



FAX about ...



durham.ca/hcp

Ontario Listeriosis Outbreak

An outbreak investigation is underway for four *Listeria monocytogenes* cases in Ontario that are linked by molecular testing. **Three** of the four new cases have reported eating at **Druxy's Famous Deli**, located in the **Princess Margaret Cancer Centre (PMCC)**. The molecular fingerprint is the **same** or **closely related** to that of **three cases** from an outbreak in **March 2018**, also linked to the **same** Druxy's location. Presently, there are no Durham Region cases reported.

In healthy individuals, listeriosis is generally asymptomatic, or can cause gastrointestinal symptoms with fever. **Pregnant women** can develop **mild illness** with fever, fatigue, and muscle aches; however, infection **during pregnancy** can result in **complications** such as **stillbirth, miscarriage, premature delivery** or severe illness, such as **sepsis** or **meningitis**, in the **newborn**. **Invasive listeriosis**, which can involve meningitis, encephalitis, sepsis or infection in other parts of the body, is rare but **more likely** to occur in the **elderly** or those who are **immunocompromised** from medication or underlying illness. Symptoms of **severe infection** can include fever, headache, stiff neck, confusion, loss of balance and convulsions. Listeriosis has a typical onset time of **1-3 weeks** but can range from 3 to 70 days. **Those who consumed potentially implicated foods from this Druxy's location prior to its closure on September 26, 2018, could still be incubating listeriosis.**

More detailed information regarding the signs and symptoms of listeria is available on the [Public Health Ontario](#) and the [Public Health Agency of Canada](#) websites.

Listeriosis can be treated with antibiotics, but early prompt diagnosis is the key. **Two sets of blood cultures** are recommended for those who consumed food from the **Druxy's in the PMCC prior to September 26, 2018** and present with symptoms of invasive listeriosis infection or gastroenteritis and fever.

Testing of **asymptomatic individuals** who consumed food from **any** Druxy's location is **not** recommended. These individuals should be advised to **promptly return for care** if symptoms develop within **70 days** of their **last** exposure. Testing of those whose symptoms have **fully resolved** is also **not** recommended. They should also be advised to **return for care** if symptoms develop within **70 days** of their **last** exposure. **Stool testing** and **serology** for listeria is **not** recommended, although individuals with gastroenteritis **can** have **stool testing** for other pathogens as per routine practice.

Health care provider resources now available to order online durham.ca/HCP.

Durham Region Health Department: 905-723-3818, 1-888-777 9613

over...

If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca.

If you require this information in an accessible format, contact 1-888-777-9613.

Detailed information regarding *Listeria* testing is available in the [Public Health Ontario Labstract.](#)

Health care providers are requested to **report all confirmed cases** to the Durham Region Health Department, Health Protection Division at **1-888-777-9613**.

Health care provider resources now available to order online [durham.ca/HCP](#).

Durham Region Health Department: 905-723-3818, 1-888-777 9613

November 8, 2018

If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca.

If you require this information in an accessible format, contact 1-888-777-9613.