

EPI Update for Friday, June 19, 2009
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **FDA warns consumers not to eat Nestle Toll House prepackaged, refrigerated cookie dough**
- **Abuse and misuse of prescription medications for Attention Deficit Hyperactivity Disorder (ADHD)**
- **Cover that cough, please!!**
- **Iowa Disease Surveillance System (IDSS) update**
- **Meeting announcements and training opportunities**

FDA warns consumers not to eat Nestle Toll House prepackaged, refrigerated cookie dough

The U.S. Food and Drug Administration and the Centers for Disease Control and Prevention are warning consumers not to eat any varieties of prepackaged Nestle Toll House refrigerated cookie dough due to the risk of contamination with E. coli O157:H7.

Since March 2009, there have been 66 reports of illness across 28 states. Twenty-five persons were hospitalized; seven with a severe complication called Hemolytic Uremic Syndrome (HUS). No one has died. Two cases of E.coli O157:H7 matching this outbreak pattern have been identified in Iowa. Those cases are not connected to each other and have fully recovered.

Recommendations concerning the recall include:

- If consumers have any prepackaged, refrigerated Nestle Toll House cookie dough products in their home, they should throw them away. Cooking the dough is not recommended because consumers might get the bacteria on their hands and on other cooking surfaces.
- If you have consumed any of the raw recalled products more than 10 days ago and are not ill, you will not become ill as the time from infection to illness for E. coli ranges from two to 10 days, but is most commonly three to four days.
- If you have consumed any of the raw recalled products more recently, watch for symptoms (such as diarrhea, stomach cramps, and vomiting). See your health care provider if you do develop symptoms. Health care providers are encouraged to collect stool samples.

- UHL will only test recalled products that are associated with confirmed cases.
- Consumers should not eat raw food products that are intended for cooking or baking before consumption, such as cookie dough. Consumers should use safe food-handling practices when preparing such products, including following package directions for cooking at proper temperatures; washing hands, surfaces, and utensils after contact with these types of products; avoiding cross contamination; and refrigerating products properly.
- Retailers, restaurateurs, and personnel at other food-service operations should not sell or serve any Nestle Toll House prepackaged, refrigerated cookie dough products subject to the recall.

The FDA website has specific information on product recall. For more detailed information, go to:

www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm167908.htm

Abuse and misuse of prescription medications for Attention Deficit Hyperactivity Disorder (ADHD)

This week, the Iowa Statewide Poison Control Center (ISPCC) identified an increase in the number of teens and young adults who were seen at hospitals in eastern Iowa for abuse or misuse of prescription pharmaceuticals used to treat ADHD. The ISPCC's Real Time Disease Detection (RTDD) surveillance system detected a notable increase in the number of cases in which patients had tremors, hypertension tachycardia, agitation and/or vomiting.

Seven patients became symptomatic from misusing or abusing prescription ADHD medications. Two patients intentionally misused the medications (i.e. to stay up studying) and five were abusing the medications in order to get high. The medications that were abused or misused were Adderall® (dextroamphetamine + amphetamine), Concerta® (methylphenidate), Ritalin LA® (methylphenidate), and Vyvanse® (lisdexamfetamine).

Four percent of respondents to the 2008 Iowa Youth Survey reported using prescription medications without a doctor's prescription. The National Survey on Drug Use and Health reported in 2009 that 6.4 percent of full time college students had used Adderall® non-medically within the past year. While many teenagers believe that experimenting with prescription medications is safer than experimenting with street drugs, the results of prescription drug abuse can be serious or even deadly.

The ISPCC is staffed with registered nurses and physicians who have specialty training in the management of poisonings, overdoses and adverse effects from misuse and abuse prescription pharmaceuticals. Treatment advice is available

from the ISPC 24 hours per day for both health care providers and the public at 1-800-222-1222.

For prescription drug abuse strategies for professionals, visit the IDPH Bureau of Substance Abuse Prevention & Treatment website at:

www.idph.state.ia.us/bh/common/pdf/substance_abuse/script_abuse_june09.pdf

Cover that cough, please!!

Iowa continues to have reported cases of novel influenza H1N1 as well as pertussis. Incorporating respiratory hygiene and cough etiquette in health care settings on a routine basis, as recommended by Centers for Disease Control and Prevention (CDC) as a component of Standard Precautions, can prevent exposures to these and other respiratory pathogens.

Respiratory hygiene and cough etiquette includes:

- Visual alerts
- Respiratory hygiene and cough etiquette
- Masking and separation of persons with respiratory symptoms
- Droplet Precautions

Health care providers sending symptomatic patients to other facilities for diagnostic testing should notify the receiving facility prior to sending so that appropriate infection control precautions can be taken. Following these guidelines and making notification can prevent further exposures and the need for post exposure medications in many cases.

The complete respiratory hygiene and cough etiquette guideline is available at www.cdc.gov/flu/professionals/infectionControl/resphygiene.htm

Additional information on Droplet Precautions is available at www.cdc.gov/ncidod/dhqp/gl_isolation_droplet.html

Iowa Disease Surveillance System (IDSS) update

IDSS, Iowa's new Web-based infectious disease reporting and investigation system, has been operational almost seven months. During this time, users have been slowly transitioning from paper-based to electronic disease reporting. IDPH will soon be upgrading the IDSS again. These upgrades will include automated alerting of local public health and state public health users within two minutes of an initial disease report being entered into the system and new searching features.

Of 217 hospitals, labs, and public health agencies in Iowa, 82 percent have installed the system. Users on the system are broken down into the following roles:

<u>Role</u>	<u># of users</u>
State users	26
Lab	115
Infection preventionist (IP)	136
<u>Local public health</u>	<u>276</u>
Total	553

Visit the following link for a map of statewide coverage based on facility address:
www.idph.state.ia.us/adper/common/pdf/idss/idss_coverage.pdf

Meeting announcements and training opportunities

None

Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736