

Listeriosis

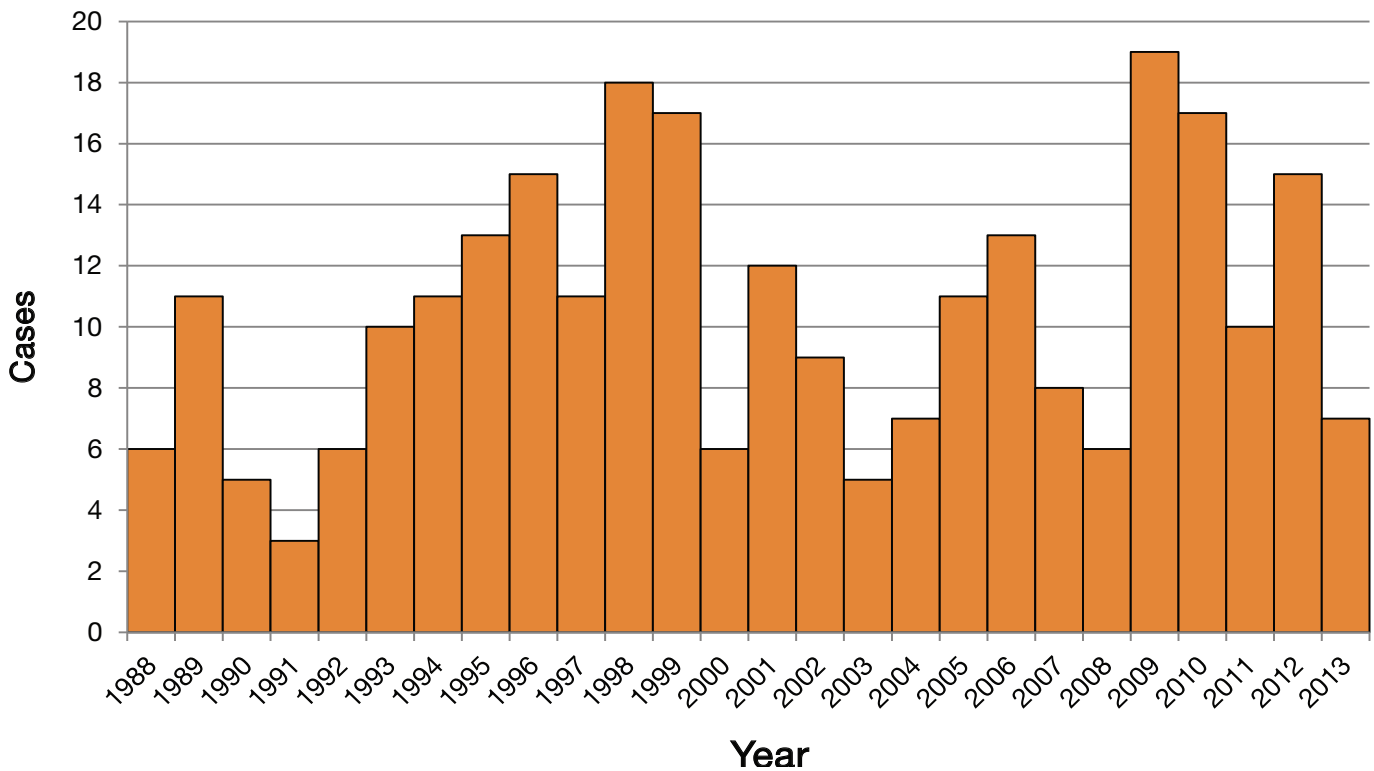
Listeriosis is a bacterial infection that may present as influenza-like illness with high fever, headache and muscle aches; as a gastrointestinal illness; or as an invasive disease with sepsis or meningitis. In pregnant women, listeriosis may cause miscarriages or stillbirths. The case fatality rate of invasive listeriosis is as high as 30% in infants infected prenatally and in non-pregnant adults.

