

## ***Listeria* Outbreak Linked to Sliced Deli Meats Recall of Boars Head Products Issued**

### **Why are some Boars Head products being recalled?**

The U.S Department of Agriculture issued a recall of deli meats linked to a [multi-state \*Listeria\* outbreak](#) on July 26 when a sample of Boars Head liverwurst tested positive for the listeriosis bacteria. On July 30, the recall was expanded to 71 more types of Virginia ham, salami and bologna that were produced in a Virginia plant and sold under the Boar's Head and Old Country brands.

Anyone who has these products at home should discard them or return them to the store where they purchased them for a refund and clean and sanitize their refrigerator to prevent contaminating other foods. For a list of the contaminated products, and more detailed cleaning instructions, go to [www.westchestergov.com/health](http://www.westchestergov.com/health)

### **Who is at high risk for becoming seriously ill?**

While anyone can become infected from eating food contaminated with *Listeria*, it is especially harmful if you are pregnant, are age 65 or older, or have a weakened immune system due to certain medical conditions or treatments. This is because *Listeria* is more likely to spread beyond their gut to other parts of their body, resulting in a severe condition known as invasive listeriosis.

- For people who are pregnant, *Listeria* can cause pregnancy loss, premature birth, or a life-threatening infection in their newborn.
- For people who are 65 years or older or who have a weakened immune system, *Listeria* often results in hospitalization and sometimes death.

### **What are the symptoms?**

Symptoms usually start within 2 weeks after eating food contaminated with *Listeria* but may start as early as the same day or as late as 10 weeks after.

- Pregnant people usually have fever, muscle aches, and tiredness.
- People who are not pregnant usually have fever, muscle aches, and tiredness. They may also get a headache, stiff neck, confusion, loss of balance, or seizures.

### **How is infection diagnosed and treated?**

*Listeria* infection is usually diagnosed when a laboratory test detects *Listeria* in body tissue or fluid, such as blood, spinal fluid, or the placenta. Treatment depends on the kind and severity of a person's illness. Most *Listeria* infections are treated with antibiotics. People with diarrhea should drink plenty of fluids.

### **What should I do if I ate a food that may have been contaminated with *Listeria*?**

Contact a healthcare provider if both of the following things apply to you:

- You ate food that has been recalled or linked to an outbreak.
- You have a fever and other symptoms of listeriosis, such as fatigue and muscle aches.

Let the healthcare provider know that you possibly ate contaminated food, especially if you are pregnant, aged 65 or older, or have a weakened immune system.

If you ate food possibly contaminated with *Listeria* and do not feel sick, most medical experts believe you do not need tests or treatment. Talk with a healthcare provider if you have questions about what to do.

### **What should people at high risk do to prevent becoming sick?**

If you are pregnant, are aged 65 or older, or have a weakened immune system:

- Do not eat recalled deli meats. Throw them away or contact stores about returns.
- In addition, do not eat any other deli meats you get sliced at deli counters, unless reheated to an internal temperature of 165°F or until steaming hot. Let it cool before you eat it. *Listeria* can grow on foods kept in the refrigerator, but it is easily killed by heating food to a high enough temperature.
- [Clean your refrigerator, containers and any surfaces that may have touched sliced deli meats.](#) This is especially important if you purchased any of the recalled deli products.

### **What should everyone do to prevent becoming sick?**

For people who are generally healthy and not at higher risk of serious infection:

- Do not eat recalled meats. Throw them away or contact stores about returns.
- Check your refrigerator for any recalled deli meats and throw them away or return them to the store. *Listeria* can grow on foods kept in the refrigerator.
- [Clean your refrigerator, containers and any surfaces that may have touched sliced deli meats.](#)

### **What should Businesses Should Do?**

Delicatessens should always follow USDA-FSIS [best practices](#) for controlling *Listeria* contamination in deli areas. For delis that received recalled meats:

- Thoroughly clean and sanitize all food and non-food surfaces.
- Throw away any open meats and cheeses in the deli.
- USDA-FSIS is advising delis to not use any opened deli products because recalled products can cross-contaminate other deli meats and cheeses.

### **Where can I learn more about *Listeria*?**

For more information about *Listeria*, visit the [Westchester County Department of Health's website](#).