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MEASURES TO PREVENT ACQUIRING TOXOPLASMA INFECTION

- Avoid contact with materials that may be contaminated with cat feces (e.g. litter boxes) and wear gloves if such materials must be handled.
- Disinfect litter boxes with near-boiling water for 5 minutes.
- Wear gloves during gardening.
- Prevent access of flies and cockroaches to meat, fruits and vegetables.
- Cook meat to 150 degrees fahrenheit (66 degrees celsius) before consumption. Smoked meat and meat cured in brine are considered safe.
- Wash fruits and vegetables before eating them.
- Avoid mucous-membrane contact when handling uncooked meat or unwashed fruits and vegetables.
- Wash hands and kitchen surfaces thoroughly after contact with raw meat, fruits, and vegetables.