

## **LISTERIA RECALL Q & A's**

### ***How can it get into food?***

Listeria is found in soil and water, animals can carry it and it can appear in a variety of raw foods. It is present in the environment. Cooking kills it off, but some contamination must have occurred after cooking or storage conditions have allowed it to grow.

### ***What happened – why have you had to recall?***

We have taken the action of recalling the product due to microbial contamination – Listeria detected at low levels.

### ***What happens if I eat it? My kids ate it? I served it to lots of people. We ate a lot of it, what should we do?***

Most likely nothing will happen. You do not need to go see a doctor. Healthy people normally won't be affected. People can get infected but rarely become seriously ill. It can be dangerous for pregnant women, elderly and people whose immune systems don't work properly (eg. Chemotherapy patients, people with AIDS or on medication for organ transplants etc.)

### ***How do I know if I get sick from this? What do I do if I get sick?***

You only need to go see a doctor if you develop symptom or are in the high risk group (pregnant women, elderly and people whose immune systems don't work properly). Symptoms may include nausea, diarrhoea, fever and chills, headache, tiredness, muscle aches and pains. They will normally develop around 3 weeks after eating contaminated food. If you develop these symptoms or have any concerns you should visit your doctor, antibiotics may help.

### ***How long until symptoms appear?***

Symptoms usually occur around 3 weeks after eating contaminated food but it can vary between a few days and up to 2 months.

### ***Will my baby / child be ok?***

In healthy children there should be no problems, if symptoms develop, or you have any concerns, see your doctor.

### ***I'm pregnant; I hear it can lead to miscarriage?***

If you are pregnant or have a weakened immune system you should see your doctor as soon as possible.

### ***I'm breastfeeding; can my baby get sick if I have eaten it?***

There is no evidence that Listeria can be transmitted through breast milk, but contact your paediatrician if you are breastfeeding and are diagnosed with Listeriosis by a doctor.

### ***Can listeria infection be transmitted between people?***

It is not normally transmitted between people, although it can pass from a pregnant woman to her unborn baby.

### ***How is a listeria infection treated?***

It can be treated with antibiotics.

### ***Where can I get more information?***

Contact your local environmental health officer or state food authority, or see your doctor.