

**EPI Update for Friday, September 2, 2011**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Influenza vaccine administration factsheets available on the IDPH website**
- **Home food safety mythbusters**
- **Study shows posters can help increase hand hygiene practices**
- **Meeting announcements and training opportunities**

**Influenza vaccine administration factsheets available on the IDPH website**

The IDPH Bureau of Immunization and Tuberculosis has posted two factsheets clarifying influenza vaccine dosing and administration for the 2011-2012 influenza season.

To access the algorithm for children aged 6 months through 8 years, visit [www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=6693CB93-767F-46A3-AA87-32715081D159](http://www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=6693CB93-767F-46A3-AA87-32715081D159).

To access administration guidance by age group, visit [www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=D0A7772A-2964-4594-98DB-4C27818A5269](http://www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=D0A7772A-2964-4594-98DB-4C27818A5269).

**Home food safety mythbusters**

September is National Food Safety Education Month and the Iowa Department of Public Health (IDPH) encourages all Iowans to learn the truth behind some common food safety 'myths.' Over the next four weeks, IDPH will present the truth behind four of these myths. This week's myth is about frozen foods.

**Myth:** Freezing foods kills harmful bacteria that can cause food poisoning.

**Fact:** Bacteria can survive freezing temperatures. Freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper internal temperature is the best way to kill harmful bacteria. Use a thermometer to measure the temperature of cooked foods.

To learn more about how to reduce your risk of foodborne illness, and for additional information about food safety myths, visit [www.idph.state.ia.us/eh/food\\_safety.asp](http://www.idph.state.ia.us/eh/food_safety.asp).

**Study shows posters can help increase hand hygiene practices**

A study by Kansas State University shows that posters encouraging hand hygiene can increase attempts at hand hygiene. The research was based on observations of 5,551 hospital visitors at a hospital-based cafeteria. During the observation, hand hygiene attempts increasing from 3.16 percent when the poster was not displayed, to 6.17percent when the poster was displayed.

An abstract of the study is available at [www.ajicjournal.org/article/S0196-6553%2810%2900986-7/abstract](http://www.ajicjournal.org/article/S0196-6553%2810%2900986-7/abstract).

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

#### **Disease Epidemiology and Prevention XV (2011 Fall Epi Update)**

The Fall Epi Update will be held in Des Moines on September 21. Topics include acute disease trends, public information considerations, tuberculosis update and more. For more information, visit

[www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=95B7E505-C5D5-423D-BE78-B36AE5DA188E](http://www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=95B7E505-C5D5-423D-BE78-B36AE5DA188E).

#### **Have a healthy and happy week!**

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