Preventive Measures Pay attention to the following tips of food hygiene practices:

Choose Safe Food
- Avoid raw/unpasteurized milk or milk products;
- Pregnant women and people with weakened immune system should avoid high risk food such as soft cheese.
- Don’t patronize cooked food, frozen confections and drinks from illegal hawkers.

Food Preparation
- Wash raw vegetable, fruit thoroughly before eating.
- Cook thoroughly raw food from animal sources, e.g. poultry, beef and pork.
- Re-heat ready-to-eat foods and leftover foods thoroughly.
- Separate raw foods from cooked foods. Cooked foods should be covered properly to avoid contamination by bacteria.
- Use separate equipment to handle raw and cooked food. Wash hands thoroughly after handling raw food.
- Wash hands thoroughly after visiting toilet, before and after food preparation.

Food Storage
- Keep the refrigerator clean and in good working order.
- Read and follow the instructions, storage conditions as well as the indication of "use by" or "best before" date from food labels. Avoid foods which have been expired

Besides avoid direct contact with animal carcasses due to miscarriage as they may be infected with Listeriosis.