Most cases of listeriosis are “sporadic” rather than part of outbreaks. However, several large outbreaks have been associated with consumption of contaminated foods. It is important to track the incidence of this

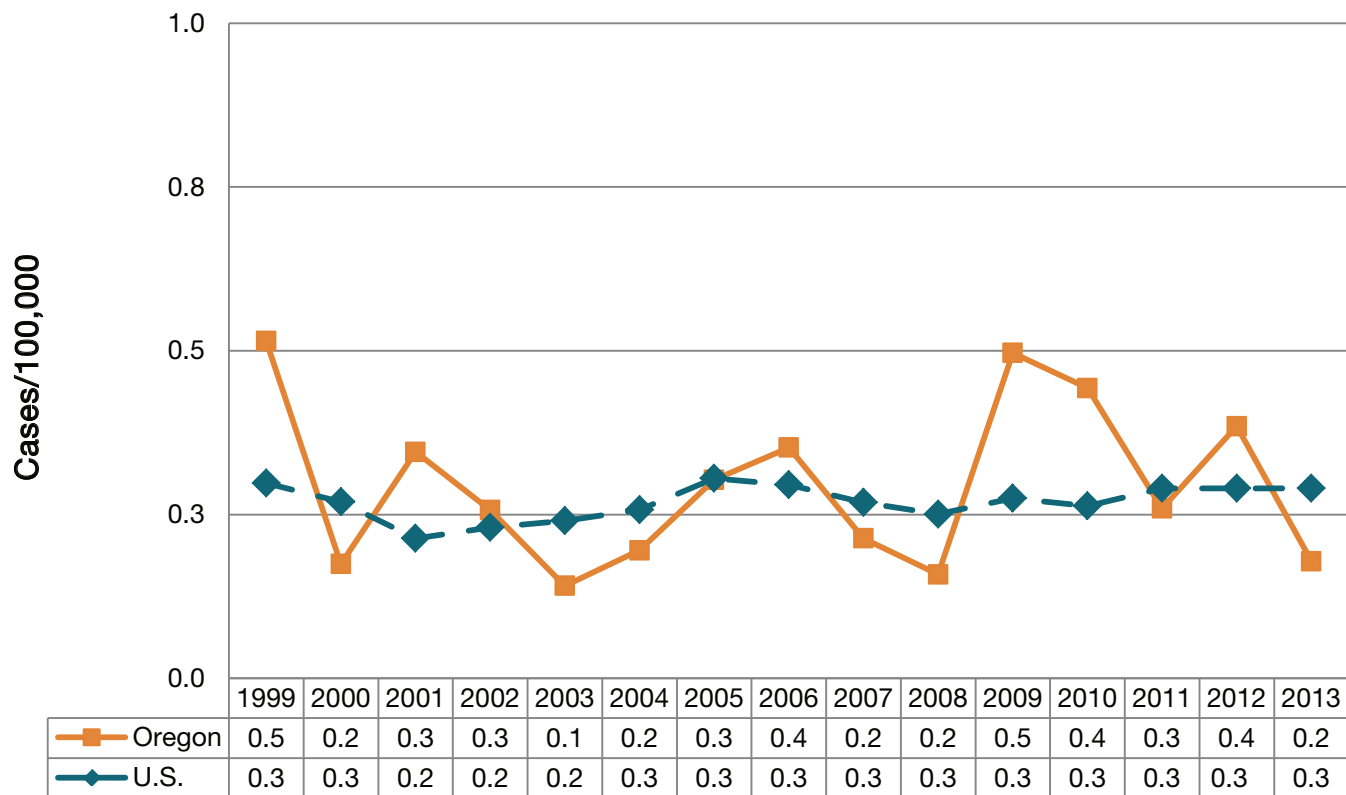
disease to identify such outbreaks, as well as to identify high-risk groups. The rate is higher among pregnant women, newborns, the elderly and immunocompromised persons. Cooking food properly is the most important means of prevention. When listeriosis is diagnosed, treatment with antibiotics should be instituted promptly.

In 2013, 7 cases were reported, a 53% decrease from 2012; there were no deaths. There were three pregnancy-associated cases. There was a history of consumption of cheese made from raw milk in one of them and this led to removing cheese from the shelves of different ethnic markets.

