



# Listeriosis, Shigellosis, STEC, and Vibriosis

Maine Surveillance Report | 2019

## CASE INFORMATION

## DEMOGRAPHICS

## RISK FACTORS & EPIDEMIOLOGY

### Listeriosis

5

Cases

0.4

Cases/100,000

▼ 29% decrease from 2018



80% of cases  
(4) were female

67

Average age  
(51–86 years)

100%

(5) hospitalized

0%

(0) died

### Shigellosis

12

Cases

0.9

Cases/100,000

▲ 71% increase from 2018



67% of cases  
(8) were male

30

Average age  
(2–63 yrs.)

58%

(7) *Shigella flexneri*  
serotype

42%

(5) *Shigella sonnei*  
serotype

### Shiga toxin-producing *E. coli* (STEC)

27

Cases

2.0

Cases/100,000

▼ 27% decrease from 2018



59% of cases  
(16) were female

28

Average age  
(10 mo.–64 yrs.)



85% contact with  
animals (11% with cows)

26%

(7) *E. coli*  
O157:H7

### Vibriosis

9

Cases

0.7

Cases/100,000

▼ 36% decrease from 2018



89% of cases  
(8) were male

49

Average age  
(12–81 years)

78%

(7) consumed  
seafood

33%

(3) *Vibrio*  
*parahaemolyticus*

### Prevention:

- Wash hands with soap and water, especially after contact with animals, using the toilet or changing diapers, gardening, and before preparing food and eating
- Avoid unpasteurized juices and raw milk products
- Prevent cross contamination of cooked foods and uncooked foods and the surfaces used to prepare these foods

### Reporting:

Listeriosis, Shigellosis, Shiga toxin-producing *E. coli* (STEC), and Vibriosis must be reported to Maine CDC within 48 hours of recognition or strong suspicion of disease. Telephone: 1-800-821-5821 Fax: 1-800-293-7534

For more information visit:

[www.maine.gov/idepi](http://www.maine.gov/idepi)

[www.cdc.gov/listeria](http://www.cdc.gov/listeria)

[www.cdc.gov/shigella](http://www.cdc.gov/shigella)

[www.cdc.gov/ecoli](http://www.cdc.gov/ecoli)

[www.cdc.gov/vibrio](http://www.cdc.gov/vibrio)