

Table IV. Measures for the primary prevention of *T. gondii infection**

Category	Infectious form	Prevention measure
Meat and other food	Cyst	<p>Cook meat to “well done” or thoroughly to 67°C. Meat should not be “pink” in the center.</p> <p>Freeze meat to -20°C for at least 48 hours.</p> <p>Smoke, cured in brine or dried meat <i>may still be infectious</i>.</p> <p>Avoid mucous membrane contact when handling raw meat.</p> <p>Wash hands carefully after contact with raw meat.</p> <p>Kitchen surfaces and utensils that have come in contact with raw meat should be washed wearing gloves.</p> <p>Refrain from skinning or butchering animals without gloves.</p> <p>Avoid drinking unpasteurized goat’s milk.</p> <p>Avoid eating raw oysters, clams, or mussels.</p>
Water	Oocyst	<p>Avoid drinking untreated water including that from wells or reservoirs that have not been secured from potential contamination by feces from wild or domestic cats</p>
Cat feces and soil exposure	Oocyst	<p>Avoid contact with materials potentially contaminated with cat feces, especially handling of cat litter or gardening.</p> <p>Wearing gloves is recommended when these activities cannot be avoided.</p>

*Note that up to 50% of individuals can get infected with *T. gondii* even if they do not incur in behaviors typically associated with the acute infection.