



# FOOD SAFETY MATTERS

## Especially During Pregnancy



### FOODBORNE ILLNESS AND PREGNANCY

The risks for foodborne illness are high during pregnancy. Pregnant people and their unborn babies can become very sick from foodborne illnesses. In rare cases, they can even die because of it.

### THE IMMUNE SYSTEM CHANGES DURING PREGNANCY

Pregnant people go through many hormonal changes which affect the immune system. These changes during pregnancy can make foodborne illness more severe. Plus, during pregnancy, an unborn baby's immune system is still developing. This puts unborn babies at higher risk for foodborne illness, too. For these reasons, pregnant people need to be extra careful about food.

### THE DANGERS OF LISTERIOSIS

Listeriosis is a disease caused by a bacteria called Listeria that can contaminate food. Listeriosis can cause premature delivery, or miscarriage. It can cause birth defects and illnesses for the baby. Sadly, it can also result in the death of a newborn baby.

#### ACCORDING TO THE CDC:

**PREGNANT PEOPLE** are 10 times more likely than other people to get listeriosis.

**PREGNANT HISPANIC** people are 24 times more likely than other people to get listeriosis.

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“Foodborne illnesses” are illnesses caused by eating contaminated food. Some groups of people are more likely to get very sick from these illnesses.

#### PEOPLE AT HIGHER RISK INCLUDE:

- Pregnant people
- Infants
- Children under 5
- Older adults
- People with weakened immune systems

For people in these groups, foodborne illnesses can be especially serious.



### Take This Lesson to Learn:

- How to avoid E.coli, Salmonella, and Listeriosis.
- Foods to avoid during pregnancy.
- The 4 steps to prevent cross-contamination.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:  
**Keeping Your Family Healthy**
- Choose the lesson:  
**A Guide To Food Safety**

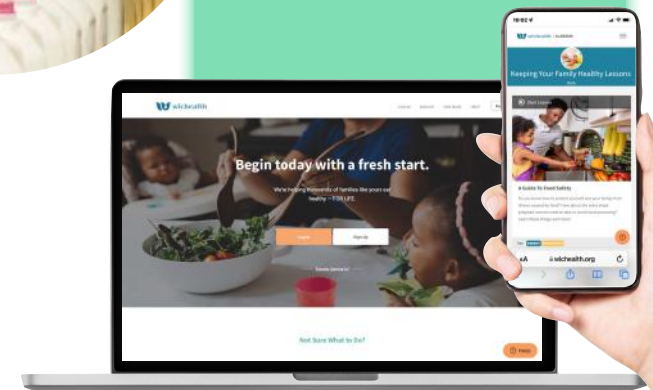


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### FOODS TO AVOID DURING PREGNANCY

- ✗ Avoid soft cheeses that are not pasteurized. This includes queso fresco, queso blanco, and queso panela. It also includes brie, camembert, blue-veined, or feta. Look for the word “pasteurized” on the label.
- ✗ Avoid other milk products that are “raw” or not pasteurized. This includes ice cream and yogurt made from raw milk. Look for the word “pasteurized” on the label.
- ✗ Avoid raw seafood.
- ✗ Avoid raw sprouts.
- ✗ Avoid eating hot dogs, lunch meats, cold cuts, other deli meats (such as bologna), or fermented or dry sausages. Or, make sure they are heated to an internal temperature of 165°F. They should be steaming hot just before serving.
- ✗ Avoid refrigerated pâté or meat spreads. Avoid cold smoked fish. You can have smoked fish if it is canned or shelf-stable. Or, you can have it in a cooked dish, such as a casserole.



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