

Listeriosis

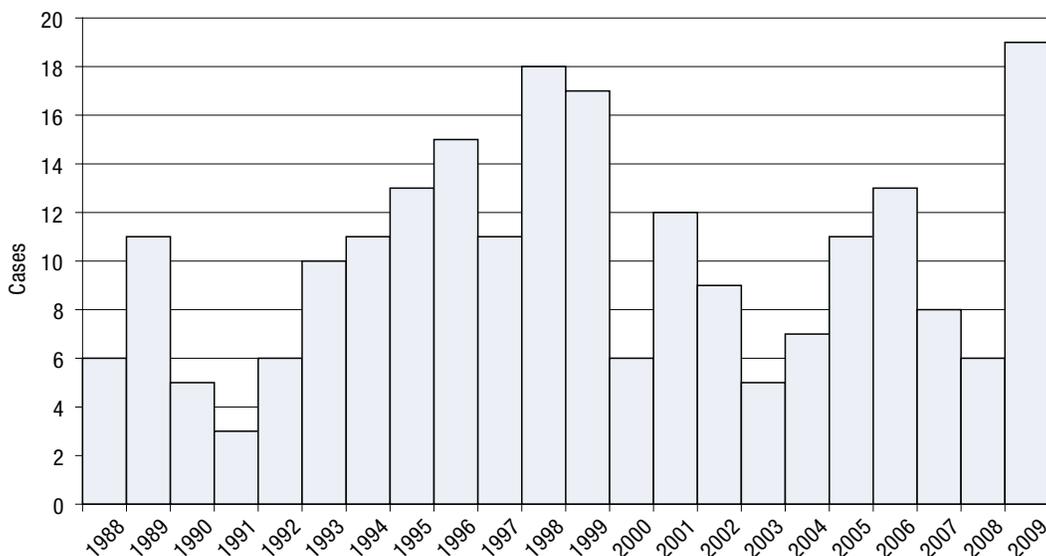
Listeriosis is a bacterial infection that may present as influenza-like illness with high fever, headache and myalgias; as a gastrointestinal illness; or as an invasive disease with sepsis or meningitis. In pregnant women, listeriosis may cause miscarriages or stillbirths. The case fatality rate of invasive listeriosis is as high as 30% in infants infected prenatally and in non-pregnant adults.

Most cases of listeriosis are sporadic rather than epidemic. 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, as well

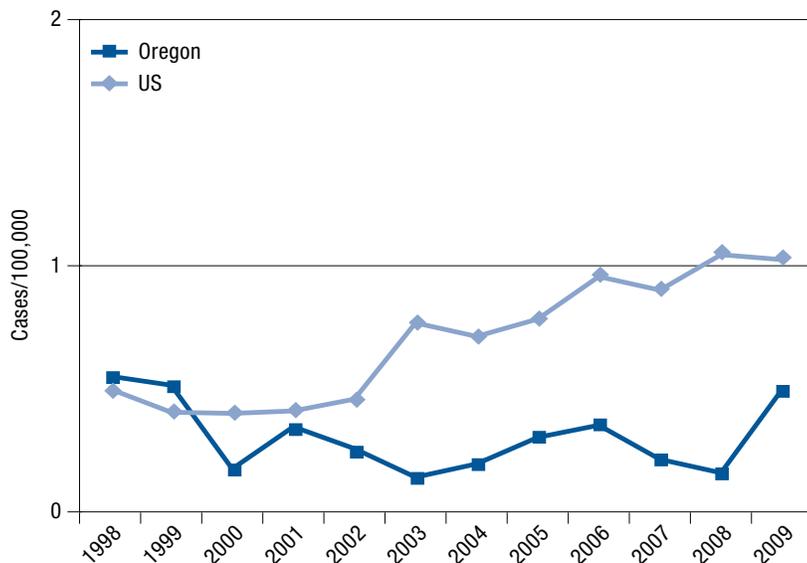
as to identify high risk groups. The rate is higher among pregnant women, newborns, the elderly and immunocompromised persons. Cooking food properly is the most important means of prevention. When listeriosis is diagnosed, treatment with antibiotics should be instituted promptly.

In 2008 there were six cases, in 2009, 19 cases were reported, a 216% increase compared to 2008 and the highest rate (0.5 per 100,000) reported in 10 years. Twenty-three cases in 2008–2009 were hospitalized and there were five deaths. Four of these cases were pregnancy-related, one infant died. No outbreak-related cases were reported.

Listeriosis by year Oregon, 1988–2009



Incidence of listeriosis: Oregon vs. nationwide, 1998–2009



Listeriosis by age and sex: Oregon, 2000–2009

