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Food Illness Expert Warns Of The Effects Of Listeria

(KAIR)--Local residents who have purchased products manufactured by Reser's foods recently may want to think twice about consuming that food.

Last week, The Food and Drug administration issued a recall of over 22,800 pounds of chicken, beef, and ham products from the Oregon- based company over possible listeria contamination at its Topeka plant. Kansas State University Food Safety Specialist Karen Blakeslee says that the listeria bacteria germ is different from most food borne illnesses in that if it is present, it can grow at cold, refrigerator like temperatures. It is important that you be careful when you are consuming products such as deli meats, hot dogs, and unpasteurized dairy products.

Blakeslee says that people who have contracted the illness exhibit the common symptoms of most food borne illnesses such as nausea and vomiting, but listeria has more effects to make someone feel pretty miserable including muscle aches, a stiff neck, confusion, and lose of motor skills.

She further warns that even if you do not feel sick right after eating a contaminated product, that does not mean you have not contracted the bacteria. The symptoms may not even show up for at least three to seven days after you have eaten a food that has listeria in it. She says that a lot of people are confused about this, thinking that they have listeria if they get sick right away, but if this is the case, it is more likely that you have been effected by a different illness.

Blakeslee goes on to say that pregnant women, small children, and the elderly could suffer the most from this illness. If you feel as though you have contracted listeria, it is important to go to your doctor or your local emergency room as soon as possible.

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