It’s that time of year when the calendar fills up with potluck dinners, parties, and big family celebrations. Food is such an important part of the holiday season, and thus, it is even more important that food is handled properly to avoid the risk of foodborne illnesses. So, when planning the big meal, follow this food safety checklist:

**Combat Cross-Contamination**
- Store or thaw raw meat, poultry, and seafood on a plate or tray, so raw juices don’t drip onto other foods.
- Use one cutting board for raw meat products and another one for salads and other ready-to-eat foods, or wash cutting boards in between each use.
- Never place cooked food on a plate that previously held raw meat, poultry, or seafood unless the plate has been washed.
- Don’t spread bacteria with dirty sponges, dishcloths, or towels. Use paper towels or freshly-cleaned sponges or cloths and soap and hot water to clean food preparation surfaces.

**Clean Up**
- Thoroughly wash your hands with soap and water for a full 20 seconds before and after handling raw products.
- Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher—or washed with soap and hot water—after each use.

**Cook Safely**
- For fish/shellfish (145°F), poultry (165°F), and leftover dishes (165°F), use a food thermometer to make sure foods are cooked to a safe internal temperature.
- Cook eggs until the yolks and whites are firm or reach 160°F on a food thermometer. Do not use recipes in which eggs remain raw or only partially cooked. Cook egg dishes until they reach 160°F.
• Cook fish until it's opaque and flakes easily with a fork.

• When microwaving, make sure there are no cold spots in food (where bacteria can survive). For best results, cover, stir, and rotate food for even cooking. If there's no turntable, rotate the dish by hand once or twice during cooking.

• When reheating sauces, soups, and gravy, bring them to a boil. Heat other leftovers thoroughly to 165°F.

**Chill Thoroughly**

• Make sure the refrigerator temperature is 40 °F or below and 0 °F or below in the freezer. Occasionally verify these temperatures using an appliance thermometer.

• Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours.

• Never defrost or marinate food at room temperature. Use the refrigerator. You can also thaw foods in airtight packaging in cold water (change the water every 30 minutes, so the food continues to thaw), or thaw in the microwave, if you'll be cooking the food immediately.

• Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.

• Don't over-stuff the refrigerator. Cold air must circulate to keep food safe.

Article from the Partnership for Food Safety Education, found at:
http://www.fightbac.org/holiday_fact.cfm
Influenza Surveillance

Local: Seminole County is reporting MILD flu activity for the month of October. One influenza outbreaks reported in Seminole for the 2016-2017 flu season. The ESSENCE Syndromic Surveillance system is showing decreasing influenza-like illness (ILI) chief complaints.

State: Florida is currently reporting LOW flu activity. Influenza activity has remained relatively stable, but has PEAKED later than the past six seasons. Three influenza or ILI outbreaks have been reported this flu season. The predominantly circulating strain identified in Florida so far this season is Influenza A (H3). No influenza-associated pediatric deaths have been reported so far in the 2016-17 influenza season.

National: LOW levels of flu activity are being reported nationwide. The predominantly circulating strain identified nationally so far this season is Influenza A (H3). The influenza season runs from October to May. National information can be found at the following link: http://emergency.cdc.gov/han/han00374.asp

Gastrointestinal Illness Surveillance

Gastrointestinal Illness (GI) typically follows a trend similar to influenza season, peaking in the winter months. There have been six gastrointestinal illness outbreaks investigated by DOH-Seminole this year. The last gastrointestinal illness outbreak in Seminole County was October.
Florida Arbovirus Surveillance

Seminole County Mosquito-Borne Illness Week 48 (Nov 27-Dec 3, 2016) Statistics:

- West Nile Virus: 0
- Eastern Equine Encephalitis: 0
- St. Louis Encephalitis: 0
- Dengue: 3
- Chikungunya: 0
- Malaria: 0
- Zika Virus: 23

