

Epi Update for Monday, December 23, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- Iowa HHS reports first human case of Highly Pathogenic Avian Influenza (HPAI) in Iowa, risk remains very low to public
- Cooking for large groups
- Infographic: Cook holiday meat to a safe temperature

Iowa HHS reports first human case of Highly Pathogenic Avian Influenza (HPAI) in Iowa, risk remains very low to public

Iowa HHS has reported the first human case of avian influenza A(H5) in the state. The individual was exposed to infected poultry while working with a commercial flock in northwest Iowa. The individual reported mild symptoms, has received appropriate treatment, and is recovering. The case was identified through testing at Iowa's State Hygienic Laboratory (SHL) and confirmed by CDC.

As of December 23, CDC has reported 65 confirmed human cases of H5 HPAI across ten states. The majority of the exposures are linked to infected poultry or dairy cows. There is no evidence that human-to-human transmission of influenza A(H5) is occurring in the U.S.

Although human infections are rare, the virus is spread through prolonged exposure around infected flocks and herds, through the eyes, nose or mouth. Any individuals with direct contact who develop influenza-like symptoms or an eye infection should contact their doctor. To reduce the risk of infection or spread, people in direct contact with exposed animals should wear proper PPE and avoid direct contact with sick or dead animals, including birds.

There is no concern about the safety of eggs and poultry products or pasteurized milk and dairy products. As a reminder, consumers should always properly handle and cook eggs and poultry products, including cooking to an internal temperature of 165°F. Pasteurization has continually proven to successfully inactivate bacteria and viruses, like influenza, in milk.

For more information about HPAI, visit www.cdc.gov/bird-flu/situation-summary/index.html.

Cooking for large groups

Preparing food for large groups can be a risk factor for the spread of enteric illnesses, including *Salmonella*, *E. coli*, and more. Untrained food handlers might not be familiar with important food safety considerations that apply to cooking large amounts of food.

USDA and FSIS have guidelines to help volunteers prepare and serve food safely for large groups, such as family reunions, church dinners, and community gatherings, many of which take place during the holiday season.

Cooking For Large Groups: A Volunteer's Guide To Food Safety can be found at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/cooking-groups.

Infographic: Cook holiday meat to a safe temperature

Cook Holiday Meat to a Safe Temperature
www.cdc.gov/foodsafety

165°F
Turkey

145°F
Beef Brisket Pork Roast Raw/Fresh Ham Rack of Lamb

After cooking, let meat rest for 3 minutes before serving

145°F
Fish Fillet

Reheat to **140°F**
Cooked Ham
(Packaged in USDA-inspected plants)

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 38

Reheat to **165°F**
Cooked Ham
(Not packaged in USDA-inspected plants)

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

To view in full size, visit www.cdc.gov/food-safety/communication-resources/holiday-meat-internal-temp.html.

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

Note: There will be no Epi Update released on 12/27 due to the holiday.