
To:	General Practices, Pharmacies, After-Hours Centres and Emergency Departments in the greater Wellington and Wairarapa regions
From:	Dr Annette Nesdale, Medical Officer of Health
Date:	13 November 2020
Title:	National Health Advisory – Outbreak of histamine (scombroid) fish poisoning

Please distribute the following information to relevant staff in your organisation.

All public health alerts are available at www.rph.org.nz/publichealthalerts

Notification of Outbreak of histamine (scombroid) fish poisoning associated with HelloFresh brand Trevally fish fillets

ADVISORY SUMMARY:

HelloFresh initiated a consumer level recall on 09 November of trevally fish fillets following reports by customers of symptoms of histamine or scombroid poisoning. Details are on MPI website: <https://www.mpi.govt.nz/food-safety/food-recalls/recalled-food-products/hellofresh-brand-trevally-fillets/>

As at 1500 hours 11 November 2020, 21 cases of histamine (scombroid) poisoning have been reported to EpiSurv from the following DHBs: Capital and Coast (9), Waikato, Hutt Valley (5 each) and MidCentral (2). More cases are possible, including in other DHBs given the nationwide distribution of HelloFresh.

Symptoms of scombroid fish poisoning begin within 30 minutes to an hour or two of consuming the fish, and include a feeling of warmth and flushing, a hot and itchy rash on the face, neck, chest, and upper back, as well as burning feeling in the mouth and throat, headache, palpitations, dizziness, sweating, difficulty breathing and gastro-intestinal symptoms such as abdominal pain, nausea, vomiting and diarrhoea. In severe cases, collapse due to low blood pressure may occur.

If you see any case with symptoms of scombroid fish poisoning, **please report it to the local Medical Officer of Health.**