

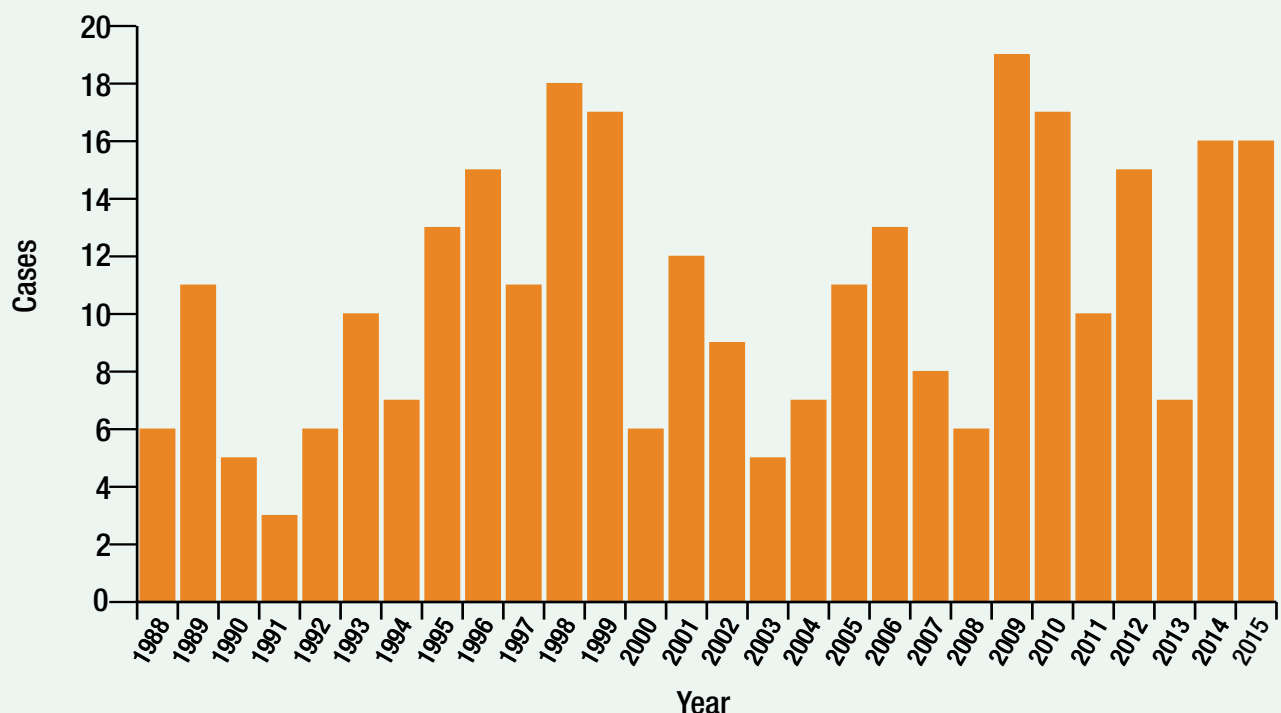
# Listeriosis

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.

