

Listeriosis

Agent: *Listeria monocytogenes* (bacteria)

Mode of Transmission: Ingestion of contaminated foods or beverages.

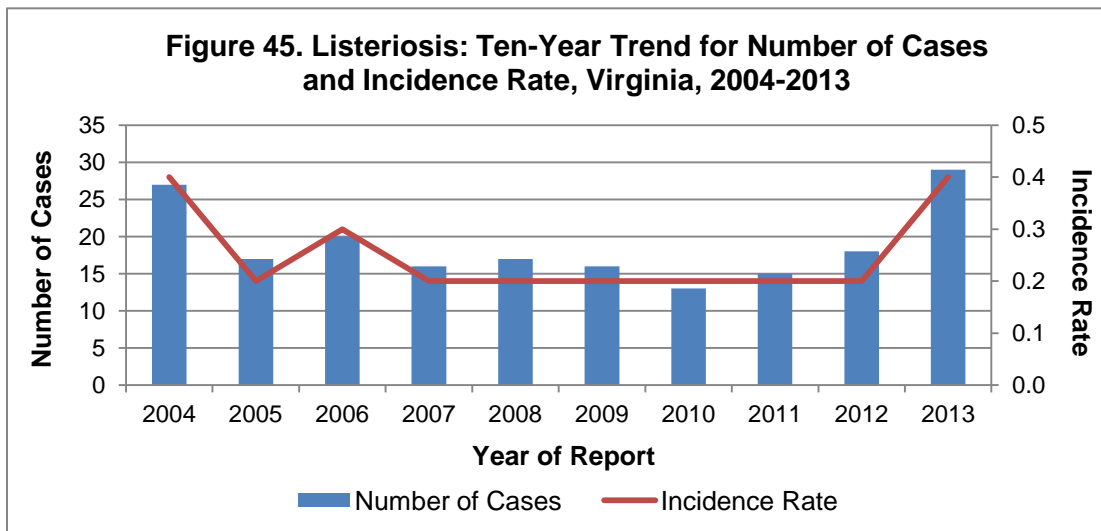
Signs/Symptoms: Typically, fever, headache, muscle aches, and sometimes gastrointestinal symptoms, such as nausea, diarrhea, and vomiting. Infection can lead to serious disease, including shock and inflammation of the brain and the fluid surrounding the brain and spinal cord (i.e., meningitis). Among infected pregnant women, miscarriage, stillbirth, premature delivery, or neonatal infection may occur.

Prevention: Preventive measures include safe food preparation (e.g., thoroughly cooking or reheating food from animal sources and washing raw vegetables). High risk foods (e.g., unpasteurized dairy products) should be avoided.

Other Important Information: Persons at higher risk include pregnant women and their unborn babies and newborns, older adults, and persons with weakened immune systems.

Listeriosis: 2013 Data Summary	
Number of Cases:	29
5-Year Average Number of Cases:	15.8
% Change from 5-Year Average:	+83%
Incidence Rate per 100,000:	0.4

Twenty-nine cases of listeriosis were reported in Virginia during 2013. This is the highest number of cases reported in the state since listeriosis was first tracked as a separate reportable condition in 1990. The rate of listeriosis in 2013 was 0.4 cases per 100,000 persons, which was the highest rate since 2004, when the rate was also 0.4 per 100,000 (Figure 45). Between 2009 and 2011, the average annual incidence of listeriosis in the United States was 0.3 cases per 100,000 persons (CDC).



The 60 year and older age group had the most listeriosis cases in 2013, with 16 (incidence of 1.0 per 100,000), but the highest rate occurred among infants (4 cases, 4.0 per 100,000). Six cases were reported in the 50-59 year age group (incidence 0.5 per 100,000). No cases were reported in the 1-9 or 10-19 year age groups, and one case each was reported in the 20-29, 30-39, and 40-49 year age groups. Rates were similar in the black and white populations (0.5 and 0.3 per 100,000, respectively), and among females and males (0.3 and 0.4 per 100,000, respectively).

Incidence rates were below the 2013 statewide rate of 0.4 per 100,000 in all regions except the northern region, which had a rate of 0.6 per 100,000. Incidence by locality can be viewed in the map below. Although cases occurred consistently throughout the year, 13 (45%) cases occurred between July and September.

Six cases were associated with pregnancy, including four cases in neonates and two infections confirmed in mothers. During 2013, five case-patients were known to have died after testing positive for listeriosis, including one female neonate and four males in the 60 year and older age group.

Listeriosis Incidence Rate by Locality Virginia, 2013

