

EPI Update for Friday, April 10, 2009
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **National Public Health Week 2009**
- **What infectious disease am I?**
- **Enjoying holiday eggs safely**
- **Meeting announcements and training opportunities**

National Public Health Week 2009

Public health is a crucial component for improving the nation's health because it affects every facet of people's lives: communities, workplaces, schools and homes. We are striving to make the United States a healthier nation in one generation.

Watch the "Healthiest Nation in One Generation" video and share it with friends, family, colleagues and anyone else! To view this excellent, short video, visit: www.generationpublichealth.org/ (It really is well done, really!)

For more information on the American Public Health Association's agenda for health reform, visit:

www.apha.org/about/news/pressreleases/2009/health_reform_agenda.htm

What infectious disease am I?

Recently, a 60 to 70 year old central Iowa farmer presented to his health care provider with the history of being butted in the forehead by a sheep (this occurred while sheering). The wound was cleaned and the edges medically glued back together; no antibiotics were prescribed.

Over the next 30 days, an enlarging lesion developed, until it was very edematous, about 3 cm long, and oval shaped with a central ulceration that would bleed with incidental trauma. There was little itching, no systemic symptoms, and no response to antibiotics, which started on day 17. Diagnostic cultures of the lesion were taken. Name the disease (answer at end of the Update).

- A. Secondary Syphilis
- B. Orf disease
- C. Nocardia infection
- D. Buruli ulcer

Enjoying holiday eggs safely

Eggs are often used during the Easter and Passover holidays. Here are some basic safety recommendations for how to use holiday eggs for things like Easter egg hunts.

Before the hunt:

- Wash your hands with soap and warm water before handling eggs.
- Only use eggs that have been refrigerated, and discard eggs that are cracked or dirty.
- When cooking, place a single layer of eggs in a saucepan. Add water to at least one inch above the eggs. Cover the pan, bring the water to a boil, and carefully remove the pan from the heat. Let the eggs stand (18 minutes for extra large eggs, 15 minutes for large, 12 minutes for medium). Run cold water over the eggs. When the eggs are cool enough to handle, place them in an uncovered container in the refrigerator where they can air-dry.
- When decorating, be sure to use food-grade dyes; you can use commercial egg dyes, liquid food coloring, or fruit-drink powders.
- Keep hard-cooked Easter eggs refrigerated until just before the hunt. Keep them fully chilled by storing them on a shelf inside the refrigerator, not in the refrigerator door.
- Consider buying one set of eggs for decorating only and another set for eating.

During the hunt:

- Hide the eggs in places that are protected from dirt, pets and other potential sources of bacteria.
- To prevent bacterial growth, don't let eggs sit in hiding places for more than two hours.

After the hunt:

- Throw away eggs that were cracked, dirty or not found within two hours.
- Place the eggs back in the refrigerator until it's time to eat!

For more information, visit www.fightbac.org/content/view/84/10/

What infectious disease am I? Answer is B (and no, it's not an old TV show).

Meeting announcements and training opportunities

None.

Have a healthy and happy week!
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