

## *Listeria monocytogenes* (Lm)

Lm yog ib yam kab mob me me uas nyob tej chaw xws li chaw noo noo, muaj av, thiab nroj tsuag uas lwj lawm. Nws yuav tsim tau yam kab mob hauv khoom noj hu ua listeriosis.

Txoj kev kis Lm los ntawm ib cheeb chaw, khoom siv, cov neeg ua hauj lwm, los sis nqaij nyoos yog ib qhov teeb meem txhawj rau cov khw muag deli.

Nws yuav kis mus rau cov khoom noj thiab chaw npaj khoom noj. Txoj kev tsis siv tshuaj tua kab mob, tu khoom noj kom huv, thiab cob qhia cov neeg ua hauj lwm yuav tsim Lm rau cov nqaij RTE (npaj tau noj) thiab nqaij qaib coj mus muag.

Lm tsim biofilms (yam ciah sia me me thiab nyias nyias uas nplaum rau chaw npaj khoom noj) uas yuav tsis yooj yim muab tshem tawm ntawm tej khoom siv thiab chaw npaj khoom.

## Listeriosis

Noj khoom noj uas muaj Lm yuav ua tau yus kis mob loj heev.

Txoj kev kis mob no tsis tshua muaj ntau tab sis thaum kis tau lawm, feem ntau yuav ua yus tuag (16% muab piv rau 0.5% los ntawm *Salmonella* los sis *E. coli* O157:H7).

Txhua tus neeg kis tau. Cov neeg laus, poj niam cev xeeb tub thiab cov fetuses (menyuam tseem nyob hauv plab), mos ab, menyuam, thiab cov neeg uas muaj mob yooj yim yuav muaj feem kis tau yooj yim tshaj lwm tus neeg.

Yam ntxwv mob khaub thuas yuav tshwm sim ob peb hnub tom qab yus tau noj khoom noj uas kis Lm. Tab sis invasive listeriosis, yam kab mob uas cuam tshuam rau tes taw (central nervous system) thiab ua rau menyuam tuag hauv plab los sis rau yus tuag, yuav tos ntev tshaj li ob lub hlis tom qab yus tau noj khoom noj uas kis Lm yam ntxwv mob khaub thuas mam tshwm sim.

Muaj xws li 1,600 neeg tau kis, 1,500 tau mus pw pem tsev kho mob, thiab 260 neeg tau tuag txhua lub xyoo nyob hauv teb chaws U.S. vim kis mob no.

## Tu Khoom Noj Kom Huv

Nws yog ib qhov tseem ceeb xyaum ua raws kev khiav hauj lwm uas tiv thaiv khoom noj RTE kom txhob kis tau Lm (nyeem qib lus tom ntej no los kawm txog kev tiv thaiv thiab ua kom tsawg kab mob Lm rau cov khoom noj deli).

- Siv cov khoom noj uas muaj antimicrobial agents (tshuaj uas tua kab mob me me) los sis tau muab tshuaj tso rau khoom noj RTE kom kab mob Lm txhob loj hlob.
- Saib xyuas thiab txwv khoom noj RTE uas tau qhib lawm, tau npaj, thiab tau muab tso chaw muag uas ntev tshaj 24 teev.
- Tsis txhob hlais khoom noj ua ntej muab muag - muab hlais thaum lub sij hawm tus neeg yuav khoom xav tau xwb.
- Tshem khoom noj uas tsis huv, tsw ntshiab phem, lwj, nplua nplua, qub qub, los sis tsis nyob ntawm chaw muag khoom noj kom ceev thiab tu kom huv thiab tua tshuaj rau qhov chaw uas nws tau nyob kom txhob kis tau kab mob rau lwm cov khoom noj.
- Muab cov khoom noj RTE coj mus tso rau hauv taub yees (uas yog 41°F rov haud), tom qab tau hlais khoom noj kom kab mob txhob loj hlob tau.
- Tso thiab tu khoom noj RTE rau chaw txawv chaw tso nqaij nyoos. Khoom noj RTE uas tau npaj, tuav, los sis tso ze chaw tso nqaij nyoos yuav kis tau kab mob (vim raug areosolization los sis kua txej).

## Yus yuav tsum xyaum xyuas xim tu khoom noj thiab li tswj kom txhob kis tau kab mob Lm.



## Tu Kom Huv thiab Tua Tshuaj Tiv Thaiv Kev Kis Kab Mob

- Tsim ntaub ntawv qhia txog kev tu kom huv thiab tua tshuaj rau utensils (diav, rawg, thiab riam) thiab khoom siv (xws li lub tshuab hlais nqaij) ua ntej thaum yuav siv thiaj li tiv thaiv kev kis kab mob.
- Tu kom huv thiab tua tshuaj rau utensils thiab khoom siv uas tau muab siv, npaj, thiab tso khoom noj RTE ntau zaug (xws li ib zaug 4 teev).
- Muab cov tshuab siv los zom thiab npaj khoom noj RTE rhuav thaum tu thiab tua tshuaj rau kom cov chaw tu tsis yooj yim thiaj li tsis tsim tau Lm mus nyob.
- Thaum tu khoom, txhuam saum npoo cov khoom siv thiab chaw npaj khoom noj kom biofilms thiaj li tsim tsis tau.
- Siv tshuaj tua raws tus manufacturer (tus tsim lub tshuab siv) tau taw xws li siv yam tshuaj muaj zog npaum cas, siv tshuaj tua li cas, thiab tua tshuaj kom ntev npaum cas thiaj li ua hauj lwm.
- Siv ob peb hom tshuaj tua thiaj li tswj cov kab mob me me kom zoo.
- Tsim txheej txheem taug los tua tshuaj kom huv cov khoom siv los tu khoom (xws li ris tsho thiab rab txhuam khoom) los sis siv cov khoom uas siv ib zaug muab pov tseg.
- Txhob tso dej loj loj thaum tu chaw npaj deli dej thiaj li tsis txaws mus ub mus no.
- Siv ob lub dab ntxuav khoom. Ib lub dab ntxuav tes thiab ib lub dab ntxuav cov khoom tu los sis khoom siv.
- Tshem tawm tej khoom tsis siv (xws li ntaub ntawv ub no thiab tshuab uas tsis siv) ntawm chaw npaj deli.

