

EPI Update for Friday, April 6, 2007
Center for Acute Disease Epidemiology
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Easter egg safety**
- **National Public Health Week**
- **Iowa Public Health Conference 2007**
- **Influenza update**
- **Meeting announcements and training opportunities**

Easter egg safety

Raw eggs are a potentially hazardous food, similar to raw meat, poultry and fish. Eggs, including eggs with their shells still intact, can be contaminated with salmonella. Salmonella can also grow in raw eggs, so before you boil the eggs for Easter decorating, they should be kept refrigerated. (Never leave raw eggs, in any form, at room temperature for more than two hours.) Use only clean, unbroken eggs for decorating. Hard boil the eggs, making sure that they are thoroughly cooked. Cool the eggs in cold water. Hard-boiled decorated Easter eggs that are left at room temperature for more than two hours (e.g., for children to find in an Easter egg hunt or those which have been set out as decorations) should be discarded and not eaten. Following these recommendations will help you and your family stay healthy during the holiday.

National Public Health Week

In conjunction with National Public Health Week, CADE is encouraging you to prepare for emergencies. For information about responding to emergencies, obtain a copy of the Protect Iowa Health guidebook. These are available through www.protectionowahealth.org/. This guidebook contains a checklist to help you prepare for emergencies.

Iowa Public Health Association Conference 2007

This year's conference was held April 3 & 4 in Ames, Iowa. Mary Jones, IDPH interim director, opened the session by looking back at a few of public health's notable accomplishments since 1900. In 1900 the average life expectancy was 40 years; today it is 80 years. In 1990, rickets in children and iron deficiency was common, and the number one cause of death in Iowa was tuberculosis.

Public health efforts have relied on science, education and communication. Interim Director Jones noted that today, public health deals with a wide range of issues, including violence, birth defects, injury prevention, chronic diseases, environmental health, infectious diseases, substance abuse and mental health, and public health emergencies and disasters. Interim Director Jones concluded by looking into the future. The past successes of public health were accomplished with very little fiscal investment (less than 3 percent of the total

health dollar). The dramatic increase in life expectancy achieved by public health efforts has resulted in one of our greatest challenges today—an aging population, meaning that the focus of public health must turn to health span vs. life span.

Influenza Update

Influenza surveillance in schools, long-term care facilities, and hospitals for the season has ended. Influenza in Iowa and across the nation continues to decline. Iowa is currently reporting local influenza activity. No outbreaks in schools or long-term care facilities were reported in Iowa for the week ending March 31, 2007. Sentinel health care providers are reporting an influenza-like illness percentage of 1.55 percent, which is below the national baseline of 2.1 percent. In the past few weeks, including this week, influenza B continues to be the predominate strain being isolated in Iowa. To view the full weekly surveillance report visit www.idph.state.ia.us/adper/iisn.asp .

Meeting announcements and training opportunities

None

Have a healthy and happy week!
Center for Acute Disease Epidemiology
Iowa Department of Public Health
800-362-2736