

Listeria – the facts

李斯特菌 – 事實

Advice for pregnant women, the elderly and anyone with suppressed immunity
為孕婦、長者和免疫力低下的人士提供的建議

Traditional Chinese

What is Listeria infection?

Listeria infection or listeriosis, is an illness usually caused by eating food contaminated with bacteria known as Listeria monocytogenes.

Who is at risk of Listeria infection?

Listeria infection can affect people differently. Healthy people may develop few or no symptoms. However, for some people, the infection can be serious enough to require hospitalisation and may be a threat to life.

People who are at particular risk of infection include:

- anyone whose immune system has been weakened by disease or illness, for example:– cancer– leukaemia– diabetes– AIDS– liver disease– kidney disease (including those on dialysis)
- the elderly
- pregnant women and their unborn babies
- anyone on medication such as prednisone or cortisone as this can also suppress the immune system. This includes organ transplant patients.
- newborn babies.

What are the symptoms?

Healthy people may not be affected at all. In persons at risk, symptoms may include fever, headache, tiredness, aches and pains. These symptoms may progress to more serious forms of the illness, such as meningitis (brain infection) and septicaemia (blood poisoning). Less common symptoms are diarrhoea, nausea and abdominal cramps. After eating contaminated food, on average, symptoms appear after about three weeks but can occur from 3 to 70 days.

In pregnant women, Listeria infection is usually a mild illness. A high temperature before or during labour may be the only sign. However, even a mild form of the illness can affect the unborn baby (foetus) and can lead to miscarriage, stillbirth, premature birth or a very ill baby at birth.

Infected individuals can excrete the bacteria in their faeces for several months.

How common is Listeria infection?

Listeria infection is relatively uncommon. However, the fatality rate can be as high as 30 per cent amongst at-risk people.

什麼是李斯特菌感染？

李斯特菌 (Listeria) 感染或稱李斯特病，通常是吃了被李斯特菌污染的食物引起的，這種細菌的學名是 Listeria monocytogenes

什麼人有感染李斯特菌的風險？

李斯特菌可能以不同形式影響人。健康的人會顯露一些症狀或者沒有症狀，但是對有些人來說，李斯特菌的感染可能需住院治療，並威脅生命。特別有感染風險的人士包括：

- 因疾病使免疫系統減弱的人，例如：癌症、白血病、糖尿病、艾滋病、肝臟疾病、腎疾病（包括那些接受透析治療的人士）
- 長者
- 孕婦及胎兒
- 任何服用強體松 (prednisone) 或可體松 (cortisone) 等降低免疫力的藥物的人，包括器官移植病人。
- 新生兒

有什麼症狀？

健康的人可能不會受到任何影響。但處於風險的人士，其症狀可能包括發燒、頭痛、疲倦、疼痛。這些症狀可能會演變為更嚴重的疾病，如腦膜炎（腦部感染）和敗血症（血液中毒）。腹瀉、噁心、腹部絞痛等症狀並不多見。一般而言，食用被污染的食品後約三個星期，會出現症狀，也可能在3至70天內出現。

對於孕婦而言，通常李斯特菌感染是較輕微的疾病。唯一的徵象是在分娩前或分娩過程中發高燒。然而，即使是輕微的症狀都會影響未出生的嬰兒（胎兒），從而導致流產、死胎、早產或新生兒的嚴重疾病。

受感染的人會排出帶病菌的糞便達數月之久。

李斯特菌感染常見嗎？

李斯特菌感染比較少見，但對於有風險的人群的致命率高達30%。

Can Listeria infection be treated?

Yes, Listeria infection can be treated successfully with antibiotics if treatment is started early.

Where is Listeria found?

Listeria bacteria are widespread and commonly found in soil, silage, sewage, birds and animals. They have also been found in a variety of foods, including raw meat, raw vegetables and some processed foods. Sometimes, it is not possible to identify which particular food caused a person's illness as symptoms may not appear for 3 to 70 days after eating contaminated food.

Outbreaks of Listeria infection due to foods such as soft cheeses, milk, coleslaw, hot dogs and paté have been reported in Europe, America and Australia.

How can I avoid Listeria infection?