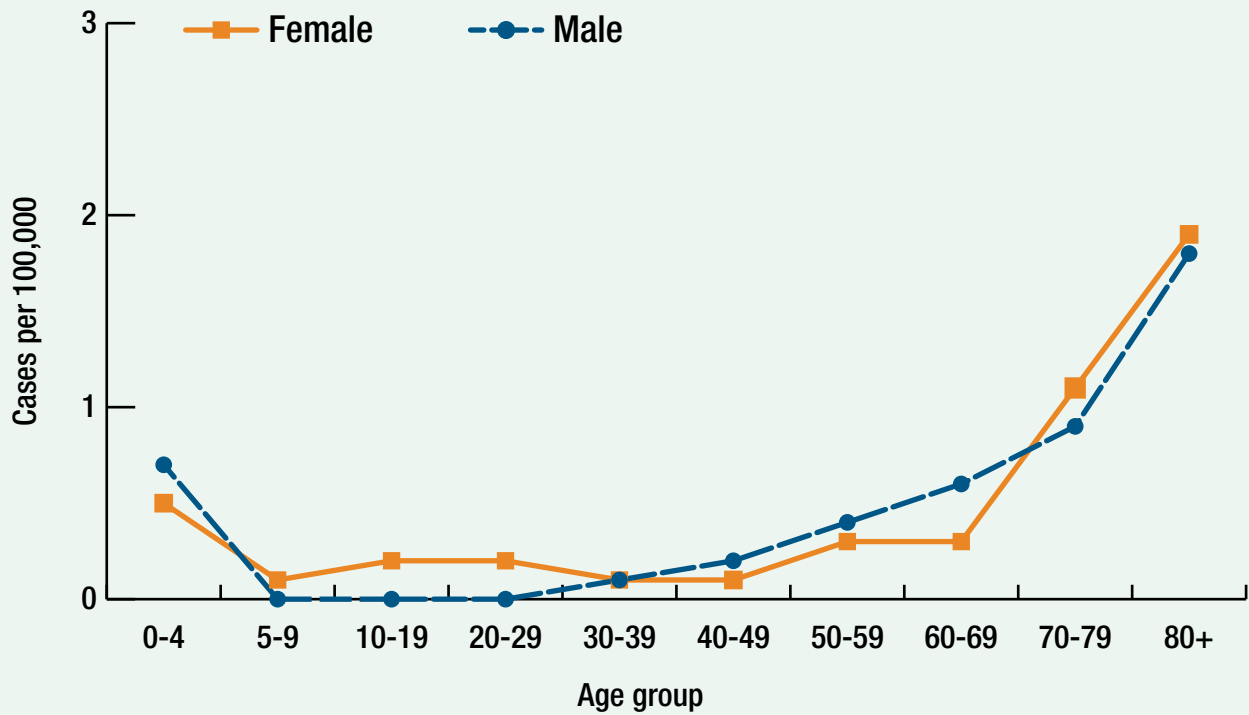
Most cases of listeriosis are “sporadic” rather than part of outbreaks. However, several large outbreaks have been associated with consumption of contaminated foods. It is important to track the incidence of this disease to identify such outbreaks, and to identify high-risk groups. The rate is higher 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 2015, 16 cases were reported, the same as 2014; there were two deaths (12%). There was one pregnancy-associated case, and one case was part of a multi-state outbreak associated with Canadian-style sour cream.

