

# Silk® and Great Value Plant-based Milk Brand Recall Related to Ontario Listeria Outbreak

## Update to York Region health care professionals as of July 11, 2024

On July 8, 2024, the Canadian Food Inspection Agency (CFIA) announced a recall affecting Silk® and Great Value brand plant-based refrigerated beverages due to potential contamination by *Listeria monocytogenes*. See the list of recalled products [here](#). These products should be discarded immediately or returned to location of purchase. As of July 11, 2024, there have been nine confirmed cases and five hospitalizations associated with this Listeria outbreak in Ontario.



(Canadian Food Inspection Agency)

### Clinical symptoms and individuals at higher risk

Listeriosis can cause severe morbidity and mortality in vulnerable populations, including newborns, older adults, pregnant individuals, and individuals who are immunocompromised. The incubation period ranges from three days to three weeks, and rarely up to 70 days. Symptoms include:

- Fever
- Nausea/vomiting
- Cramps
- Diarrhea
- Headaches
- Constipation
- Myalgias
- More severe symptoms include stiff neck, confusion and loss of balance

Severe cases present with meningitis or bacteremia. Infection during pregnancy may result in fetal loss or neonatal meningitis or septicemia. Approximately 20 to 30% of neonatal infections are fatal. Pregnant individuals may have mild symptoms.

### Ask patients about exposure to recalled products

If you have a patient with suspected listeriosis, ask about exposure to the recalled Silk® and Great Value brand products. Consider informing asymptomatic patients who are at a higher risk (pregnant individuals, newborns, older adults and individuals who are immunocompromised) about the recall so they avoid consuming these products. If patients have consumed a recalled product

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but are asymptomatic, no testing is required. Educate them to watch for symptoms and to seek medical care and mention the exposure if symptoms develop.

### **Report listeriosis cases to public health**

Listeriosis is diagnosed by isolation of *Listeria monocytogenes* from a culture of a normally sterile site (e.g., blood, cerebrospinal fluid, joint, pleural, pericardial fluid). See Public Health Ontario's [clinical testing guidelines](#) for more information.

Listeriosis is a reportable disease of public health significance under the Health Promotion and Protection Act (HPPA). This includes confirmed cases or patients with clinically compatible symptoms with a link to a known source including these recalled products.

To report confirmed or suspected cases of Listeriosis to York Region Public Health please call **1-877-464-9675 ext. 73588** (Monday to Friday 8:30 a.m. to 4:30 p.m.) or **905-953-6478** after hours (before 8:30 a.m. or after 4:30 p.m. Monday to Friday or 24 hours per day on weekends/holidays)