

EPI Update for Friday, May 20, 2011
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Food safety tips for grilling**
- **Recreational water week reminder to keep germs out of the pool**
- **Cryptosporidiosis cases serve as a good reminder to prevent diseases associated with animals in public settings**
- **Meeting announcements and training opportunities**

Food safety tips for grilling

Nothing says summer like the smoky flavor of foods cooked out on the grill. However, it is important to follow these simple precautions to reduce the risk of food-borne illness:

- Clean your grill between each use.
- Wash your hands with soap and water before preparing food. Don't prepare food for others if you have a diarrheal illness.
- Keep foods refrigerated when marinating. Do not use the sauce you used to marinate raw meat or poultry on cooked food.
- Cook meat and poultry thoroughly. Use a thermometer to measure the internal temperature of meat and poultry. Cook beef steaks and roasts to 145°F, hamburger and pork to 160°F, and poultry to 165°F. If a thermometer is not available, cook meat (especially ground meats) until no pink remains and all juices run clear.
- Avoid cross-contamination by washing hands, utensils and cutting boards after they've been in contact with raw meat or poultry, and before they touch other food. Put cooked meat on a clean platter, not on the one that held the raw meat.
- Refrigerate or freeze perishables or leftovers promptly. Don't keep perishable foods on a serving table for longer than two hours (one hour when the outside temperature is above 90°F). Bacteria grow quickly at room temperature.
- Pack your cooler with 75 percent food and 25 percent ice or cold packs. A cooler that is packed full stays colder longer than one that is half-full.

For more information, including recommended temperatures for other meats and seafood, visit www.foodsafety.gov.

Recreational water week reminder to keep germs out of the pool

Next week is Recreational Water Illness and Injury Prevention Week. In light of the prevention week and the fact that the Memorial Day weekend is just around the corner, please remind patients to prevent illnesses by following these tips for healthy swimming:

- Don't swim when you have diarrhea.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Wash your child thoroughly (especially the rear end) with soap and water before swimming.
- Take your kids on bathroom breaks or check diapers often.

- Change diapers in a bathroom or a diaper-changing area and not at poolside. For more information visit www.cdc.gov/Features/RWIs/.

Cryptosporidiosis cases serve as a good reminder to prevent diseases associated with animals in public settings

IDPH and local public health partners recently investigated two confirmed cases of cryptosporidiosis among children who had participated in a small gathering on a farm. Several of the animals on the farm became ill prior to the gathering, and unfortunately the children were able to pet the ill animals. No hand-washing facilities or hand sanitizer was supplied prior to serving a snack and the snack was provided within the animal areas.

While many positive benefits of human-animal contact are associated with these settings and experiences, it is also important to take measures to prevent infectious illnesses that can be passed between animals and humans.

The *Compendium of Measures to Prevent Disease Associated with Animals in Public Settings, 2011* provides standardized recommendations to control disease associated with animals in public settings.

The *Compendium* specifically addresses the following issues:

- Recommendations for managing public-animal contact
- Guidelines for venue operators and staff members
- Suggested signs or handouts for visitors
- Hand washing suggestions to reduce disease transmission from animals in public settings
- Guidelines for animals in schools and child-care settings

To view the entire *Compendium* please visit www.nasphv.org/Documents/AnimalsInPublicSettings.pdf.

Meeting announcements and training opportunities

Immunize for a Better Life

June 8-9, Des Moines. Designed for a diverse field of health care professionals interested in learning about immunizations. For information, visit www.trainingresources.org.

Have a healthy and happy week!

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