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Agri SA erg bekommerd oor listerellose-uitbreking Suid-Afrika
AGRI SA HIGHLY CONCERNED ABOUT OUTBREAK OF LISTERIOSIS ACROSS SOUTH AFRICA

7 Desember/December 2017

Agri SA erg bekommerd oor listeriose- uitbreking in Suid-Afrika

Die minister van gesondheid, dr. Aaron Motsoaledi, het op 5 Desember 2017 aangekondig dat meer as 30 mense reeds gesterf het as gevolg van die onlangse uitbreking van die siekte listerellose, wat deur besmette kos oorgedra word.

Volgens die Nasionale Instituut vir Aanmeldbare Siektes (NICD) is ongeveer 557 gevalle aangemeld en die meeste daarvan is in Gauteng.

Listeria is ‘n bakterie (*Listeria monocytogenes*) wat in grond, water en plante voorkom. Dit kan ook in sommige diere voorkom, byvoorbeeld pluimvee en beeste. Ongepasteuriseerde melk en ander voedsel wat daarmee vervaardig word, kan ook die bakterieë bevat. Die siekte kan nie versprei word deur kontak met besmette persone nie.

Volgens Janse Rabie, hoof van Natuurlike Hulpbronne by Agri SA, wys die onlangse uitbreking van listerellose hoe uiters kwesbaar alle mense is waar dit besmetting van ons natuurlike hulpbronne, veral grond en water, betref.

Volgens die Wêreldgesondheidsorganisasie (WGO) moet mense mediese behandeling kry indien hulle die volgende simptome ervaar:

- Koors
- ‘n Stywe nek
- Verwarring
- Algemene swakheid
- Braking (soms vooraf gegaan deur diarree).

Behandeling van listerellose is gewoonlik simptomaties en hang af van hoe siek die pasiënt is. Indien die infeksie ernstig is, word die gebruik van antibiotika moontlik aanbeveel. Mense met ‘n

verswakte immuunstelsel, ouer volwassenes of swanger vroue mag dringende mediese sorg benodig.

Voorkomingsmaatreëls sluit die volgende in:

- Vermy ongepasteuriseerde melk of voedsel wat ongepasteuriseerde melk bevat
- Handhaaf goeie higiëne, byvoorbeeld om gereeld hande te was en kos in `n skoon omgewing voor te berei
- Sorg dat diereprodukte soos vleis, pluimvee of vis deeglik gaar is
- Let op die vervaldatums van bederfbare voedsel.

Agri SA neem voor om enige hulp te verleen aan die NICD en die departement van gesondheid om die oorsprong van die siekte uit te roei.

Uitgereik deur Agri SA, Direktoraat: Korporatiewe Skakeling

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AGRI SA HIGHLY CONCERNED ABOUT OUTBREAK OF LISTERIOSIS ACROSS SOUTH AFRICA

On 5 December 2017, Health Minister Dr Aaron Motsoaledi announced that more than 30 people died following the recent outbreak of the food-borne disease listeriosis.

According to the National Centre for Communicable Diseases (NICD) approximately 557 cases have been reported, with the majority occurring in Gauteng province.

Listeria is a bacterium (*Listeria monocytogenes*) found in soil, water and vegetation. It can also occur in some animals, including poultry and cattle. Raw milk and other foods made from raw milk can also carry the bacteria. The disease cannot be spread through contact with infected people.

According to Janse Rabie, Head of Natural Resources at Agri SA, the recent outbreak of listeriosis emphasises the extreme vulnerability of all people when it comes to contamination of our natural resources, particularly soil and water.

According to the World Health Organisation (WHO), people should seek medical attention if they experience the following symptoms:

- Fever
- A stiff neck
- Confusion
- General weakness
- Vomiting (sometimes preceded by diarrhoea)

The treatment of listeriosis is usually symptomatic and depends on the severity of the disease. If infection is severe, antibiotics may be recommended. People with a compromised immune system, older adults, infants or pregnant women may require urgent medical care.

Prevention measures include:

- Avoiding drinking unpasteurised milk or eating foods that contain raw milk
- Practicing good hygiene, including washing hands regularly and make use of clean food preparation facilities
- Thoroughly cooking animal foods such as meat, poultry or fish
- Taking note of the expiry dates of perishable foods

Agri SA is committed to providing any help it may have to offer in assisting the NICD or the Department of Health in isolating and eliminating the source of the disease.

Issued by Agri SA, Directorate: Corporate Liaison

Enquiries

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