

HALTON REGION HEALTH DEPARTMENT
OFFICE OF THE ASSOCIATE MEDICAL OFFICER OF HEALTH
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TO: Halton Physicians

Medical Chiefs of Staff: Joseph Brant Hospital, Halton Healthcare (Oakville, Milton and Georgetown Hospitals)
Chairs of: Family Practice, Paediatrics, Internal Medicine, Emergency, Obstetrics and Gynaecology, Surgery
Chief of Laboratory Services and Infection Control Practitioners

POST IN: Emergency Department and Physicians Lounge

FROM: Dr. Daniela Kempkens, Associate Medical Officer of Health

DATE: March 29, 2018

RE: *Listeria monocytogenes* Cluster Cases

Further to the notification forwarded on March 22, 2018, please find below information regarding a food recall that the Canadian Food Inspection Agency has issued for *Seasoned Cooked Roast Beef* by Erie Meat Products Ltd., due to possible *Listeria monocytogenes* contamination.

Implications for health care providers: Deli meats are a known risk for listeriosis. In light of this outbreak, a history of consuming food from any Druxy's location, or any restaurants that may have been serving the recalled product, strengthens the possibility of listeriosis in those with compatible signs and symptoms. Details of the recall and restaurant locations are available from [CFIA/food recall/roast beef](#). Please note that additional restaurants have been identified in the GTA (including one location in Oakville- Big Wolf's Deli), Hamilton and Simcoe- Muskoka. The food safety investigation is ongoing.

Listeriosis is a food-borne illness that usually presents as a self-limited illness with malaise, fever, and diarrhoea. In a minority of cases, particularly in immunocompromised patients, the extremes of ages (neonates and elderly), and pregnant women, septicaemia, endocarditis and meningitis can occur. In pregnant women it can lead to foetal loss. Individuals may present with mild enteric symptoms, which could progress to more severe forms of disease. Listeriosis has a long incubation period (median incubation period is three weeks; range 3-70 days).

Testing Information: Individuals who have eaten suspected food only require laboratory testing for *L. monocytogenes* if **symptomatic** with symptoms including fever or symptoms of meningitis or other invasive disease. Two sets of blood cultures should be taken from different sites. Collect another set of blood cultures after 48 hours if the previous cultures are negative and there is ongoing concern of invasive infection with *L. monocytogenes*. If clinical assessment is suggestive of possible neurological involvement, consider lumbar puncture and bacterial culture of CSF.

Detailed information on testing for *Listeria monocitogenes* is being updated and will be posted on the [Ontario Public Health Laboratory](#) Lababstracts webpage. PH Laboratory Customer Service can be contacted at 1-877-604-4567

Treatment: Listeriosis can be treated with antibiotics. Please follow clinical guidelines. Depending on the form of the disease, treatment may take up to six weeks or more.

Please report all suspected or confirmed cases of [reportable diseases](#) to the Halton Region Health Department immediately. Dial 311, 905-825-6000 or toll free at 1-866-442-5866. For general information, please visit www.halton.ca/physicians. To sign up for important updates by email, visit www.halton.ca/physicianupdates.

If any link provided in this memo does not work, please cut and paste it into your web browser.

<http://www.inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/complete-listing/2018-03-28/eng/1522267703785/1522267707047>
<https://www.publichealthontario.ca/en/ServicesAndTools/LaboratoryServices/Pages/Lababstracts.aspx>