

Dutchess County Department of Behavioral & Community Health

Sue Serino
County Executive



Livia Santiago-Rosado, MD, FACEP
Commissioner

Public Health Alert

Monday, July 29, 2024 - 3 pm

Listeria Outbreak Causes Deli Meat Recall

The U.S. Department of Agriculture has announced that Boar's Head is recalling more than 200,000 pounds of deli meat due to suspected contamination by *Listeria monocytogenes*. Some deli meats have been implicated in a nationwide listeriosis outbreak that started in May. The bacteria can cause gastrointestinal symptoms, fever, muscle aches, severe headache, and confusion.

At least 34 people have become ill—most of them requiring hospitalization—and two have died. In New York State, there have been 12 cases of listeriosis linked to this outbreak, though there are no reported cases currently in Dutchess County.

You are at higher risk for severe Listeria illness (listeriosis) if you are pregnant, aged 65 or older, or have a weakened immune system due to certain medical conditions or treatments. If you are in any of these groups, do not eat meat from any deli counter, unless it is reheated to an internal temperature of 165°F or until steaming hot.

What You Should do:

- **Do not eat recalled deli meats**, which include liverwurst, ham, salami, and bologna, among others.
- **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 recalled meats.
- **Contact your healthcare provider right away if you may have consumed these recalled products and have any of these symptoms:**
 - ◆ Fever, muscle aches, and tiredness. You may also experience headache, stiff neck, confusion, loss of balance, or seizures.
 - ◆ **PLEASE NOTE that for pregnant individuals**, Listeria can cause pregnancy loss or premature birth. It can also cause serious illness or death in newborns.

For more information about the Listeria outbreak and the recall of deli products, visit the CDC's website: <https://www.cdc.gov/listeria/outbreaks/delimeats-7-24/index.html>