

EPI Update for Friday, September 19, 2008
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Iowa reports first West Nile virus death of 2008**
- **September is Food Safety Month**
- **National Adult Immunization Awareness Week (NAIAW)**
- **Estimates of Human Immunodeficiency Virus (HIV) infections in the U.S.**
- **Meeting announcements and training opportunities**

Iowa reports first West Nile virus death of 2008

The first West Nile virus associated death this year in Iowa was announced this week. The case occurred in an elderly man from western Iowa who died in September. This tragic case reminds us to protect ourselves and our families from mosquitoes. The number of Iowans infected with West Nile virus tends to increase in September and sometimes into October if the weather stays nice. Until the state's first hard frost, whether it's for work or play, being outside means there's a risk for West Nile virus. Iowans should take the following steps to reduce the risk of exposure to West Nile virus:

- Use insect repellent with DEET, Picaridin, oil of lemon eucalyptus, or IR3535. Always read the repellent label and consult with a health care provider if you have questions when using these types of products for children.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts, pants, shoes, and socks outdoors whenever possible.
- Eliminate standing water around the home because that's where mosquitoes lay eggs. Empty water from buckets, cans, pool covers and pet water dishes. Change water in bird baths every three to four days.

This brings the number of Iowans diagnosed with the illness this summer to eight. Positive West Nile activity has been reported in 13 counties this year. Those counties are scattered across Iowa, meaning the virus is most likely present statewide. For more information on West Nile virus and to see a surveillance map of activity, visit www.idph.state.ia.us/adper/wnv_surveillance.asp.

September is Food Safety Month

In this third of the four series on 1) Clean, 2) Separate, 3) Cook and 4) Chill, this week's tip to "Be Food Safe" is to COOK foods to proper temperatures. Foods

are safe when they are heated long enough and at a temperature high enough to kill the harmful bacteria that cause foodborne illness.

Three rules to follow are:

1. Use a food thermometer — you can't tell food is cooked safely by how it looks.
2. Stir, rotate the dish and cover food when microwaving to prevent cold spots where bacteria can survive.
3. Bring sauces, soups and gravies to a rolling boil when reheating.

According to The Partnership for Food Safety Education, it is safe to bite when the internal temperature on a food thermometer measures the following:

- Ground meat and meat mixtures
 - Beef, Pork, Veal, Lamb 160 degrees F
 - Turkey, Chicken 165 degrees F
- Fresh beef, veal, lamb
 - Medium Rare 145 degrees F
 - Medium 160 degrees F
 - Well Done 170 degrees F
- Poultry
 - Whole poultry and poultry parts 165 degrees F
- Fresh pork
 - Medium 160 degrees F
 - Well done 170 degrees F
- Eggs and egg dishes
 - Eggs cook until yolk and white are firm
 - Egg dishes 160 degrees F
- Leftovers and casseroles 165 degrees F

Look for next week's tip on prompt refrigeration to slow the growth of bacteria. For more information on National Food Safety Education Month visit www.foodsafety.gov/~fsg/september.html

National Adult Immunization Awareness Week (NAIAW)

Immunization: Supporting a Healthier Life Throughout the Lifespan is the theme for this week which runs from September 21-27. This is a great time for health care providers to review immunization records with their patients. Visit www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm#print to view the adult immunization schedule, and for updates. The most recent addition to the schedule is the shingles vaccine for those 60 years and older.

For a comprehensive 87-page campaign kit from the National Foundation for Infectious Diseases, as well as tools and presentations, visit www.cdc.gov/vaccines/events/naiaw/

Estimates of Human Immunodeficiency Virus (HIV) infections in the U.S.

In August, the Centers for Disease Control and Prevention (CDC) released new estimates of the number of new HIV infections occurring in the U.S. The incidence estimates are based on advanced technology that, for the first time, allows CDC to have a direct measure of new infections. This new technology involves a second test at the time of diagnosis that determines whether the infection was recent (within the past five months) or long-standing.

The estimates show that the HIV epidemic is worse than was previously known. In 2006, there were approximately 56,300 new infections, about 40 percent higher than CDC's former estimate of 40,000 new infections per year. The study also used extended back-calculation to examine historical trends in HIV incidence from 1977 to 2006, and gives trends by risk group, race and ethnicity, gender and age. The study was published in the Journal of the American Medical Association (JAMA) in August. To view CDC's extensive fact sheets and a link to the paper, visit www.cdc.gov/hiv/.

A second paper discussing subpopulation estimates in more detail was released in this week's Morbidity and Mortality Weekly Report (MMWR). Men who have sex with men (MSM) is the only risk group that has experienced an increase in infections since 2000, but blacks have accounted for the largest share of new infections of any racial or ethnic group since the late 1980's. For more information, visit www.cdc.gov/mmwr/preview/mmwrhtml/mm5736a1.htm.

Meeting announcements and training opportunities

Second Annual Fall Regional Meetings for Environmental Health

The Division of Environmental Health invites you to attend the Second Annual Fall Regional Meetings for Environmental Health. Presenters will be from the division's three bureaus, the state toxicologist, and the division director. Information regarding registration and a final agenda will be sent later. We look forward to seeing you in the fall!

<u>Date & Time</u>	<u>Location</u>	<u>City</u>
October 1 9:30 – 3:30	Washington Co. Conservation Center Washington	
October 9 9:30 – 3:30	Iowa Lab Facility – DMACC Room # 209	Ankeny
October 29 9:30 – 3:30	Cerro Gordo Co. Dept. of Public Health Conference Room	Mason City
October 30	Cass Co. Memorial Hospital	Atlantic

9:30 – 3:30	Conference Room #2	
November 5 9:30 – 3:30	Calhoun Co. Department of Health	Rockwell City
November 25 9:30 – 3:30	Wickiup Hill Outdoor Learning Center Classroom A	Toddville Linn County

Have a healthy and happy week!
Center for Acute Disease Epidemiology
Iowa Department of Public Health
800-362-2736