

## Listeriosis Information Sheet

As you may be aware there has recently been an outbreak of Listeriosis in South Africa that has caused a total of 557 confirmed cases, and a number of deaths to date. It has been found throughout SA with 62% of current confirmed cases being in Gauteng.

### What is Listeriosis?

- Listeriosis is a **bacterial food-borne** illness
- Caused by *Listeria monocytogenes*, found abundantly in the environment
- It is treatable with antibiotics
- Young, Elderly, Pregnant women and Immune Compromised Individuals are at high risk
- Symptoms may include flu-like symptoms, diarrhoea, fatigue, fever, muscle aches and nausea
- It can cause meningitis or blood poisoning in high risk patients and mother to baby transfer is possible
- Incubation time is usually about 3 weeks
- Healthy adults are often asymptomatic or have mild symptoms

### What Foods commonly cause the disease?

- Unpasteurised milk and dairy products
- Soft Cheeses
- Vegetables/Salads
- Prepared Meat Products
  - Pates or ready to eat meats and smoked fish products



### What Can I do to Prevent It?

As the bacteria can grow at fridge temperatures of 4°C it is suggested at risk individuals avoid the common foods that cause Listeriosis

There is no vaccine or preventative medicine

Only use pasteurized dairy products

Follow good hygiene practices

- Regular hand washing and sanitizing with **DERMAPUR** (Antibac Hand Soap) and **DERMABAC** (Antibac Hand Sanitizer)
- Regular cleaning and disinfection of kitchen surfaces, utensils with **SUPAKLEEN, POLYCIDE** (Disinfectant) or **MICROCIDE**.
- Ensure all vegetables and salad items are thoroughly washed and disinfected with **HYCHEM'S SALAD WASH TABLETS**

If anyone is suspected of having contracted Listeriosis or any other food-borne illness they should be advised to seek medical help immediately.