

Multistate Listeria Outbreak: What you need to Know

- What's going on?
 - A [Multistate Listeria outbreak investigation](#) is ongoing.
 - New Jersey is one of the affected states.
 - Many people in this outbreak are reporting eating meats that they had sliced at deli counters
 - Investigators are [collecting information](#) to determine the specific products that may be contaminated.
 - Monmouth County Health Dept. is working with State, Federal, and Healthcare partners to investigate the *Listeria* outbreak.
- It's Important Because...
 - Listeriosis is a serious bacterial infection caused by eating contaminated food.
 - *Listeria* is especially harmful if you are [pregnant](#), are aged [65 or older](#), or have a [weakened immune system](#) due to certain medical conditions or treatments.
 - *Listeria* can cause pregnancy loss or premature birth. It can also cause serious illness or death in newborns.
 - Other people can be infected with *Listeria*, but they rarely become seriously ill.
- What can I do?
 - *Listeria* is a harmful germ that can be in food. It can grow on foods kept in the refrigerator, but it is easily killed by heating food to a high enough temperature.
 - Find out which foods are more likely to be contaminated with *Listeria* and ways you can protect your health and the health of your loved ones.
 - **Choose safer foods:**
 - **Choose Hard cheeses**, such as cheddar and parmesan instead of Unpasteurized soft cheeses, such as queso fresco and brie
 - Heat deli sliced meats and cheeses to 165°F to kill *Listeria*
 - **Clean your refrigerator, containers and surfaces that may have touched sliced deli meats.**
 - **Provide information** to [help us identify the specific deli products](#)
 - For more information, check out the [CDC website on preventing Listeria](#)