

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 22, 2018

RE: *Listeria monocytogenes* Cluster Cases

Toronto Public Health (TPH), in collaboration with other public health partners, is investigating three cases of Listeriosis in people who consumed deli meat sandwiches sold at Druxy's restaurant located in Princess Margaret Cancer Centre at 610 University Ave. Onset dates range from January 14, 2018 to March 14, 2018.

None of the three cases are from Halton. Any individuals who ate deli meat sandwiches at this restaurant from January 1 to March 12, 2018 are asked to watch for signs and symptoms of Listeria and seek medical attention if they have symptoms.

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](#) Labstracts webpage. Public Health Laboratory Customer Service can be contacted by telephone at: 1-877-604-4567

Treatment: Listeriosis can be treated with antibiotics. 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.