocytogenes.
- Listeria is found in soil and water so vegetables can become contaminated from the soil or from manure used as fertilizer.
- Animals can carry the germ without appearing ill, and can then contaminate foods of animal origin, such as meats and dairy products.
- Listeria can grow on the food that is kept in the fridge and can survive at temps as low as -4°C. You must consume perishable and ready-to-eat foods before the use by date.

## How do humans become infected?

- Primary source of infection: consumption of contaminated food
- No human to human transmission **EXCEPT** that in pregnant women transmission can occur from mother to child, either in the womb or at birth.
- Some people working directly with animals (veterinarians/farmers) have been reported sick with listeriosis, though it is very rare.

## The incubation period (time between infection and the onset of symptoms)

- The onset of Listeriosis symptoms ranges from 3 to 70 days and averages 21 days.
- This is important to note because the disease does not always show up immediately.

## Persons at high risk for developing Listeriosis include:

- Pregnant women
- New Born/ Neonates (0-28 days)

- Immunocompromised persons
  - HIV
  - Cancer
  - Renal disease (particularly those receiving dialysis)
  - Persons on immunosuppressive treatment
  - Transplant
  - Diabetes
  - Alcoholism
  - Liver disease
- Persons >65 years of age

## What are the Symptoms?

- The illness is rare and most people just feel like they have the flu.
- A person with listeriosis may develop fever, muscle aches, and sometimes nausea or diarrhea.
- If infection spreads to the nervous system, symptoms such as headache, stiff neck, confusion, loss of balance, or convulsions can occur.
- In children, the elderly or people with other health problems and a weak immune system
- Listeria can invade the central nervous system, causing meningitis and/or encephalitis (brain infection).
- Infected pregnant women mostly experience only a mild flu-like illness however, infection during pregnancy can lead to miscarriage,

## How is Listeriosis Diagnosed and treated?

- Listeriosis can be diagnosed by a blood test and is treated with antibiotics.

A guide to foods which are safe and those at 'higher risk' of listeria contamination	
FOOD TYPE	PRECAUTIONS
<b>Canned Meat &amp; Fish</b>	Once opened store in fridge, use within 12 hours.
<b>Cheese</b>	
– Soft cheese such as brie, camembert and ricotta	
– Spreads and processed cheese	Ensure packaging is intact.
– Hard yellow cheese	Store in fridge.
<b>Cold meats (Roast or boiled)</b>	
– Ready cooked (from supermarket, sandwich bars, etc.)	
– Home cooked	Use within 12 hours of cooking or freeze. Unused portions can be thawed in the fridge. Use immediately.
<b>Chicken</b>	
– Home cooked	Cook thoroughly. Use immediately or store in fridge and use within 12 hours.
– Hot take-away chicken	Make sure it's steaming hot when you buy it. Use immediately or store in fridge and use within 12 hours.
– Ready cooked, cold (whole or sliced)	
<b>Pate</b>	
– Ready-made (packaged or loose)	
<b>Fruits and Vegetable</b>	
– Fruit	Wash all vegetables thoroughly
– Leaf and root vegetables	
<b>Salads</b>	
– Ready-made (from salad bars, packaged, etc.)	
– Home-made	Wash all vegetables thoroughly. Store in fridge, use within 12 hours.
<b>Salad Dressings</b>	
	Store opened containers in the fridge.
<b>Seafood</b>	
– Raw (oysters, sashimi or sushi)	
– Smoked (chilled or frozen)	

**For more information contact your nearest Clinic or: City of Johannesburg**

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