As Listeria bacteria are commonly found in the environment, they are impossible to eradicate. Some exposure to the bacteria is unavoidable. Most people are, however, at low risk of Listeria infection.

Prevention is better than cure

People at risk from Listeria infection can reduce their risk of infection by:

- saying no to high risk foods (see below)
- always handling food safely (see below)
- avoiding contact with any animal afterbirth (placenta) and with aborted animal fetuses, as listeria infection has been known to cause illness and abortion in animals.

High risk foods

These foods should be avoided:

- ready-to-eat seafood such as smoked fish and smoked mussels, oysters or raw seafood such as sashimi or sushi
- pre-prepared or pre-packaged fruit and vegetable salads including those available from buffets, salad bars and sandwich bars
- drinks made from fresh fruit and/or vegetables
- where washing procedures are unknown (excluding pasteurised or canned juices)
- deli meats which are eaten without further cooking or heating, such as paté, ham, strass and salami, and cooked diced chicken (as used in sandwich shops)
- any unpasteurised milk or foods made from unpasteurised milk
- soft serve ice-creams
- soft cheeses, such as brie, camembert, ricotta and feta (these

李斯特菌感染可以治療嗎？

可以，如果早期開始治療，可通過抗生素成功治愈李斯特菌感染。

李斯特菌存在哪裡？

李斯特菌無處不在，通常存在於土壤中、青貯飼料、污水、鳥類和動物身上。他們還存在於各種食物中，包括生肉、生蔬菜和一些加工食品中。有時候，很難特定導致病人發病的食物，因為症狀可能在食用污染食物後3至70天內出現。

歐洲、美國和澳大利亞曾經通報過因食物引發的李斯特菌感染疫情，這些食物包括軟奶酪、牛奶、涼拌捲心菜、熱狗、香腸和肝醬。

如何避免李斯特菌感染？

由於李斯特菌在周圍環境中很多見，因此無法根絕。與細菌的接觸是不可避免的。不過，大多數人感染李斯特菌的風險性很低。

預防勝於治療

以下方法能協助有感染風險的人群降低感染李斯特菌的風險：

- 不食用高風險食物（參閱下列說明）
- 總是以安全的方式加工食物（參閱下列說明）
- 避免接觸任何動物胞衣（胎盤）和流產的動物胎兒，因為已知李斯特菌會導致動物疾病和流產。

高風險食物

應該避免食用的食物：

- 即食海鮮，諸如燻魚和燻貝、生蠔，以及生海鮮，如生魚片和壽司。
- 預先做好或預先包裝的水果和蔬菜沙拉，包括那些自助餐、沙拉吧和三明治吧的水果和沙拉。
- 新鮮水果或蔬菜榨出的飲料。
- 清洗過程不明的食物（不包括經殺菌處理的食品或罐頭果汁）
- 熟食店出售的不須要再烹煮或加熱就可以吃的肉類，如肝醬，火腿，法式肉腸和薩拉米香腸，以及煮熟的雞丁（如用於三明治店內的食品）
- 未經殺菌處理的牛奶或此類牛奶製品
- 軟冰淇淋
- 軟奶酪，如布里乾酪brie、法國卡門培爾軟奶酪camembert、義大利軟乳酪ricotta和羊乳酪feta（如果煮熟並趁熱吃，這些食物是安全的）

are safe if cooked and served hot)

- ready-to-eat foods, including leftover meats, which have been refrigerated for more than one day
- dips and salad dressings in which vegetables may have been dipped
- raw vegetable garnishes.

Safe foods

These include:

- freshly prepared foods, to be eaten immediately
- freshly cooked foods, to be eaten immediately
- hard cheeses, cheese spreads, processed cheese
- milk—freshly pasteurised and UHT
- yoghurt
- canned and pickled food.

