

EPI Update for Friday, May 18, 2007
Center for Acute Disease Epidemiology
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Dental screening bill signed into law by governor**
- **Iowa's HIV/AIDS law is updated**
- **Outdoor eating food safety tips**
- **Meeting announcements and training opportunities**

Dental screening bill signed into law by governor

A dental screening bill (House File 906) was signed into law by Governor Culver on May 9. The bill will require all Iowa children enrolled in a public or non-public school to have a dental "screening" (not dental examination) before age 6 and a second screening before enrollment in high school. For those enrolling in elementary school, the legislation allows a dental screening to be performed by a licensed physician, dentist, dental hygienist, or public health or school nurse. For high school enrollment, the legislation allows screenings performed by a dentist or dental hygienist.

The bill provides a waiver exception to parents unduly burdened or who decline screening for religious reasons. Rules for this proposal will be written before implementation. Implementation is planned for summer 2008. The proposal does not require any form of dental treatment, but will inform parents when suspected conditions exist with a recommendation to see a dental provider for follow up care.

IDPH expects additional resources and options will be made available to low-income parents for dental screenings through new programs under development in Iowa's Medicaid and public health system. Providers with questions can contact the IDPH Oral Health Bureau at 515-281-3733.

Iowa's HIV/AIDS law is updated

Iowa Code 141A was updated this legislative session to make changes in the requirements for obtaining consent for HIV testing and to implement opt-out testing for pregnant women. Both changes are in response to CDC's Revised Recommendations for HIV Testing of Adults, Adolescents, and Pregnant Women in Health-Care Settings (see www.cdc.gov/mmwr/PDF/rr/rr5514.pdf), which were released in September 2006. The recommendations call for more routine HIV testing in health care settings and discourage the use of separate, written consent forms for HIV testing.

Changes in Iowa Code 141A will take effect July 1. Consent requirements are now explicit. A general consent will suffice for an HIV test if the general consent form:

- includes medical tests and procedures; and
- is in effect at the time an HIV test is completed.

If a general consent is not used or is no longer in effect, oral or written consent may be used. There are also new provisions for a health care provider to authorize a test when a patient is unable to give consent.

There are no requirements for pre-test counseling in the code, but pre-test information must be made available. Prior to undergoing an HIV-related test, information concerning HIV testing and how to obtain additional information about HIV infection and risk reduction must be made available to the patient.

Health care providers must offer HIV testing to all people who are at risk for HIV infection, including:

- all persons testing positive for a sexually transmitted disease;
- all persons having a history of injection drug abuse;
- male and female sex workers and those who trade sex for drugs, money, or favors;
- sexual partners of HIV-infected persons; and
- persons whose sexual partners are identified above.

Finally, the code requires providers to notify pregnant women that HIV screening is recommended for all prenatal patients and that they will receive an HIV test as part of the routine panel of prenatal tests unless they decline the test. If a pregnant woman declines the test, the decision shall be documented in her medical record. Information about HIV prevention, risk reduction, and treatment opportunities to reduce the possible transmission of HIV to the fetus must be made available to all pregnant women.

All of the changes can be found under HF 610 on the legislature's web site under enrolled bills, at www.legis.state.ia.us/GA/82GA/Session.1/Affected/07enroll.htm. Information about the changes in code and CDC's revised recommendations will be sent to health care providers in June. Questions can be addressed to Randy Mayer, HIV/AIDS/Hepatitis Program Manager at rmayer@idph.state.ia.us.

Outdoor eating food safety tips

The picnic and barbeque season traditionally begins on Memorial Day weekend. To protect yourself, your family, and friends from foodborne illness, practice safe food handling techniques when eating outdoors. Keep these tips in mind when preparing, storing, and cooking food for picnics and barbecues.

When you transport food

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 40°F.
- Consider packing beverages in one cooler and perishable foods in another.
- Meat, poultry, and seafood may be packed while it is still frozen so that it stays cold longer. Be sure to keep raw meat, poultry, and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw, such as fruits and vegetables.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened.

Before you begin

- Food safety begins with hand-washing even in outdoor settings. And it can be as simple as using a water jug, some soap, and paper towels.
- Consider using moist disposable towelettes for cleaning your hands.
- Keep all utensils and platters clean when preparing food.

Safe grilling tips

- Marinate foods in the refrigerator, not on the counter or outdoors. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, cook it thoroughly. Use a food thermometer to be sure.
 - Beef, veal, and lamb steaks and roasts: 145°F for medium rare, 160°F for medium, and 170°F for well done.
 - Ground pork and ground beef: 160°F.
 - Ground poultry: 165°F.
 - Poultry breasts: 170°F.
 - Whole poultry (take measurement in the thigh): 180°F.
 - Fin fish: 145°F or until the flesh is opaque and separates easily with a fork.

- Shrimp, lobster, and crabs: the meat should be pearly and opaque.
- Clams, oysters, and mussels: until the shells are open.
- Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals where it can overcook.

When you serve food

- Keep cold foods cold and hot foods hot.
- Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.
- Hot food should be kept hot, at or above 140°F. Wrap well and place in an insulated container.
- Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.
- Don't let perishable food sit out longer than two hours.
- Food should not sit out for more than one hour in temperatures above 90°F

Meeting announcements and training opportunities

None.

Have a healthy and happy week!

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