

LISTERIOSIS: A GLOBAL PUBLIC HEALTH ISSUE

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Abstract

The habit of consumption of industrialized products has favoured the process of food infections, this being one of the known Foodborne Illness (DTAs). One of the said illnesses is Listeriosis, which has global sanitation importance and is caused by a Gram-positive bacterium, *Listeria monocytogenes*, by ingestion of contaminated food such as milk and dairy products, raw vegetables, meat, chicken, fish, and their derivatives. Due to the importance of Listeriosis, this study aimed to approach the main characteristics and preventive measures of this illness. For the realization of this summary, the databases used were Scopus, PubMed, and SciELO. *L. monocytogenes* presents high environmental resistance to low pH, high salt concentrations, and low temperatures including freezing temperature. *L. monocytogenes* also can form biofilm, this is another worrying factor for the food industry for it creates expenses with equipment and utensils sanitation, besides that biofilm may loosen during food processing causing contamination, carrying pathogenic agents and possibly causing Foodborne diseases. The addition of these virulence factors hinders its elimination since even in low temperatures bacterial multiplication is still possible. Although it is not a frequent illness in the population, as described by World Health Organization (WHO) – 0,1 to 10 cases per million people per year – it is of great importance for having a high mortality index (between 15 and 30%). Among the most affected individuals, there are pregnant women, people with a base disease such as AIDS, diabetes, and oncological patients, who are more susceptible, which may lead to cases of meningitis. In pregnant women, there are reports of abortion, premature birth, and stillborn. Flaws in the food industry can cause product contamination leading to foodborne illnesses, therefore, the food industry must reinforce hygienic-sanitary measures during all stages of production, from obtaining raw materials to processing, packaging, transportation, and commercialization in order to guarantee food quality until it arrives at the final consumer. Besides that, attention and caution are important while consuming food, especially for people who are part of risk groups, these should avoid consumption of non-pasteurized dairy products, charcutier, ready for consumption meat products, and cold smoked fish, along with that permanent education must be worked with industries as well as with consumers.

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