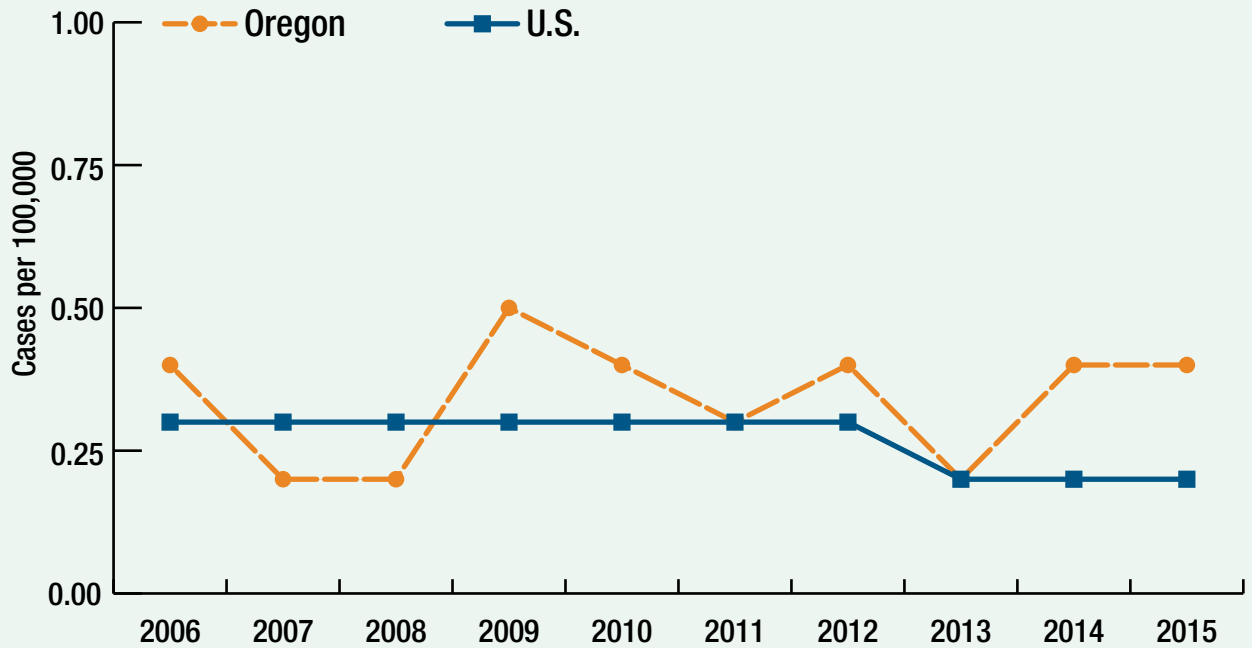
Listeriosis by year: Oregon, 1988–2015



### Incidence of listeriosis by age and sex: Oregon, 2006–2015

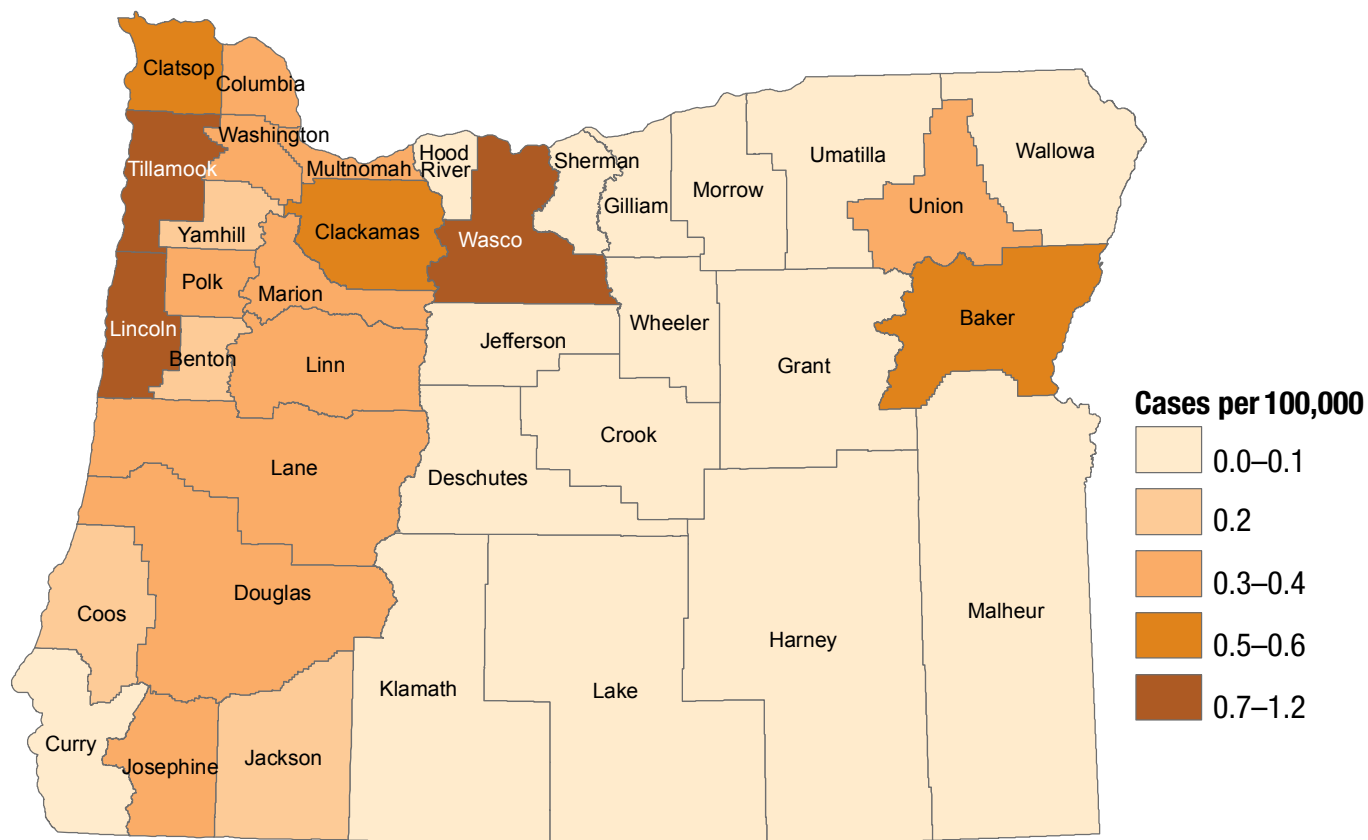


### Incidence of listeriosis: Oregon vs. nationwide, 2006–2015



Oregon	0.4	0.2	0.2	0.5	0.4	0.3	0.4	0.2	0.4	0.4
U.S.	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.2	0.2	0.2

## Incidence of listeriosis by county of residence: Oregon, 2006–2015



### 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 cuts 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.