

When Food Bites Back

CDC estimates that one in six Americans gets food poisoning each year. Some germs, like *Listeria*, can be deadly for certain people. It targets older adults, people with weakened immune systems, and pregnant women and their newborns. People with *Listeria* infection usually require hospital care, and about one in five who are infected die or miscarry.

Know *your* risk of *Listeria* food poisoning. If you're 65 or older, have a weakened immune system, or are pregnant, you must be especially careful when selecting, preparing, and storing foods. Heat hot dogs and deli meats until steaming hot. Do not consume raw, unpasteurized milk or soft cheeses made from it. And, be aware that soft cheeses made from pasteurized milk have also been associated with *Listeria* infections and outbreaks.

Learn more about how to prevent *Listeria* food poisoning at [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).