## Cob Qhia Cov Neeg Ua Hauj Lwm

- Cob qhia cov neeg ua hauj lwm kom xyuum kev xyuum xim tu khoom noj.
- Saib kom zoo tias cov neeg ua hauj lwm hnav thiab hloov looj tes thiaj li tiv thaiv txoj kev kis kab mob rau khoom noj RTE.
- Npaj kom muaj chaw ntxuav tes, tshuaj ntxuav tes, thiab tso paib qhia cov neeg ua hauj lwm kom lawv ntxuav tes thiab siv tshuaj ntxuav tes.
- Tsim txhooj cai rau cov neeg ua hauj lwm uas muaj mob kom lawm txhob npaj nqaij thiab khoom noj RTE uas tsis tau muab kaw rau hauv plhaub los sis muab yas qhwv.
- Txhob cia ntau leej tus neeg ua hauj lwm pheej mus thiab los chaw npaj khoom noj. Npaj ib txoj kev nqa khoom noj mus los ib qhov chaw twg thiaj li tiv thaiv txoj kev kis kab mob los ntwam cov neeg yuav khoom thiab neeg ua hauj lwm.
- Tsim kev xyuum hnav ntau npua ua hauj lwm ris tsho thiaj li tsis kis kab mob rau khoom noj.

**Yog xav paub ntiv** thiab tau ib daim checklist (ntawm qhia txog cov qib lus tseem ceeb) rau koj lub khw muag deli, mus rau *FSIS Best Practices Guidance for Controlling Listeria monocytogenes (Lm) in Retail Delicatessens* ntwam

<http://www.fsis.usda.gov/wps/wcm/connect/29d51258-0651-469b-99b8-e986baee8a54/Controlling-LM-Delicatessens.pdf?MOD=AJPERES>

Saib tsab cai FDA Food Code, 2013, ntwam: <http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/ucm374275.htm>

Nyeem ntiv txog *Listeria* ntwam <http://www.fsis.usda.gov/wps/portal/fsis/topics/regulatory-compliance/listeria>

## Kev Tswj Chaw Ua Hauj Lwm thiab Khoom Siv

- Tsis txhob pub chaw ua hauj lwm nyob tsis huv uas yuav tsim tau kab mob los kis rau khoom noj.
- Saib kom zoo tej phab ntsa, npoo av, dab ntxuav khoom, thiab tsee rau khoom ntwam qhov chaw npaj RTE deli thiab chaw tso khoom noj kom txias kom nws du, khov, tu yooj yim, thiab tsis txhob puas.
- Tsis txhob kho chaw npaj khoom noj (xws lis hloov npoo av, phab ntsa, los sis qab nthab) thaum khoom noj tseem nyob ntwam chaw npaj khoom noj. Tu kom huv thiab tua tshuaj rau khoom siv thiab chaw ua hauj lwm tom qab yus tau kho ib qhov chaw twg thiab ua ntej yus npaj khoom noj.
- Tu kom zoo rooj, tshuab hlais khoom, thiab saum npoo av uas npaj khoom noj kom lawv thiaj tu yooj yim.
- Tu cov tsee rau khoom ntau zaug nws thiaj li tsis muaj chaw ua hws thiab thiaj li huv.
- Tsis txhob cia dej sau nyob hauv npoo av los sis saum npoo av uas yus npaj khoom noj.
- Tu thiab tua tshuaj rau chaw uas npaj thiab siv khoom siv rau ntau hom khoom noj RTE (xws li nqaij npua, nqaij hauv dej hiav txwv, thiab zaub).
- Saib thiab tu kom zoo tshuab zom, tshuab tsuav, rab yawm khoom, los sis lwm yam khoom siv lawv tiaj li huv.
- Tu kom zoo cov khoom qhwv khoom noj thiab chaw tso khoom noj kom yog 41°F rov haud *Lm* thiaj li loj hlob tsis tau.

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*USDA yog ib qhov chaw muaj kev vaj huam sib luag ua hauj lwm tuaj rau zej zog thiab txais neeg ua hauj lwm.*



## Hau Kev Qhia los Tswj *Listeria monocytogenes (Lm)* hauv Khw Muag Deli

### Tswv yim xyuum los khiav chaw ua deli

Cov lus hauv daim ntwam no tau muab los ntwam *FSIS Best Practices Guidance for Controlling Listeria monocytogenes (Lm) in Retail Delicatessens*. **Cov lus ntwam no yog sau los qhuab qhia xwb, tsis yog yam uas yuav tsum tau ua.**

Cov khw muag khoom noj yuav tsum nco ntsoov tias cov lus qhia hauv daim ntwam no thiab tej lus tau muab los ntwam tsab cai 2013 Food Code, tej zaum lub xeev, lub zos, los sis tribal regulation yuav tswj kom yus ua raws li cov lus tau muab sau.

