

# Epi Update for Friday, May 24, 2024

## CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

### Iowa Department of Health and Human Services

Items for this week's Epi Update include

- **CDC: Meningococcal disease cases linked to travel to the Kingdom of Saudi Arabia**
- **Keep food out of the Danger Zone**
- **CDC: Outbreak of trichinellosis linked to bear meat**
- **In the news: Second human case of bird flu linked to dairy cows found in Michigan**
- **Infographic: Safe minimum internal temperatures for food**

#### **CDC: Meningococcal disease cases linked to travel to the Kingdom of Saudi Arabia**

CDC issued a Health Advisory for meningococcal disease linked to Umrah travel to the Kingdom of Saudi Arabia (KSA). Since April 2024, 12 cases of meningococcal disease linked to KSA travel have been reported in the U.S. (5 cases), France (4 cases), and United Kingdom (3 cases). No cases have been identified in Iowa.

Ten cases traveled to KSA, and two had close contact with travelers to KSA. Ten cases were caused by *Neisseria meningitidis* serogroup W, one U.S. case was caused by serogroup C, and the serogroup is unknown for one U.S. case. Of nine patients with known vaccination status, all were unvaccinated. The serogroup C isolate and two serogroup W isolates were resistant to ciprofloxacin. The remaining eight serogroup W isolates were all sensitive to penicillin and ciprofloxacin.

Quadrivalent meningococcal (MenACWY) conjugate vaccination is routinely recommended for adolescents and travelers to countries where meningococcal disease is hyperendemic or epidemic, including a booster dose of MenACWY if the last dose was administered 3 - 5 or more years previously (depending on the age at most recent dose received). In addition, all Hajj and Umrah pilgrims aged one year and older are required by KSA to receive quadrivalent meningococcal vaccine.

Health care providers should work with patients considering travel to KSA to ensure that those aged one year or older have received a MenACWY conjugate vaccine within the last 5 years administered at least 10 days prior to arrival in KSA. Health care providers should also maintain increased suspicion for meningococcal disease in patients with recent travel to KSA.

To view the full Health Advisory, visit [emergency.cdc.gov/han/2024/han00508.asp](https://emergency.cdc.gov/han/2024/han00508.asp).

#### **Keep food out of the Danger Zone**

Bacteria in food multiply rapidly between 40° and 140° F and therefore food should spend as little time as possible within this Danger Zone. Cold foods should be kept at 40° F or below by placing them in the refrigerator, insulated coolers with cold sources, or over ice. If cooling is not available, follow the 2-hour rule or 1-hour rule if outdoor temperatures are above 90 F. After these timeframes, perishable foods are no longer safe and should be discarded.

Non-perishable pool snacks like jerky, crackers, chips, popcorn, pretzels, candy, trail mix, and granola bars can withstand the summer heat and remain safe without being kept cold.

For more information, visit

[www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f](https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f).

### CDC: Outbreak of trichinellosis linked to bear meat

Trichinellosis is a parasitic zoonotic disease transmitted through the consumption of meat from animals infected with *Trichinella* nematodes. In North America, human trichinellosis is rare and is most commonly acquired through consumption of wild game meat.

In July 2022, a hospitalized patient with suspected trichinellosis was reported to the Minnesota Department of Health. One week before symptom onset, the patient and eight others shared a meal that included bear meat that had been frozen for 45 days before being grilled and served rare with vegetables cooked with the meat. Investigation identified six trichinellosis cases, including two who consumed only vegetables. *Trichinella nativa* larvae (a freeze-resistant species) were found in remaining bear meat that was frozen for more than 15 weeks.

Persons who consume meat from wild game animals should be aware that adequate cooking is the only reliable way to kill *Trichinella* parasites and that infected meat can cross-contaminate other foods.

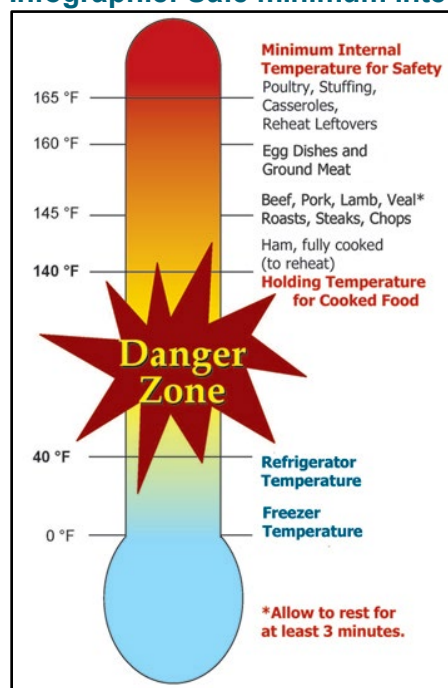
To view the full CDC MMWR, visit [www.cdc.gov/mmwr/volumes/73/wr/mm7320a2.htm?s\\_cid=mm7320a2\\_w](http://www.cdc.gov/mmwr/volumes/73/wr/mm7320a2.htm?s_cid=mm7320a2_w).

For more information about trichinellosis, visit [www.cdc.gov/trichinellosis/about/index.html](http://www.cdc.gov/trichinellosis/about/index.html).

### In the news: Second human case of bird flu linked to dairy cows found in Michigan

[www.nbcnews.com/health/health-news/second-human-case-bird-flu-linked-dairy-cows-found-michigan-rcna153536](http://www.nbcnews.com/health/health-news/second-human-case-bird-flu-linked-dairy-cows-found-michigan-rcna153536)

### Infographic: Safe minimum internal temperatures for food



To view in full size, visit

[www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f](http://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f).

**Have a healthy and happy week!**  
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