

IN THIS ISSUE:

- **ALERT: Listeria Illness Associated with Mississauga Restaurant**

FROM:

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Key Messages:

- One case of listeriosis has been linked to consuming food at a Mississauga restaurant.
- Report cases of listeriosis to Peel Public Health.
- More information on symptoms, at-risk populations, testing and treatment is included below.

Listeriosis has a long incubation period (median incubation period is three weeks; range 3-70 days) and therefore requires ongoing surveillance.

Populations at high risk for complications from *Listeria* infections include pregnant women, the elderly, neonates and immunocompromised individuals.

ALERT: Listeria Illness Associated with Mississauga Restaurant

Peel Public Health has ordered the closure of Lo Banh Mi Nguyet Minh (located at D3A-888 Dundas St. E., Mississauga) after one case of listeriosis has been linked to consumption of ready-to-eat foods purchased at this restaurant. Peel Public Health investigated this location and food samples containing *Listeria monocytogenes* were identified for the following items: pork pâté, cilantro, sandwiches containing pork pâté, butter, and meat toppings.

Health care providers should test **symptomatic** patients who have recently consumed food products from this restaurant for Listeria. The earliest known exposure is on May 16, 2023.

Clinical cases may present with:

- Fever
- Diarrhea
- Nausea/vomiting
- Muscle aches

Invasive complications:

- Meningoencephalitis with fever, headache, nausea, and vomiting
- Septicemia
- Endocarditis

NOTE: While pregnant women may experience only a mild, flu-like illness, infection with *Listeria* during pregnancy can lead to miscarriage, stillbirth, premature delivery, or neonatal meningitis.

Testing and Treatment

An excerpt for testing guidance from the Public Health Ontario Laboratory is found on page 2. Please note routine blood cultures may only be submitted through hospital or private laboratories.

For additional information on clinical testing, see: https://www.publichealthontario.ca/-/media/Documents/Lab/lab-sd-043-listeria-monocytogenes-specimen-collection.pdf?rev=e09d13212c664fbc84e4ad4f9e3c2731&sc_lang=en

Consultation with an infectious disease specialist for the treatment of listeriosis is strongly recommended.

Reporting

Listeriosis is a reportable disease. All suspected and confirmed cases of Listeriosis should be reported immediately to Peel Public Health at 905-799-7700.

Excerpt from Public Health Ontario Laboratory

Labstrack:

https://www.publichealthontario.ca/-/media/Documents/Lab/lab-sd-043-listeria-monocytogenes-specimen-collection.pdf?rev=e09d13212c664fbc84e4ad4f9e3c2731&sc_lang=en

Table 1. Clinical Testing for Listeria

Clinical symptoms/ exposure	Testing recommended	Where to submit testing
Asymptomatic with consumption of a known contaminated or recalled food product	<ul style="list-style-type: none"> • None • Counsel regarding potential symptoms of gastroenteritis and invasive listeriosis and to consult a health care provider should these develop 	<ul style="list-style-type: none"> • Not applicable
Gastroenteritis with or without fever and no other symptoms AND consumption of a known contaminated or recalled food product	<ul style="list-style-type: none"> • Stool for routine bacterial culture (not including Listeria) and susceptibility as per usual practice • Counsel regarding potential symptoms of invasive listeriosis and to return to the health care provider should these develop • If evidence of fever within 24 hours of clinical assessment, may consider 2 sets of routine blood cultures (which detect <i>Listeria spp.</i>) 	<ul style="list-style-type: none"> • Routine blood culture testing can be submitted to a hospital laboratory with a hospital requisition or a private laboratory with an OHIP requisition* • Routine blood culture testing is not available at PHO
Evidence of systemic involvement suggested by headache, stiff neck, confusion, loss of balance, or convulsions in addition to fever and muscle aches, REGARDLESS of exposure to a known contaminated or recalled food product	<ul style="list-style-type: none"> • Routine blood cultures (which will detect <i>Listeria spp.</i>). Two sets of blood cultures should be taken from different sites. A third set of blood cultures should be drawn only if endocarditis is suspected. Collect another set of blood cultures after 48 hours if the previous cultures are negative and there is ongoing concern of invasive infection with <i>Listeria monocytogenes</i>. • If clinical assessment is suggestive of possible neurological involvement (meningitis or meningoencephalitis), consider lumbar puncture and bacterial culture of cerebrospinal fluid • Culture of other potentially involved anatomic sites as needed (e.g., joint, pleural, pericardial fluid, sputum) 	<ul style="list-style-type: none"> • Routine blood and other sterile site culture testing can be submitted to a hospital laboratory with a hospital requisition or a private laboratory with an OHIP requisition* • Primary blood and other sterile site culture testing is not available at PHO

NB. Serology for *Listeria* is not available and stool testing for *Listeria* is not recommended.