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# Cowlitz County Health Department

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## News Release

For Immediate Release: March 12, 2011 2:15 PM  
Longview, WA 98632

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### Sandwiches Recalled at Local WinCo Foods.

WinCo Foods has voluntarily removed the premade deli sandwich, the "All American 1/2 Deli Sub," from sale after routine surveillance sampling by the Washington Department of Agriculture revealed it might be contaminated with *Listeria monocytogenes* bacteria. When notified of the test result, WinCo immediately removed the product from sale. This product was only available at the Longview Store and was sold March 2 to March 11, 2011. The product removed was labeled as "sell by" March 7<sup>th</sup> to March 16<sup>th</sup>.

### No illnesses have been reported to date.

Customers should be aware that even if they have consumed any of these sandwiches, the risk of illness is very low. Although *Listeria* is common in the environment, it is killed by pasteurization and cooking; however, in certain ready-to-eat foods such as hot dogs and deli meats, contamination may occur after cooking but before packaging. Up to 5% of humans may be excreting *L. monocytogenes* in their stools at any given time, without becoming ill. The number of cases reported each year in Washington ranges from 12 to 25.

Customers should not eat any of these sandwiches and should throw them away or return any uneaten or unused product to the store. Customers that have already eaten these sandwiches should watch for signs and symptoms of illness. Illness can begin from 3 days to as long as 70 days after consuming contaminated food. Should they become ill, they should contact their physician.

People who eat food contaminated with *Listeria* can sometimes develop Listeriosis, a disease that primarily affects adults with weakened immune systems, the elderly, pregnant women, and newborns. The illness can begin with flu-like symptoms such as fever, muscle aches, and headaches. Sometimes people experience gastrointestinal symptoms such as nausea or diarrhea. People with weakened immune problems, newborns and the elderly can develop meningitis. In pregnant women, Listeriosis can cause miscarriages, preterm births, or stillbirths. Treatment with antibiotics for infections diagnosed during pregnancy may prevent these complications.

In general, pregnant women and those with immune deficiencies can reduce their risk for Listeriosis by:

- Avoiding eating hot dogs, luncheon meats, or deli meats unless they are reheated until steaming hot.
- Avoid getting fluid from such products on other foods, utensils and food preparation surfaces.
- Avoiding eating soft cheeses such as feta, brie, and Camembert, blue-veined cheeses or Mexican-style cheeses such as queso blanco, queso fresco and Panela, unless they have labels that state they are from pasteurized milk.
- Avoiding eating refrigerated pâtés or meat spreads. Canned or shelf-stable pâtés and meat spreads may be eaten.
- Avoiding eating refrigerated smoked seafood, unless it is cooked, such as a casserole. Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna or mackerel, is most often labeled as "nova-style," "lox," "kippered," "smoked," or "jerky." The fish is found in the refrigerator section or sold at deli counters of grocery stores and delicatessens. Canned or shelf-stable smoked seafood may be eaten.

More information about Listeria in both English and Spanish can be found at the CDC Website:  
<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/listeriosis/>

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