



EPI Update for Friday, November 12, 2021

**Office of the Public Health Medical Director
Center for Acute Disease Epidemiology (CADE)
Bureau of HIV, STD, and Hepatitis**

Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Prevent infectious diseases this holiday season**
- **Quiz: Holiday meal outbreak**
- **In the news: 22 million babies missed measles vaccines during the pandemic. That's a big problem, CDC warns**
- **Infographic: Food safety - Turkey**

Prevent infectious diseases this holiday season

The holidays are approaching, and many will be gathering with family and friends this season. Unfortunately, infectious diseases such as norovirus and a variety of respiratory illnesses tend to peak around this same time of year.

There are several things you can do to help prevent infectious diseases from spoiling your holiday cheer:

- Stay home while you are ill to avoid infecting others.
- Wash your hands often, especially before and after preparing food, before eating, and after using the restroom. If you are unable to wash your hands, use hand sanitizer.
- Cover coughs and sneezes.
- Cook food thoroughly and refrigerate or freeze perishable food within 2 hours.

It is also important to stay up to date on vaccinations. CDC recommends that essentially everyone over 6 months of age receive the influenza vaccine. In addition, everyone 5 years of age and older is now eligible for free COVID-19 vaccinations, and some individuals are recommended to receive a booster dose. Also keep in mind that it typically takes two weeks after vaccination for the body to build protection.

For in-depth information about a variety of infectious diseases, including prevention strategies, visit <https://idph.iowa.gov/cade>.

Quiz: Holiday meal outbreak

A juvenile detention center served its traditional holiday meal. On November 17, 1995, seven frozen turkey breasts were thawed and cooked until they looked like they were done. They then were piled in a walk-in refrigerator. Gravy was made from the juice. The next day the turkey was sliced, reheated, and served, along with the gravy, which was heated. Some of the kitchen helpers noted that the turkey was still warm when taken out of the walk-in. About 40% of the 250 youth became ill with diarrhea, cramps, nausea, or vomiting about 13 hours after lunch (range 5 – 19 hours). Consuming turkey and gravy had the highest attack rates of all the foods consumed. What was the cause of the illnesses?

- A) A chemical cleaner used on the large pot
- B) *Clostridium perfringens*
- C) *Salmonella* Typhimurium
- D) Norovirus
- E) *E. coli* 0157:H7

See the answer at the bottom of the EPI Update!

Credit To: Richard N. Danila, Ph.D., M.P.H. at the Minnesota Department of Health

In the news: 22 million babies missed measles vaccines during the pandemic. That's a big problem, CDC warns

www.usatoday.com/story/news/health/2021/11/11/measles-vaccine-missed-who-cdc/6383952001/

Infographic: Food safety - Turkey



To view in full size, visit

www.cdc.gov/foodsafety/images/socialmedia/Food-Thermometer-2018-chat.png.

Have a healthy and happy week!

Center for Acute Disease Epidemiology
800-362-2736

Bureau of HIV, STD, and Hepatitis
515-281-6801

Answer: B *Clostridium perfringens*. Don't pile turkeys; use a shallow pan when cooling.