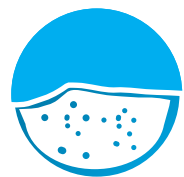


# What is listeria?

Listeriosis is a type of food poisoning caused by the *Listeria monocytogenes* bacterium. Listeria is found in the environment, such as in soil, water and faeces. People get listeriosis most commonly through contaminated food sources.

## WHERE IS IT FOUND AND HOW DOES IT SPREAD?

The bacteria is found in soil, water and vegetation and can contaminate food anywhere during the production process from harvesting to serving.



**Soil**



**Water**



**Vegetation**

## SYMPTOMS

- The incubation period of listeriosis ranges from three to 70 days.
- The flu-like symptoms can lead to nausea, diarrhoea, infection of the blood stream and brain.
- It is treatable with antibiotics if diagnosed early.



**Nausea**



**Diarrhoea**



**Infection of  
blood stream  
and brain**



**Treatable  
with  
antibiotics**

## WHY ROCK MELONS IN PARTICULAR?

- There are several ways that make the rock melon highly susceptible. Contaminated water, the type of fertiliser used and possibly insufficient cleaning of the melons might increase the risk.
- Rock melons have rough surfaces and the bacteria can get in the grooves, which makes it harder to remove. That causes it to spread through the fruit during cutting.