

**Epi Update for Friday, July 1, 2016**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **West Nile virus update**
- **Zika virus and blood donation**
- **Summer weather reminder**
- **FDA: raw dough's a raw deal and could make you sick**
- **Infographic: 4 steps to food safety**
- **Meeting announcements and training opportunities**

**West Nile virus update**

Recent mosquito surveillance has confirmed that mosquitoes carrying West Nile virus are in the state. To prevent WNV infections, eliminate mosquito breeding areas and use insect repellent when outdoors.

- Use insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus. Read the repellent label and consult with a health care provider if you have questions when using these types of products for children - DEET should not be used on infants less than 2 months old and oil of lemon eucalyptus should not be used on children under 3 years old.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts, pants, shoes, and socks whenever possible outdoors.
- Eliminate standing water around the home where mosquitoes lay eggs. Empty water from buckets, cans, pool covers and pet water dishes. Change water in bird baths every three to four days.

About 20 percent of people infected with West Nile virus will have mild to moderate symptoms such as fever, headache, body aches and vomiting. Less than one percent of people infected become seriously ill and rarely, death occurs.

Since West Nile virus first appeared in Iowa in 2002, it has been found in every county in Iowa, either in humans, horses, or birds. Since 2005, Iowa has had between five and 44 reported cases of West Nile virus each year. For more information about West Nile virus, visit [idph.iowa.gov/cade/disease-information/west-nile-virus](http://idph.iowa.gov/cade/disease-information/west-nile-virus).

**Zika virus and blood donation**

Although Zika virus is primarily vector-borne, suspected cases of transmission through blood transfusion have occurred in Brazil.

To reduce the risk of transfusion-transmitted Zika virus and to protect the blood supply and potential blood product recipients in the U.S., the following is recommended: 1) potential donors with a history of residence in or travel to an area with local Zika transmission within the last 28 days should be deferred; and 2) donors who traveled to an affected area and who experience symptoms associated with Zika virus infection should self-defer until 28 days after resolution of symptoms.

In areas like Puerto Rico with active, local mosquito-borne transmission, methods such as pathogen-reduction technology and nucleic acid tests can help reduce the risk of transfusion transmission and identify contaminated units of blood. The use of screening, laboratory screening, and pathogen-reduction technology are expected to similarly reduce the risk for transfusion transmission in the U.S. For more information, visit [www.cdc.gov/zika/transmission/blood-transfusion.html](http://www.cdc.gov/zika/transmission/blood-transfusion.html).

### **Summer weather reminder**

As lowans enjoy more outdoor recreational opportunities and events, it's important to remember some basic summer safety guidelines, which can be summarized with the word 'SHADE':

- S - Sunscreen. Put on sunscreen with a sun protective factor (SPF) of 15 or higher and reapply throughout the day, especially if swimming or sweating.
- H - Heat safety. Drink lots of water and other non-alcoholic, sugar-free fluids; wear lightweight, loose-fitting clothing when outdoors, especially when active; and when temperatures soar, stay in the shade or air conditioning as much as possible.
- A - Animal contact. Remember to wash your hands after touching animals at places like petting zoos or county fairs. Avoid stray and wild animals; they may carry diseases like rabies.
- D - DEET. To prevent being bitten by ticks and mosquitoes that can carry diseases like West Nile virus and Lyme disease, use insect repellent with DEET (follow the label directions when using, especially on children).
- E - Eating outdoors. Grill all meats until thoroughly cooked and always keep cold foods cold and hot foods hot.

For more information about hot weather health, visit [www.cdc.gov/features/extremeheat/](http://www.cdc.gov/features/extremeheat/)

### **FDA: raw dough's a raw deal and could make you sick**

Eating raw dough or batter - whether it's for bread, cookies, pizza or tortillas - could make you sick, according to the FDA. It is recommended that kids and parents don't eat raw dough and that kids do not play with raw dough or baking mixes that contain flour. Regardless of the brand, flour can contain bacteria that cause disease. Flour is derived from a grain that typically is not treated to kill bacteria; thus, if contaminated with animal waste can lead to contaminated flour.

