

Epi Update for Monday, September 9, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- CDC respiratory virus season outlook
- Food safety while cheering on your team
- Infographic: Remember these four steps to handle food safely

CDC respiratory virus season outlook

CDC has released the 2024-2025 fall and winter respiratory virus season outlook, sharing expectations for the peak burden of SARS-CoV-2, RSV, and influenza hospitalizations for the upcoming season. This outlook is based on expert opinion, historical data, and scenario modeling. Updates are made every two months throughout the season or as needed if conditions change.

CDC expects the upcoming respiratory virus season will likely have a similar or lower peak combined hospital burden compared to last season.

Vaccination remains the best way to protect yourself and your loved ones against serious outcomes of viral respiratory illnesses.

To view the full seasonal respiratory virus outlook, visit

www.cdc.gov/cfa-qualitative-assessments/php/data-research/season-outlook24-25/index.html.

Food safety while cheering on your team

As Iowans gather for the big game this weekend and throughout the season, don't forget to follow some basic food safety practices to keep you, your family, and your friends safe from foodborne illnesses:

- Always wash your hands after using the restroom, before and after preparing food, and before eating.
- If tailgating or gathering outdoors, pack food from the refrigerator into an insulated cooler or bag. An appliance thermometer in the cooler can help make sure food is kept safe at 40° F or below.
- Don't keep food out of the refrigerator or cooler for more than two hours or more than one hour if the temperature is above 90° F.
- Avoid cross contamination of bacteria by using separate platters and utensils for raw meat/poultry and foods that are ready to eat.
- Cook foods to a safe internal temperature, and verify with a food thermometer.
 - Fresh beef, veal, lamb, and pork: 145° F
 - Seafood: 145° F
 - Ground beef: 160° F
 - Egg dishes: 160° F
 - Poultry: 165° F
 - Leftovers and casseroles: 165° F
 - Eggs: Cook until yolk and white are firm.

For more information on how to prevent foodborne illness, visit

hhs.iowa.gov/center-acute-disease-epidemiology/foodborne-illness.

Infographic: Remember these four steps to handle food safely

To view in full size, visit www.fda.gov/files/National-Food-Safety-Education-Month-Social-Media-Post2.gif.

Have a healthy and happy week!
Center for Acute Disease Epidemiology
800-362-2736