

Epi Update for Friday, July 12, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- CDC FoodNet data highlights trends in key foodborne pathogen disease activity
- Crypto and recreational water
- Summer sun safety
- Infographic: It's easy to protect yourself from UV exposure

CDC FoodNet data highlights trends in key foodborne pathogen disease activity

CDC has published preliminary 2023 surveillance data for infections caused by pathogens transmitted commonly through food. The data come from FoodNet, which tracks infections caused by eight pathogens in a surveillance area that includes 16% of the U.S. population.

Incidence of infections either increased or remained the same in 2023 compared with 2016 - 2018.

Campylobacter, *Cyclospora*, Shiga toxin-producing *E. coli*, *Vibrio*, and *Yersinia* infections increased. Incidence did not change for infections caused by *Listeria*, *Salmonella*, and *Shigella*. These changes may reflect improved detection of infections, rather than true increases in burden.

Campylobacter and *Salmonella* remained the top causes of infections monitored by FoodNet.

Continued surveillance is necessary to monitor the effects of changing diagnostic practices on disease trends. More work is needed to reduce disease burden and meet the U.S. Department of Health and Human Services *Healthy People 2030* goals. Collaboration among public health agencies, regulatory agencies, industry, and consumer groups is key to reducing foodborne illness.

Iowa HHS continues to partner with local public health departments, state health departments, and CDC to investigate and track individual cases of a wide range of foodborne pathogens to identify outbreaks and prevent further transmission.

To view the full CDC report, visit www.cdc.gov/foodnet/reports/preliminary-data.html.

Crypto and recreational water

Cryptosporidium (Crypto) is an extremely chlorine-tolerant parasite. This means Crypto can spread among swimmers even in well-maintained, chlorinated aquatic venues.

As summer heats up and we enter peak swimming season, here are some tips to prevent Crypto from spreading at recreational water facilities such as pools, splash pads, and waterparks:

- Stay out of the water if you have diarrhea. If you have been diagnosed with *Cryptosporidium*, do not swim for two weeks after resolution of diarrhea.
- Shower for at least 1 minute before you get into the water.
- Don't swallow the water.
- Don't pee or poop in the water.
- Take kids on bathroom breaks and check diapers every hour.

For more information about *Cryptosporidium*, visit www.cdc.gov/cryptosporidium/about/index.html.

Summer sun safety

Most skin cancers are caused by too much exposure to ultraviolet (UV) light, an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells. UV rays can reach you on cloudy and cool days, and reflect off surfaces like water, cement, sand, and snow. UV rays tend to be strongest from 10 AM to 4 PM.

Use a broad-spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher. Higher SPF numbers indicate more protection. Don't forget to put a thick layer on all exposed skin. Reapply if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off. Sunscreen is not recommended for babies who are 6 months old or younger. Keep infants out of the sun during midday and use protective clothing if they must be in the sun.

Here are some more tips to protect yourself and your family from too much sun exposure this summer:

- Spend as much time as you can in the shade under an umbrella, tree, or other shelter.
- Wear a hat that has a brim that shades your face, ears, and back of your neck.
- Plan activities for morning, late afternoon, and evening when UV rays are not at their strongest.
- Wear sunglasses protect your eyes from UV rays and reduce the risk of cataracts.

For more sun safety tips from CDC, visit www.cdc.gov/skin-cancer/sun-safety/index.html.

Infographic: It's easy to protect yourself from UV exposure



It's easy to protect yourself from UV exposure...

 Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.

 Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.

 Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.

 If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

To view in full size, visit www.fs.usda.gov/visit/know-before-you-go/sun-safety.

Have a healthy and happy week!
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