

EPI Update for Friday, June 30, 2017

Center for Acute Disease Epidemiology (CADE)

Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Fight the bite! First WNV positive mosquito pool**
- **Summertime means increased foodborne illnesses**
- **Recent plague cases in New Mexico**
- **IDPH's Division of Behavioral Health offers the *Opioid Update***
- **In the news: The opioid epidemic is so bad that librarians are learning how to treat overdoses**
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Fight the bite! First WNV positive mosquito pool

Mosquito surveillance in select counties across the state started this month and last week, the first mosquito pool tested positive for West Nile virus (WNV). While there have been no human cases reported in Iowa this year, Iowans should take the following steps to reduce the risk of WNV:

Use insect repellent with DEET, picaridin, IR3535 or oil of lemon eucalyptus. To ensure correct use, read the repellent label especially when using on children. (For example, 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.

There were 37 human cases of WNV reported in 19 Iowa counties last year. For more information about WNV and mosquito surveillance, visit idph.iowa.gov/cade/disease-information/west-nile-virus.

Summertime means increased foodborne illnesses

Several common foodborne disease-causing organisms have been reported in higher numbers this year when compared to the previous five-year average, including *Campylobacter* (44 percent higher), *Salmonella* (21 percent higher), *Cryptosporidium* (12 percent higher), and *E. coli* (10 percent higher). A total of 114 suspect cases of campylobacteriosis have been reported in Iowa in the last month alone.

Educating patients on proper food handling/storage, safe use of recreational water and hand washing is a great way to reduce these illnesses. And, as always, performing stool testing on ill patients helps public health identify and track these organisms.

Recent plague cases in New Mexico

As of June 28th, three cases of plague have been confirmed in Santa Fe County, New Mexico. All three cases required hospitalization – there have been no deaths.

Plague is a bacterial disease of rodents (primarily in the southwestern states in the U.S.) and is generally transmitted to humans through the bites of infected fleas, but can also be transmitted by direct contact with infected animals, including rodents, wildlife and pets. On average, there are seven human plague cases each year in the U.S. Prevention strategies include avoiding wildlife interactions and eliminating possible rodent habitats surrounding dwellings. Restricting pets from free roaming and pet flea control is also recommended.

For more information about plague, visit www.cdc.gov/plague/index.html.

IDPH's Division of Behavioral Health offers Opioid Update newsletter

The Opioid Update shares information about opioid use and Iowa's efforts to address the national opioid epidemic. To view the latest edition and to sign up to receive the Opioid Update, visit content.govdelivery.com/accounts/IACIO/bulletins/1a1a179.

In the news: The opioid epidemic is so bad that librarians are learning how to treat overdoses
wgno.com/2017/06/25/the-opioid-epidemic-is-so-bad-that-librarians-are-learning-how-to-treat-overdoses/

Infographic: Have A Food Safe Summer

HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6
Approximate number of Americans stricken with food poisoning each year.

128,000
Estimated annual hospitalizations from foodborne illnesses.

Did You Know?
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

Basic Tips

- CLEAN:** CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use! Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them.
- SEPARATE:** SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).
- COOK:** USE A FOOD THERMOMETER. **Burgers: 160°F** Just because your burger is brown, red pink doesn't mean it's safe to eat!
- CHILL:** CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking. Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making? Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE
Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD
Rinse all produce before peeling or chopping. Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS
Refrigerate prepared eggs until they're ready to be served and once done, keep them nestled in ice to keep them in cool.

ADDITIONAL SOURCE: CDC

USDA

Ad Council

For more summer food safety tips, go to **FoodSafety.gov**

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To view in full size, visit www.flickr.com/photos/usdafoodsafety/28736653366/in/album-72157671912703496/.

Meeting announcements and training opportunities

None

Have a healthy and happy week!
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