



Durham Region Health Department **FAX about...**

For Health Care Professionals



Ontario Listeriosis Outbreak Linked to Plant-based Milk Recall (Silk and Great Value Brands)

The Canadian Food Inspection Agency (CFIA) has issued a [food recall warning](#) for various Silk and Great Value brand plant-based refrigerated beverages due to potential contamination with *Listeria monocytogenes*. This notification included direction to cease the use of affected products immediately with remaining products to be disposed of or returned to the supplier/location of purchase. As of July 8, 2024, there have been nine confirmed cases associated with the outbreak in Ontario, including five hospitalizations, with majority of cases occurring since June 2024. Within the past few days, we are now seeing new Listeriosis cases in Durham.

Clinical Presentation

Health care providers (HCPs) should maintain a heightened index of suspicion for listeriosis among symptomatic patients who may have consumed recalled products, especially in populations at highest risk of complications including newborns, pregnant individuals, older adults, and patients who are immunocompromised. Symptoms may include:

- Fever
- Muscle aches
- Headache
- Cramps
- Diarrhea
- Constipation
- Nausea
- Vomiting

Invasive complications may include meningitis, septicemia and endocarditis.

The incubation period for listeriosis can be from three days up to three weeks and in some cases, symptoms can appear 70 days after exposure. Due to the long incubation period, HCPs are asked to remain vigilant as additional cases related to this outbreak may continue to occur over the coming weeks.

... over

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.



Testing

- Test symptomatic patients using [PHO Lababstract, Clinical Testing for Listeria \(Table 1\)](#).
- **Testing for *L. monocytogenes* in asymptomatic people who consumed a contaminated or recalled food product is not recommended, this includes those who have recovered**
- Two sets of routine blood cultures should be ordered when listeriosis is being considered
- If *L. monocytogenes* is isolated, the isolate should be sent by the lab to the Public Health Ontario Laboratory (PHOL) for confirmation and molecular subtyping
- Stool cultures and serology for *L. monocytogenes* are not recommended

For additional information on specimen collection please see [Specimen Collection](#) or search the main PHOL website for “Listeria monocytogenes”.

Reporting

Please continue to report any suspect or laboratory confirmed cases of Listeriosis to the Durham Region Health Department:

- Phone: 905-668-2020 or 1-800-841-2729 ext. 7369 (press option 2)
- Confidential Fax: 905-666-1833
- After Hours Phone: 905-576-9991 or 1-800-372-1104
- Access the Notification Form for Diseases of Public Health Significance at www.durham.ca/hcp under Forms, Reporting.

Additional Information

[Listeria monocytogenes: A Clinical Practice Guideline](#)

- Reviews non-invasive and invasive clinical syndromes
- Outlines appropriate antimicrobial therapies to be used with invasive clinical syndromes

[Lababstract: Listeria monocytogenes – Clinical and Food Testing Guidelines for Foodborne Illness Outbreaks](#)

- Outlines clinical testing criteria based on symptoms and/or exposures

July 12, 2024