

## HALTON REGION PUBLIC HEALTH • Office of the Medical Officer of Health

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TO: Halton Physicians, Nurse Practitioners, Emergency Departments, other Healthcare Providers

FROM: Dr. Deepika Lobo, Medical Officer of Health

DATE: July 12, 2024

RE: *Listeria monocytogenes* – Silk and Great Value brand plant based refrigerated beverages recall

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### QUICK FACTS

- Certain Silk and Great Value brand plant based refrigerated beverages are being recalled from the marketplace due to possible *Listeria monocytogenes* contamination.
- As of July 8, 2024, nine confirmed cases of listeriosis have been reported in [Ontario](#) as part of an ongoing investigation that is linked to the recalled products. There have been five hospitalizations associated with this outbreak investigation.
- Since January 2024, there has been one confirmed case of Listeriosis in Halton Region and this case was fatal (not linked to recalled products). It is important to remember that Listeria cases might be underreported as many people do not develop symptoms or have mild symptoms and do not get tested.

### KEY MESSAGES FOR HEALTHCARE PROVIDERS

- Listeriosis is a foodborne illness that can cause severe morbidity and mortality in vulnerable populations, including newborns, older adults, pregnant women, and persons whose immune systems are compromised.
- Some common foods that are more likely to be contaminated with Listeria include unpasteurized milk, unpasteurized soft cheeses, deli meats, cold cuts, premade deli salads, refrigerated meat spreads, refrigerated smoked fish, and raw or lightly cooked sprouts.
- The incubation period for listeriosis can be from three days up to three weeks; in some cases, symptoms can appear 70 days after exposure.
- Listeriosis usually manifests as a mild flu-like illness. Symptoms may start suddenly and include: vomiting, nausea, cramps, severe headache, constipation, or fever. More severe illness may result in meningitis or septicemia.
- For information regarding clinical testing for *Listeria*, please see the Public Health Ontario [Clinical and Food Testing Guidelines for Foodborne Illness](#).

### KEY MESSAGES FOR PATIENTS

- Food contaminated with *Listeria* may not look or smell spoiled but can still cause illness.
- Consumers are asked to visit the CFIA's [website](#) for a complete listing of all recalled products.
- Recalled products should be thrown out or returned to the location where they were purchased.

Please report all suspected/confirmed cases of [Diseases of Public Health Significance](#) (only report COVID-19 cases occurring in high-risk settings) to Public Health immediately by calling 311, 905-825-6000 or toll free at 1-866-442-5866.

## ADDITIONAL RESOURCES

- To receive direct recall notifications from the Canadian Food Inspection Agency (CFIA), you can subscribe to [Recall and Safety Alerts](#).
- Please visit Health Canada's page for more information on [Listeria](#).
- Ontario warns about product recall due to [Listeria](#) contamination.
- Public Health Ontario - [Listeria monocytogenes](#)