

Epi Update for Friday, August 2, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- *Cyclospora* update
- Boar's Head Provisions Co. meat and poultry *Listeria* recall
- Ground cinnamon products added to FDA alert due to elevated lead levels
- Infographic: Food safety for baby and me

***Cyclospora* update**

An increasing number of *Cyclospora* infections have been reported in Iowa this summer, and over 60 cases have been identified from 16 counties so far this year. The majority of cases in Iowa have been linked to international travel. Cases usually peak in the summer, and often impact travelers to tropical or sub-tropical regions where the parasite is endemic. *Cyclospora* exposure can also occur without travel by eating contaminated imported food, most often fresh produce.

Symptoms of cyclosporiasis include diarrhea, loss of appetite, weight loss, cramping, bloating, increased gas, nausea, and fatigue. Without treatment, diarrhea can last weeks to months. Trimethoprim-sulfamethoxazole (TMP-SMX) is the usual therapy for *Cyclospora* infection.

Cyclospora-specific stool testing includes PCR or special acid-fast staining needed to identify *Cyclospora* oocysts via microscope. *Cyclospora* positive specimens are required to be forwarded to SHL for genotyping. Specimens should be submitted in ProtoFix, PVA, Cary-Blair, or ETM preservative. SAF is not acceptable for genotyping and should not be submitted.

For more information about *Cyclospora*, visit www.cdc.gov/cyclosporiasis/index.html.

Boar's Head Provisions Co. meat and poultry *Listeria* recall

Boar's Head Provisions Co., Inc. is recalling deli meat products that may be adulterated with *Listeria monocytogenes*, including 71 products produced May 10 - July 29, 2024, under the Boar's Head and Old Country brand names with sell-by dates ranging from July 29 – October 17, 2024. These products include meat intended for slicing at retail delis as well as some packaged meat and poultry products sold at retail locations. Consumers who have purchased these products are urged not to consume them and retailers are urged not to sell these products with the referenced sell by dates.

Listeriosis primarily affects people who are pregnant, aged 65 or older, or with weakened immune systems. Listeriosis can cause fever, muscle aches, headache, stiff neck, confusion, loss of balance, and convulsions sometimes preceded by diarrhea or other gastrointestinal symptoms. In women who are pregnant, the infection can cause miscarriages, stillbirths, premature delivery, or life-threatening infection of the newborn. In addition, serious and sometimes fatal infections can occur in older adults and persons with weakened immune systems.

CDC and several state public health agencies are investigating an outbreak of *L. monocytogenes* infections linked to meats sliced at delis. As of July 30, 2024, 34 sick people have been identified in 13 states, including 33 hospitalizations and two deaths. No cases have been identified in Iowa.

For full recall information, visit www.fsis.usda.gov/recalls-alerts/boars-head-provisions-co--expands-recall-ready-eat-meat-and-poultry-products-due.

Ground cinnamon products added to FDA alert due to elevated lead levels

FDA has determined that nine brands of ground cinnamon products contain elevated levels of lead and that exposure to these products may be unsafe. The recalled products had lead levels ranging from 2.03 to 7.01 parts per million (ppm). These levels are significantly lower than the levels of lead associated with the WanaBana cinnamon apple puree and applesauce products recalled in the fall of 2023, which had between 2,270 ppm to 5,110 ppm lead in the cinnamon.

Brand names of ground cinnamon products included in the recall include El Chilar, Marcum, SWAD, Supreme Tradition, Compania Indillor Orientale, ALB Flavor, Shahzada, Spice Class, and La Frontera. FDA is advising consumers to throw away and not to buy these ground cinnamon products.

To view full recall information, including label information and product pictures, visit www.fda.gov/food/alerts-advisories-safety-information/more-ground-cinnamon-products-added-fda-public-health-alert-due-presence-elevated-levels-lead.

Infographic: Food safety for baby and me

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT		
Foods to Avoid	Here's Why	Foods to Eat
Raw seafood	May contain parasites or bacteria	Fish cooked to 145 °F
Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	Pasteurized versions are safer alternatives.
Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	Hard cheese & cheese made with pasteurized milk
Undercooked eggs	May contain <i>Salmonella</i>	Eggs with firm yolks
Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	Make these dishes at home
Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	Cook thoroughly
Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	Reheat to steaming hot or 165 °F
Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	Meat and poultry at or above the USDA recommended internal temperature

SAFE INTERNAL COOKING TEMPERATURES

- 145 °F**: Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time; Fish
- 160 °F**: Egg dishes; Ground beef, pork, veal and lamb
- 165 °F**: Meat and poultry at or above the USDA recommended internal temperature; Whole, ground, or pieces of chicken, turkey and duck

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes: Pregnant women are **10 times more likely** to get Listeriosis. These foodborne illnesses can infect your baby even if you do not feel sick.

Toxoplasma gondii: **50%** of Toxoplasmosis infections in the U.S. are acquired from food.

Listeriosis can cause: Miscarriages, Premature labor, Low-birth weight, Infant death

Toxoplasmosis can cause babies to develop: Hearing loss, Blindness, Intellectual disability, Brain or eye problems later in life

REMEMBER:

- Clean:** Wash hands and surfaces often.
- Separate:** Keep raw meat and poultry separate from ready-to-eat foods.
- Cook:** Cook foods to the proper internal temperature.
- Chill:** Get leftovers to the fridge within 2 hours of being cooked.

USDA | Ad Council | For more food safety tips, go to FoodSafety.gov | ADDITIONAL SOURCE: CDC

To view in full size, visit www.foodsafety.gov/sites/default/files/2019-05/food-safety-infographic-pregnant-women.jpg.

Have a healthy and happy week!
Center for Acute Disease Epidemiology
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