

Smoked fish and listeria social posts

FSS social media accounts

- Facebook – [Facebook](#)
- Twitter / X – [Food Standards Scotland \(@FSScot\) / X \(twitter.com\)](#)
- Instagram - [Food Standards Scotland \(@fsscot\)](#) • [Instagram photos and videos](#)

Pregnant women

Facebook (Pregnant women)

If you're pregnant you should avoid eating ready-to-eat cold smoked fish.

Food Standards Scotland and the Food Standards Agency have issued new advice to pregnant women on eating cold-smoked and cured fish, such as smoked salmon, smoked trout and gravlax. These products can carry the bacteria listeria which causes the food poisoning illness listeriosis. If you're pregnant, listeriosis can have severe consequences. For more info on what you can do to reduce the risk of becoming ill due to listeria, please see the FSS website: [Listeria monocytogenes | Food Standards Scotland | Food Standards Scotland](#)

ASSET: FSA explains Video

Twitter (pregnant women)

If you're pregnant you should avoid eating ready-to-eat cold smoked fish.

@FSScot and @foodgov have issued new advice on eating cold-smoked and cured fish, such as smoked salmon, smoked trout and gravlax due to the risk of listeriosis.

More info: <https://www.foodstandards.gov.scot/consumers/food-safety/foodborne-illness/listeria-monocytogenes>

#listeria

ASSET: FSA explains Video

Vulnerable to infection

Facebook (vulnerable to infection)

If you have a weakened immune system, then you should avoid eating ready-to-eat cold smoked fish. These products are more likely than other foods to carry the bacteria listeria, which can cause serious illness called 'listeriosis'.

People with a weakened immune system can include people with certain underlying conditions such as cancer, diabetes, liver and kidney disease, or anyone taking medications which can weaken the immune system.

Ready-to-eat cold smoked fish is normally labelled as 'smoked' fish on its packaging. It has been cured (for example in salt) and then smoked at a low temperature, but it

is not cooked through. Ready-to-eat cold smoked fish typically comes in thin slices, and will feel slightly moist to touch

Examples include smoked trout slices and smoked salmon slices.

For more info on what you can do to reduce the risk of people becoming ill due to listeria, please see the FSS website: [Listeria monocytogenes | Food Standards Scotland | Food Standards Scotland](#)

ASSET: FSA explains Video

Twitter (vulnerable to infection)

If you have a weakened immune system then you should avoid eating ready-to-eat smoked fish, such as cold smoked salmon.

@FSScot and @foodgov have new advice.

More info: <https://www.foodstandards.gov.scot/consumers/food-safety/foodborne-illness/listeria-monocytogenes>

#listeria

ASSET: FSA explains Video

Older people

Facebook (older people)

listeria warning – cold smoked fish.

The risk of serious illness from listeriosis increases with age – Food Standards Scotland and the Food Standards Agency are advising that older people should be aware of the risks associated with eating ready-to-eat cold-smoked and cured fish.

Cold-smoked fish such as smoked salmon or trout, and cured fish such as gravlax, have not been fully cooked during the production process, and are therefore more likely to carry the bacteria listeria which can cause listeriosis.

To reduce the risk of listeriosis, keep foods cold until you are ready to eat them and always eat, cook, or freeze foods by their use-by date. Also, cooking at high temperatures kills any listeria which may be present, so you could consider preparing cold smoked fish or cured fish in this way, for example in a quiche or fish pie. When you add cold smoked fish to dishes like cooked pasta or scrambled eggs, cook it first as simply warming it through the dish will not reach a high enough temperature to kill the bacteria.

Alternatively, consider having tinned or canned fish or thoroughly cooked fish fillets (fresh or frozen). These foods are heated to a high temperature, either during production or cooking, which will eliminate any listeria that may be present.

For more info on what you can do to reduce the risk of becoming ill due to listeria, please see the FSS website: [Listeria monocytogenes | Food Standards Scotland | Food Standards Scotland](#)

ASSET: FSA explains Video

Twitter (older people)

@FSScot and @foodgov are advising older people of the risk of food poisoning from eating cold smoked and cured fish. These products can carry listeria and can cause serious illness. The risk increases with age.

More info: <https://www.foodstandards.gov.scot/consumers/food-safety/foodborne-illness/listeria-monocytogenes>

#listeria

ASSET: FSA explains Video

Carers

Facebook (carers)

Do you prepare meals for someone who has a weakened immune system? Then you should avoid serving ready-to-eat cold smoked fish, such as cold smoked salmon.

New advice from Food Standards Scotland and the Food Standards Agency to people who have a weakened immune system is to avoid eating ready-to-eat cold-smoked or cured fish products, such as smoked salmon or gravlax. These products are more likely than other foods to carry the bacteria listeria which can cause serious illness – food poisoning called ‘listeriosis’.

People with a weakened immune system can include people with certain underlying conditions such as cancer, diabetes, liver and kidney disease, or anyone taking medications which can weaken the immune system.

Ready-to-eat cold smoked fish is normally labelled as ‘smoked’ fish on its packaging. It has been cured (for example in salt) and then smoked at a low temperature, but it is not cooked through. Ready-to-eat cold smoked fish typically comes in thin slices, and will feel slightly moist to touch

Examples include smoked trout slices and smoked salmon slices.

For more info on what you can do to reduce the risk of people becoming ill due to listeria, please see the FSS website: [Listeria monocytogenes | Food Standards Scotland | Food Standards Scotland](#)

ASSET: FSA explains Video

Twitter (carers)

Do you prepare meals for someone who is vulnerable to illness? @FSScot and @Foodgov advise that people with a weakened immune system should avoid eating ready-to-eat cold-smoked fish due to the risk of listeriosis.

More info: More info: <https://www.foodstandards.gov.scot/consumers/food-safety/foodborne-illness/listeria-monocytogenes>

ASSET: FSA explains Video