

## **MESSAGES FOR MOMS AND HEALTH PROFESSIONALS ON DEALING WITH LISTERIA**

The Health Department is seeing more cases of Listeria (a disease spread through food). Pregnant women need to take care, it can affect your baby. Tips to stay safe: Keep your hands & cooking area clean. Wash raw fruits & vegetables. Cook food thoroughly. Separate raw & cooked food. Boil milk that's not from the store. Symptoms can be flu-like & include fever, general body or joint pains, and sometimes diarrhoea or vomiting. If you have questions, call 011 386 2000 or reply to this message.

If your baby is not feeding well, has a fever, blue skin or fast breathing, or if the soft spot on her head is bulging, take her to the nearest clinic. If you have questions, call 011 386 2000 or reply to this message.

Cases of Listeriosis, a bacterial disease spread through food, continue to be identified. Listeriosis is serious, but preventable and treatable. Educate your patients on how to prevent it. Patients present with a flu-like illness (with fever). They may also have sore joints, diarrhoea and vomiting, and/or signs of meningitis (headache, neck stiffness, confusion). If you have any questions or concerns, visit [www.nicd.ac.za](http://www.nicd.ac.za) or call the NCID hotline on 082 883 9920.

Severe Listeriosis presents with sepsis or meningitis. All cases of acute bacterial meningitis should be treated according to the EML guidelines AND should also receive ampicillin. All newborns with sepsis or meningitis, should also receive ampicillin. For more detail including the correct dose of ampicillin or if you have any questions or concerns, visit [www.nicd.ac.za](http://www.nicd.ac.za) or call the NCID hotline on 082 883 9920.