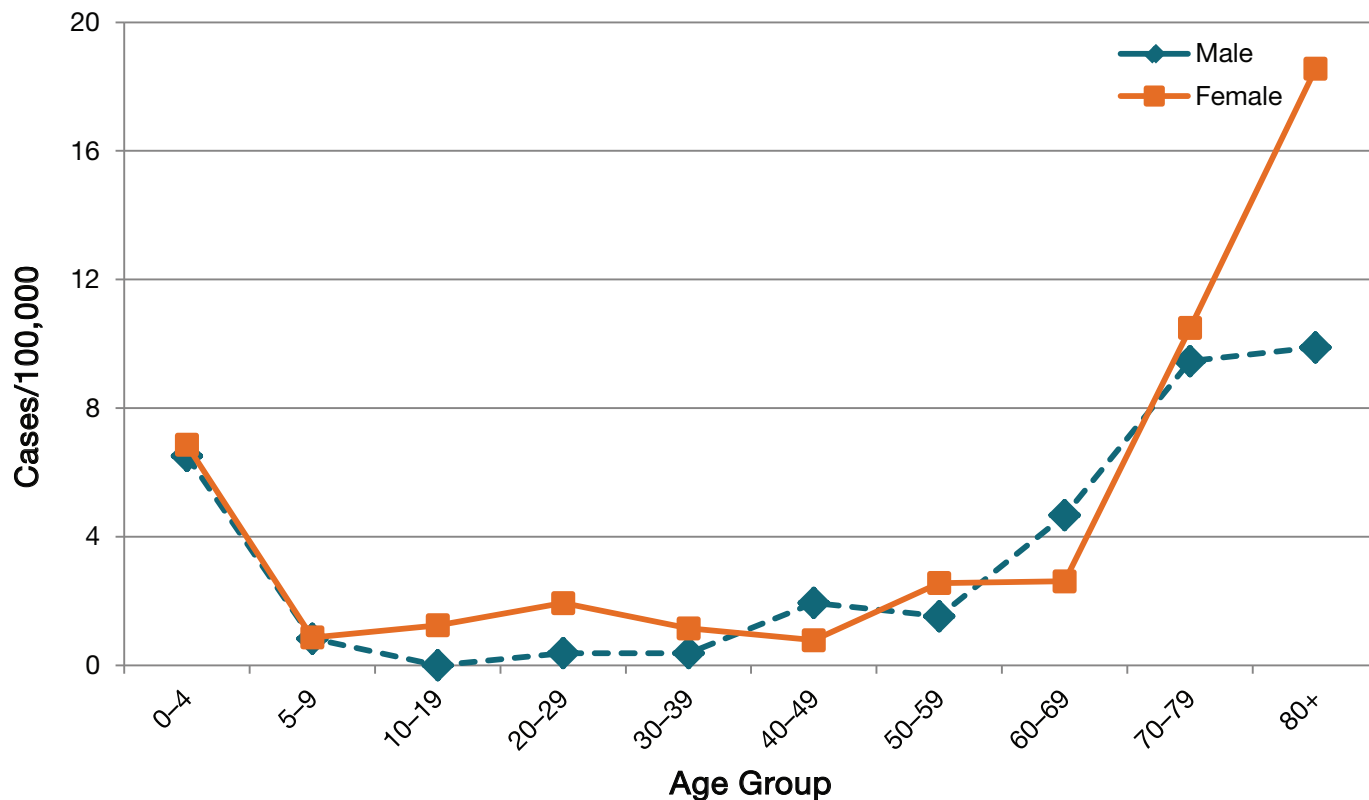
Listeriosis by year: Oregon, 1988–2013



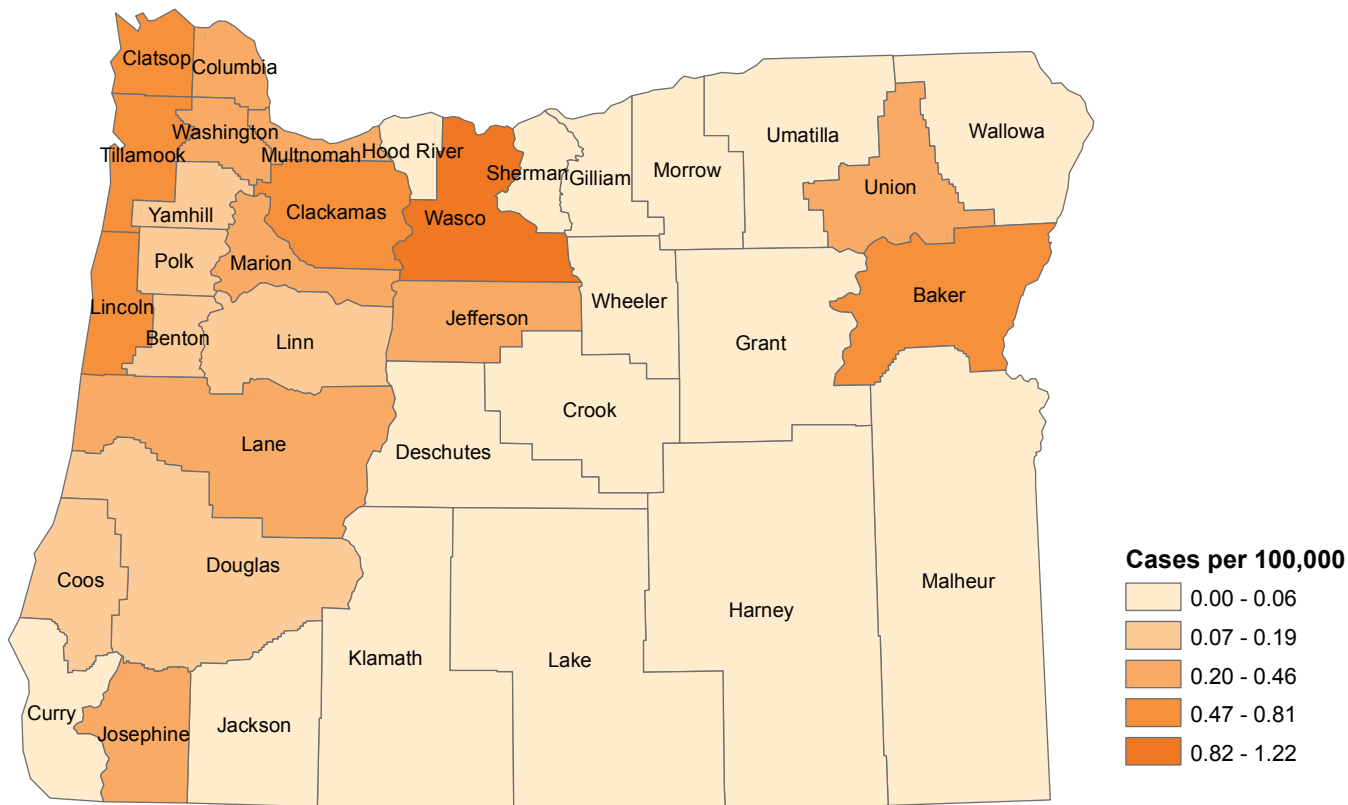
Incidence of listeriosis: Oregon vs. nationwide, 1999–2013



Listeriosis by age and sex: Oregon, 2004–2013



Incidence of listeriosis by county of residence: Oregon, 2004–2013



Prevention

- Practice safe food handling. Rinse raw produce thoroughly under running tap water, separate uncooked meats and poultry from vegetables, cooked foods, and ready-to-eat foods, cook meat and poultry to the proper temperatures.
- Do not drink raw milk and do not eat foods that have unpasteurized milk in them.

Higher-risk persons (pregnant women, immunocompromised and elderly):

- Avoid eating hot dogs, luncheon meats, cold cut, and other deli meats unless they are heated.
- Do not eat soft cheese such as feta, queso fresco, brie, Camembert unless it is labeled as made with pasteurized milk.
- Do not eat refrigerated smoked seafood, unless it is contained in a cooked dish such as casserole.