

EPI Update for Friday, September 25, 2009
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Is the 2009 H1N1 influenza vaccine “experimental,” “untested,” “rushed through”?**
- **September is National Food Safety Education Month**
- **Iowans encouraged to be persistent in getting seasonal flu shots: while some providers have plenty of vaccine, others await supplies**
- **Weekly novel influenza A (H1N1) update**
- **Meeting announcements and training opportunities**

Is the 2009 H1N1 influenza vaccine “experimental,” “untested,” “rushed through”?

NO! Many have this misunderstanding of the 2009 H1N1 vaccine. The perception that the 2009 H1N1 vaccine is an “experimental,” “untested,” and “rushed through” vaccine is simply **not true**. Here are the facts about the 2009 H1N1 vaccine:

- There is a “new” seasonal flu vaccine every fall.
- This year we have two vaccines – the seasonal flu vaccine and the 2009 H1N1 influenza vaccine.
- The H1N1 influenza vaccine is made by the same processes, same manufacturers, and same facilities that make our seasonal flu vaccines every year.
- The 2009 H1N1 influenza vaccine has been licensed by FDA to be used here in the United States.
- The National Institute of Allergy and Infectious Diseases (NIAID), of the National Institutes of Health, sponsored the 2009 H1N1 influenza vaccine study trials across the country to examine both safety and efficacy.
- Bottom line: preliminary results from these trial studies show that the 2009 H1N1 influenza vaccine is as safe as the seasonal flu vaccine.
- Both vaccines were made the same process, by the same manufacturers and both are approved by FDA.

September is National Food Safety Education Month

September 2009 marks the 15th annual National Food Safety Education Month. The theme for this year is Myth-busters: Dishing up Food Safety Fact from Fiction. Risks of handling food unsafely at home are more common than most people think. The four easy lessons of 1) Clean, 2) Separate, 3) Cook and 4) Chill can help prevent harmful bacteria from making your family sick.

The second of four food safety tips is to SEPARATE: Don't cross-contaminate one food with another. Cross-contamination occurs when disease-causing

organisms are spread from a food to a surface, from a surface to a food, or from one food to another. To prevent cross-contamination:

- Use one cutting board for raw meat, poultry, and seafood; and another for salads and ready-to-eat food.
- Keep raw meat, poultry, and seafood, and their juices apart from other food items in your grocery cart.
- Store raw meat, poultry, and seafood in a container or on a plate in the refrigerator so juices can't drip on other foods.

For more information visit www.foodsafety.gov/news/index.html

Iowans encouraged to be persistent in getting seasonal flu shots: while some providers have plenty of vaccine, others await supplies

Iowans seeking seasonal flu shots who find their health care provider is temporarily out of vaccine should not be discouraged, but should keep checking with their provider to see when more will be available. Adequate supplies of seasonal flu vaccine are expected in the state, but some providers have already used up their initial orders while others have not yet received theirs.

Vaccination for seasonal influenza is as important as ever this year, because both the regular flu viruses and the 2009 H1N1 influenza virus are expected to be circulating at the same time this fall and winter.

Full protection from influenza this year may require at least two vaccinations for most people: one for seasonal (regular) flu and one for the 2009 H1N1 influenza virus, so it's not too early to start thinking about when and where you will get your seasonal flu shot.

Weekly novel influenza A (H1N1) update

(This new reoccurring section will appear in each issue of the Friday Update)

Current Activity: Influenza activity in outpatient health care providers is significantly increasing. More than 50 percent of specimens reported as rapid antigen positive are being confirmed by UHL. The current strain circulating in Iowa is 2009 H1N1.

Early results: in children, 2009 H1N1 influenza vaccine works like seasonal flu vaccine

According to the National Institute of Allergy and Infectious Diseases (NIAID), early results from a trial testing of 2009 H1N1 influenza vaccine in children look promising. NIAID stated that preliminary analysis of blood samples from a small group of trial participants shows that a single 15-microgram dose of a non-adjuvanted 2009 H1N1 influenza vaccine, the same dose that is in the seasonal flu vaccine, generates an immune response that is expected to be protective against 2009 H1N1 influenza virus. NIAID says these results are similar to those recently reported in clinical trials of healthy adults. Younger children generally

had a less robust early response to the vaccine. Like inactivated seasonal influenza vaccines, the vaccine contains a purified part of a killed virus and cannot cause flu.

Take these 3 basic steps to protect the health of yourself and others!

- **Cover** your cough and sneeze with a tissue or your elbow.
- **Clean** your hands – Wash your hands frequently with soap and water or use hand sanitizer.
- **Contain** the germ – Stay home when sick.

Meeting announcements and training opportunities

Next week's Disease Epidemiology and Prevention XIII (2009 Fall Epi Update XIII) will be on Wednesday, September 30 in Marshalltown and Friday, October 2 in Ottumwa. The Fall Epi Update brochure and registration information is available at:

www.idph.state.ia.us/adper/common/pdf/cade/2009_fall_update.pdf

Have a healthy and happy week!

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