Currently a national outbreak of *E. coli* O121 is being investigated and has implicated eating raw dough. Tests by the FDA have linked bacteria in a flour sample to bacteria from people who had become ill.

Common symptoms of Shiga toxin-producing *E. coli* infection are diarrhea (often bloody) and abdominal cramps. Most people recover within a week, but some illnesses last longer and can be more severe, resulting in a type of kidney failure called hemolytic uremic syndrome (HUS). HUS can occur in people of any age, but is most common in

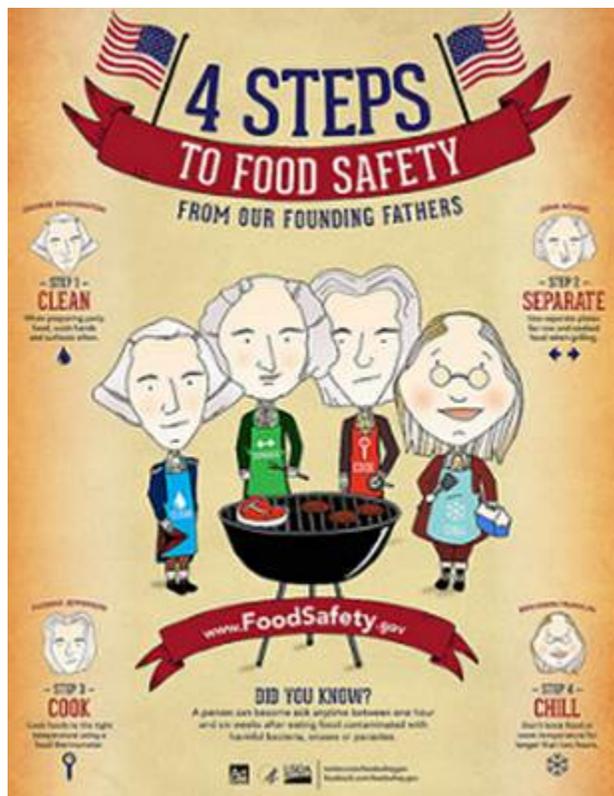
young children under 5 years, older adults, and people with weakened immune systems.

Tips for safe food handling:

- Do not eat any raw cookie dough, cake mix, batter, or any other raw dough or batter product that is supposed to be cooked or baked.
- Follow package directions for cooking products containing flour at proper temperatures and for specified times.
- Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough products.
- Keep raw foods separate from other foods while preparing them to prevent any contamination that may be present from spreading. Be aware that flour may spread easily due to its powdery nature.
- Follow label directions to chill products containing raw dough promptly after purchase until baked.

For more information, visit [www.fda.gov/ForConsumers/ConsumerUpdates/default.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/default.htm).

### Infographic: 4 Steps to Food Safety from our Founding Fathers



For more information, visit: [www.fsis.usda.gov/wps/portal/food-safety-education/teach-others/fsis-educational-campaigns/grill-it-safe/grill-it-safe](http://www.fsis.usda.gov/wps/portal/food-safety-education/teach-others/fsis-educational-campaigns/grill-it-safe/grill-it-safe).

### **Meeting announcements and training opportunities**

Mark your calendars: *IDPH Fall Epi Updates* are scheduled for the following dates across Iowa:

- Friday, October 14 at the Iowa Lakeside Laboratory in Milford
- Wednesday, October 19 at the Three Mile Recreational Area in Afton
- Thursday, October 20 at Lake Darling State Park in Brighton
- Friday, October 21 at the Oelwein Community Plaza Wilson in Oelwein

Register at the following link: [www.surveymonkey.com/r/2016EPIUPDATE](http://www.surveymonkey.com/r/2016EPIUPDATE).

### **Have a healthy and happy Fourth of July week!**

Center for Acute Disease Epidemiology

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