

Consumers warned about recalled smoked fish products linked to Listeria outbreak

Products produced by St James Smokehouse and sold under Lidl's 'Deluxe Oak Smoked Scottish Louch/Loch Trout' and 'Lighthouse Bay Smoked Trout Trimmings' ranges [are being recalled because they may contain Listeria monocytogenes](#).

The products are:

Products	Pack Size	Use By Dates
Lidl Deluxe Oak Smoked Scottish Louch/Loch Trout	100g	All use By Date between and including 20/12/2022 and 06/01/2023
Lighthouse Bay Smoked Trout Trimmings	120g	All use By Date between and including 20/12/2022 and 06/01/2023

Consumers should not eat the above products and return them to Lidl for a full refund.

Junior Johnson, Director of Operations at the FSA, said: "Lidl has done the right thing in instigating this recall and their caution is to be commended. The ongoing investigation into a Listeria outbreak has identified the presence of a strain of Listeria monocytogenes which has caused serious illness. We are therefore warning consumers about these recalled products.

"As we approach the peak of the festive season, we know consumers are more likely to eat smoked fish, such as smoked salmon and trout. While investigations into the outbreak continue, FSS and FSA are reminding vulnerable consumers of the advice more generally around consuming smoked fish – it must be heated until it is steaming hot, before they eat it. While the risk of listeria is low to the general consumer, all consumers should follow this advice if they are serving smoked fish to elderly and other vulnerable relatives and friends over the festive period."

To date, the investigation has identified 15 linked cases of listeriosis since 2020, with nine of these since January 2022. Cases have been identified in England, Scotland and Wales.

Listeriosis is a form of food poisoning caused by the bacterium *Listeria monocytogenes*. Most people who are affected get mild gastroenteritis which subsides in a few days.?

However, certain individuals are particularly at risk of severe illness such as meningitis and life-threatening sepsis. These include those over the age of 65, those with certain underlying conditions such as cancer, liver and kidney failure or who are taking medications which can weaken the immune system. Listeriosis in pregnancy can cause miscarriages and severe sepsis or meningitis in new-born babies.

Dr Gauri Godbole, consultant medical microbiologist at UKHSA, said:

“In light of this ongoing outbreak, we are advising pregnant and vulnerable people to only eat ready to eat smoked fish that has been thoroughly cooked to reduce the risk of listeriosis. If you have any concerns about your health please speak to your midwife, GP or hospital specialist team.

“Most people won’t have any symptoms of the infection or will only experience mild symptoms such as abdominal pain or diarrhoea, which usually pass within a few days without the need for treatment.

“However, some people are at higher risk of much more serious illness, including those over 65, people who are pregnant or new-born babies, and those with weakened immune systems including people undergoing immunosuppressive treatment, and people with chronic liver or kidney disease.”

You can find out more about the risks of listeria on the [FSA website](#).