

Listeriosis



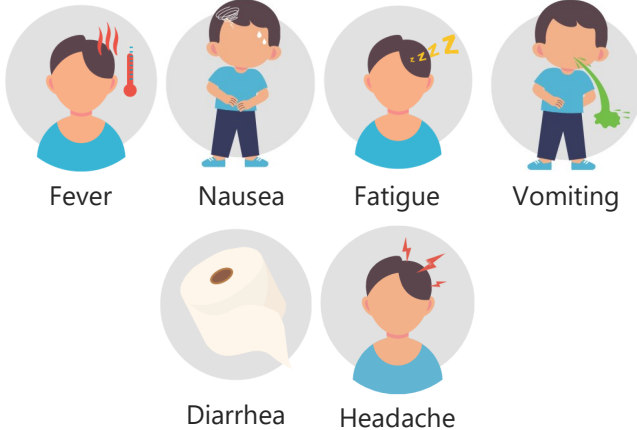
Infectious Disease
Epidemiology &
Prevention Division

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What is listeriosis?

Listeriosis (list-ear-ee-OH-sis) is a contagious disease caused by *Listeria monocytogenes* bacteria. These bacteria are found in soil, untreated water, and the intestines of some animals. These animals are not sick but can pass the bacteria into the soil through manure.

What are the symptoms?



How long do symptoms last?

- Most become sick 28-30 days after they have been exposed
- Some may not show symptoms until up to 70 days
- Common symptoms are dependent on whether the woman is pregnant
- Some may have no symptoms, while others develop severe illness

How is it diagnosed and treated?

Listeriosis is usually diagnosed through laboratory testing of body tissue or fluid, blood, spinal fluid, or the placenta in pregnancy-associated cases. Listeriosis is often a severe condition and requires treatment with antibiotics. In non-pregnant people, one in six with invasive listeriosis die.

Listeriosis During Pregnancy

Pregnant women are at higher risk for severe illness. Listeriosis during pregnancy can cause miscarriage, stillbirth, premature delivery, or infant death. About 25% of affected pregnancies result in loss. If pregnant, avoid uncooked eggs, unpasteurized cheese and pasteurized queso-fresco type cheeses, deli meats, sprouts, liver, cold smoked fish, raw shellfish, raw or undercooked meats, prepackaged salads and sliced fruits.



How can it be prevented?

CLEAN



Wash your hands with soap and water for 20 seconds, especially after using the restroom, swimming, handling animals, and before preparing food.

STAY HOME



Stay home from work, school, or daycare especially if you handle food or work in healthcare or childcare.

PREPARE AND COOK



- Thaw/marinate in the refrigerator, not on the counter or in the sink
- Cook foods to proper temperatures
- Always properly store, clean, and prepare fruits and vegetable
- Store raw meat separate from fresh produce and other ready-to-eat foods

For more information, visit the Indiana Department of Health [listeriosis webpage](#).

