



TO: Deputy Director General: Chief of Operations

Chief Directors:

Health Programmes

Metro District Health Services (MDHS)

Rural District Health Services

General Specialist and Emergency Services

Strategy and Health Support

District Managers:

Metro District Health Services (MDHS)

Substructures Rural Districts and sub-districts

Directors:

MDHS Sub-structures

Community-Based Services

Pharmaceutical Services

Professional Support Services

Information Management

Communications

Chief Executive Officers (CEOs):

Central Hospitals

Regional and Psychiatric Hospitals

District Hospitals

Managers:

Private Hospitals and Private Clinics

Private Laboratories

National Health Laboratory Services

Executive Directors / Heads of Health:

Local Authorities/City of Cape Town

South Africa Military Health Services

CIRCULAR H...../2017

LISTERIOSIS OUTBREAK IN SOUTH AFRICA: RECOMMENDATIONS FOR DIAGNOSIS, MANAGEMENT AND PUBLIC HEALTH RESPONSE

Listeriosis is a serious disease caused by a bacterial infection with *Listeria monocytogenes*. The bacterium is widely distributed in nature and can be found in soil, water and contaminated food. *Listeria* is usually spread through the contamination of food products and may therefore be investigated as a food-borne illness.

Listeriosis usually occurs sporadically throughout South Africa. However, between January and October 2017, over 365 cases have been documented in both public and private healthcare establishments. Neonates are the largest age group affected, accounting for over a third of the burden of disease. The majority of cases being reported are from Gauteng, with other provinces including the Western Cape Province reporting an increase in cases.

All districts, sub-districts and municipalities are urged to promote and implement appropriate preventative strategies, and ensure case detection, treatment and public health responses elicited.

1. Public health response to a case of Listeriosis

		Actions
1.	Case Identification & Reporting	<ul style="list-style-type: none"> If a suspected case of <i>Listeria meningitis</i> or food-borne illness is identified, contact the staff member in charge of Infection Control at your facility, who will in turn notify the Local Authority, and Department of Health (District and/or Provincial Communicable Disease Control Official).
2.	Confirm diagnosis	<ul style="list-style-type: none"> Diagnosis is made by culturing <i>Listeria monocytogenes</i> from clinical specimens e.g. blood, cerebrospinal fluid (CSF), amniotic fluid, placenta, or other sterile body fluids.
3.	Treatment & Management	<ul style="list-style-type: none"> Gastroenteritis due to <i>Listeria</i> usually does not require treatment Meningitis or septicemia due to <i>Listeria</i> should be treated with intravenous antibiotics (see <i>NICD Clinical Advisory</i> attached)
4.	Case Investigation	<ul style="list-style-type: none"> Interview the patient and complete a Case Investigation Form to ascertain risk factors for exposure and likely source of infection. Infection Prevention and Control (IPC) practitioners and Environmental Health Practitioners are requested to work together to determine food histories.
5.	Environmental Investigations	<ul style="list-style-type: none"> Complete appropriate food and/or environmental investigations. Information and isolates from food/environmental samples that test positive for <i>Listeria monocytogene</i> must be forwarded to the Centre for Enteric Diseases at the National Institute for Communicable Diseases (NICD).

The following annexures are attached for easy reference:

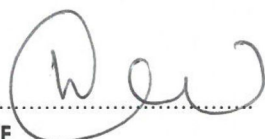
1. Listeria Case Investigation Form and Instruction Sheet
2. NICD Statement: Clinical Advisory – *Listeria Meningitis*
3. Listeriosis Frequently Asked Questions (FAQ)
4. WHO: Five Keys to Safer Food – poster, flyer; Food Safety poster

For further information please contact the Provincial CDC Office:

Contact person	Telephone, cell, fax	E-MAIL
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Please bring the content of this circular to the attention of all relevant staff at your facilities, institutions, district/sub-districts and relevant stakeholders. We trust in your continued support in the control of communicable diseases in our province.

Your sincerely



DR K CLOETE
CHIEF OF OPERATIONS (COO)

DATE: 06/11/17