Safe food handling and storage

Safe food handling and safe storage of food are important for everyone. To anyone at risk of the serious complications of *Listeria* infection, such practices are especially important. Unlike most other food-contaminating bacteria, *Listeria* can grow in the refrigerator. However, *Listeria* bacteria are readily killed during cooking. You can reduce the risk of developing *Listeria* infection and other food-borne illnesses, such as gastroenteritis, by following some basic food hygiene and food storage rules:

- Wash your hands before preparing food and between handling raw and ready-to-eat foods.
- Keep all food covered.
- Place all cooked food in the refrigerator within one hour of cooking.
- Store raw meat, raw poultry and raw fish on the lowest shelves of your refrigerator to prevent them dripping onto cooked and ready-to-eat foods.
- Keep your refrigerator clean and the temperature below 5°C.
- Strictly observe use-by or best-before dates on refrigerated foods.
- Do not handle cooked foods with the same utensils (tongs, knives, cutting boards) used on raw foods, unless they have been thoroughly washed with hot soapy water between uses.
- All raw vegetables, salads and fruits should be well washed before eating or juicing, and consumed fresh.
- Defrost food by placing it on the lower shelves of a refrigerator or use a microwave oven.
- Thoroughly cook all food of animal origin, including eggs.

- 即食食品，包括已經放在冰箱里超過一天的剩肉。
- 沾過蔬菜的醬料和沙拉調料
- 生的裝飾蔬菜

安全食物

安全食物包括：

- 新鮮備製好的食物，立即食用
- 新鮮烹煮好的食物，立即食用
- 硬乳酪，乳酪醬，處理過的乳酪
- 經過巴氏殺菌和超高溫殺菌的新鮮牛奶
- 酸奶
- 罐頭及醃製食品

食品的安全處理與貯存

食品的安全處理和食品的安全貯存對每個人都很重要。對有李斯特菌感染的嚴重併發症風險的人群，這樣做尤其重要。李斯特菌與大多數其他食品污染細菌不同，它可以存活於冰箱裡。不過，李斯特菌在烹飪過程中很容易被殺死。按照以下一些基本的食品衛生和食品儲存規則，可以減少感染李斯特菌及其他經由食物傳染的疾病的風險，如腸胃炎等：

- 在備製食物之前及加工生食與即食食物時，清洗雙手。
- 遮蓋所有食物。
- 所有煮熟的食物在烹煮的一個小時之內放入冰箱。
- 將生肉、生雞鴨和生魚放在冰箱的最下層，以防其水滴落在煮熟或即食食物上。
- 保持冰箱清潔，保證溫度在5°C以下。
- 嚴格遵守冷藏食品的有效食用日期或最佳食用日期。
- 不要使用相同器具（夾子、刀、砧板）加工生食和熟食，除非在使用時，用熱肥皂水徹底清洗。
- 所有生的蔬菜、沙拉和水果應該先洗淨才食用或榨汁，並且應保證新鮮食用。
- 將冰凍食物放在冰箱最下層的架子上解凍，或用微波爐解凍。
- 所有動物來源的食物要徹底煮熟，包括雞蛋。

- Keep hot foods hot (above 60°C) and cold foods cold (at or below 5°C).
- Reheat food until the internal temperature of the food reaches at least 75°C (piping hot).
- When using a microwave oven, read the manufacturer's instructions carefully, and observe the recommended standing times to ensure the food attains an even temperature before it is eaten.

Any other questions?

For further advice, contact your local doctor, specialist, community health centre or maternal and child health nurse.

Language assistance is available through TIS, the Translating and Interpreting Service: for the cost of a local call on 13 1450.

The following websites provide more information:

Food Standards Australia www.foodstandards.gov.au

Centre for Diseases Control and Prevention (USA) www.cdc.gov

- 熱食要保熱（60 °C以上），冷食要保冷（5 °C或以下）。
- 加熱食物時要將食物內部的溫度至少加熱到75 °C（發燙）。
- 使用微波爐時，仔細閱讀製造商的說明書並遵守建議的靜置時間，以確保食物在食用之前達到均勻的溫度。

有任何其他問題嗎？

有關進一步的意見，請聯絡您的醫生、專家、社區衛生中心或者母嬰健康護士。

可以透過TIS《翻譯及傳譯服務》獲得語言協助，致電13 1450，只需本地電話費用。

下列網站提供更多訊息：

《澳大利亞食品標準》 www.foodstandards.gov.au

《疾病控制及預防中心(美國)》 www.cdc.gov