EPI Update for Friday, October 22, 2010 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Influenza-related deaths in Minnesota
- Campylobacteriosis activity in Iowa
- Name change for the University Hygienic Laboratory
- Meeting announcements and training opportunities

Influenza-related deaths in Minnesota

The Minnesota Department of Health (MDH) reported two recent deaths in elderly women from influenza A(H3). Both women were residents of long term care facilities. These deaths, occurring early in the season, warn that the coming flu season could result in high death rates, especially in the elderly.

Annual vaccination is the best way to protect the elderly, yourself and others against influenza. This year's seasonal flu vaccine is effective against the A(H3), the H1N1 and the B strains of the flu. For more information on influenza and vaccination, visit www.idph.state.ia.us/adper/flu.asp.

For further information on flu deaths in Minnesota, visit www.health.state.mn.us/news/pressrel/2010/flu101810.html.

Campylobacteriosis activity in Iowa

The number of reported cases of *Campylobacter* continues to increase in Iowa. So far this year, the number of cases reported is approximately 42 percent higher than the previous five-year average. Most people who become ill with campylobacteriosis experience diarrhea, cramping, abdominal pain, and fever within two to five days of exposure. The illness typically lasts one week.

As we approach the holiday season, share these tips to reduce *Campylobacter* infection with those around you, including your patients.

- Wash hands with soap and water after handling raw meat and before touching anything else.
- Prevent cross-contamination in the kitchen by using separate cutting boards for meat and other foods.
- Carefully clean all cutting boards, countertops, and utensils with soap and hot water after preparing meat.
- Cook all poultry products thoroughly. Make sure that the meat is cooked throughout (no longer pink) and any juices run clear. All

- poultry should be cooked to reach a minimum internal temperature of 165 °F.
- Avoid consuming unpasteurized milk or apple cider.
- Persons with diarrhea should not prepare food for others.
- Make sure that persons with diarrhea, especially children, wash their hands carefully and frequently with soap and water to reduce the risk of spreading the infection.

For more information, visit www.cdc.gov/nczved/divisions/dfbmd/diseases/campylobacter/

Name change for the University Hygienic Laboratory

lowa's environmental and public health laboratory is changing its name to more fully represent its charge as outlined in Iowa Code. The University Hygienic Laboratory is now the State Hygienic Laboratory at The University of Iowa. The Hygienic Laboratory will continue to provide all 99 Iowa counties with newborn screening, infectious disease testing and environmental monitoring, and will expand areas of collaboration that advance the University of Iowa's academic and research mission.

The State Hygienic Laboratory is based at the University of Iowa Research Park in Coralville, and performs testing at the Iowa Laboratories Facility in Ankeny and as part of Lakeside Lab on Lake Okoboji.

Meeting announcements and training opportunitiesNone.

Have a healthy and happy week!
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