

CHECK THE CHEESE, AVOID *LISTERIA*



Soft cheeses sometimes carry *Listeria* (a rare but deadly germ).



Listeria infection in pregnant women can cause miscarriage, stillbirth, or death of the newborn.



24x

Pregnant Hispanic women are about 24 times more likely than the general population to get a *Listeria* infection.

Reduce your risk of infection during pregnancy to protect your baby



Only buy soft cheeses with the word “pasteurized” on the label.



Avoid soft cheeses made with unpasteurized milk.



Be aware that soft cheeses made in unclean places have caused *Listeria* infections.

Pasteurized

Types of soft cheeses include queso fresco, queso blanco, queso blando, queso cotija, queso panela, queso ranchero, and cuajada en terrón.

Visit www.cdc.gov/listeria and talk to your doctor for more information.



U.S. Department of
Health and Human Services
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