

When Food Bites Back PSA (:60)

Food poisoning can happen to anyone. Each year, about 48 million people in the US get sick from eating contaminated food. Often, food poisoning causes relatively mild illness, but it *can* cause long-term health problems, and even death.

Listeria infection is spread through contaminated food and can be especially dangerous for people at higher risk, including pregnant women and their babies, older adults, and people with weak immune systems. Most people with *Listeria* infection require hospital care, and about one in six die.

Protect yourself and your loved ones by making safe food choices. Use only pasteurized milk or products made from pasteurized milk and don't eat raw sprouts.

If you are at higher risk for *Listeria*, heat hot dogs, luncheon meat, and smoked seafood until steaming hot. For more information on food safety, visit www.cdc.gov/vitalsigns.