Confirmed Cases of Zika Virus For Central Florida 2016

Central Florida Counties With Positive Zika Virus

Confirmed Cases of Zika Virus For Central Florida 2016

Number of Cases (Travel Related)
### Disease Incidence Table-Seminole County

<table>
<thead>
<tr>
<th>Selected Diseases/Conditions Reported to DOH-Seminole</th>
<th>2016 through Week 46</th>
<th>2015 through Week 46</th>
<th>2014 through Week 46</th>
<th>2014-2016 Average through Week 46</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Bite to Humans**</td>
<td>42</td>
<td>20</td>
<td>30</td>
<td>31.3</td>
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<tr>
<td>Animal Rabies</td>
<td>0</td>
<td>5</td>
<td>3</td>
<td>4.5</td>
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<tr>
<td>Campylobacteriosis</td>
<td>43</td>
<td>49</td>
<td>28</td>
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<tr>
<td>Chlamydia</td>
<td>1438</td>
<td>1421</td>
<td>1229</td>
<td>1326.5</td>
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<tr>
<td>Cryptosporidiosis</td>
<td>4</td>
<td>7</td>
<td>10</td>
<td>7.0</td>
</tr>
<tr>
<td>Cyclosporiasis</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td>2.0</td>
</tr>
<tr>
<td>Dengue</td>
<td>4</td>
<td>1</td>
<td>2</td>
<td>2.3</td>
</tr>
<tr>
<td>E. coli Shiga toxin-producing</td>
<td>4</td>
<td>7</td>
<td>11</td>
<td>7.3</td>
</tr>
<tr>
<td>Giardiasis</td>
<td>15</td>
<td>14</td>
<td>14</td>
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<tr>
<td>Gonorrhea</td>
<td>340</td>
<td>336</td>
<td>261</td>
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<tr>
<td>Haemophilus influenzae (invasive)</td>
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<td>0</td>
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<tr>
<td>Hepatitis A</td>
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<td>3</td>
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<tr>
<td>Hepatitis B (acute and chronic)</td>
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<td>60</td>
<td>53</td>
<td>61.3</td>
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<tr>
<td>Hepatitis C (acute and chronic)</td>
<td>322</td>
<td>265</td>
<td>320</td>
<td>294.3</td>
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<tr>
<td>Hepatitis B in Pregnant Women</td>
<td>0</td>
<td>6</td>
<td>1</td>
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<tr>
<td>HIV*</td>
<td>52</td>
<td>51</td>
<td>32</td>
<td>44.0</td>
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<tr>
<td>Lead poisoning</td>
<td>11</td>
<td>2</td>
<td>5</td>
<td>5.3</td>
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<tr>
<td>Legionellosis</td>
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<td>Lyme Disease</td>
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<td>Meningococcal Disease</td>
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<td>Pertussis</td>
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<td>Salmonellosis</td>
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<td>Shigellosis</td>
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<td>S. pneumoniae – drug resistant</td>
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<tr>
<td>Syphilis</td>
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<tr>
<td>Tuberculosis</td>
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<td>3.5</td>
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<tr>
<td>Varicella</td>
<td>9</td>
<td>8</td>
<td>11</td>
<td>12.0</td>
</tr>
</tbody>
</table>

- * HIV data includes those cases that have converted to AIDS. These HIV cases cannot be added with AIDS cases to get combined totals since the categories are not mutually exclusive.

- ** Animal bite to humans by a potentially rabid animal resulting in a county health department or state health office recommendation for post-exposure prophylaxis (PEP), or a bite by a non-human primate.

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*All Data is Provisional*
Staff Updates

DOH-Seminole welcomes two new epidemiologists to our staff.

Kelsi Williams, DrPH, MSPH
Zeenat Rahman, MBBS, MPH, CIC
Disease Reporting

The Epidemiology Program conducts disease surveillance and investigates suspected occurrences of infectious diseases and conditions reported from physician’s offices, hospitals and laboratories.

Surveillance is primarily conducted through passive reporting from the medical community as required by Chapter 381, Florida Statutes.

To report a reportable disease or outbreak during business hours please use the Report of Communicable Disease Form. Contact the Division of Epidemiology at 407-665-3266 for diseases other than HIV/AIDS and STDs.

To report an urgent reportable disease or outbreak after hours, call 407-665-3266 and follow the instructions to reach the on-call Epidemiologist.

Reportable Diseases/Conditions in Florida - Practitioner List
Reportable Diseases/Conditions in Florida - Laboratory List
Disease Reporting Information for Health Care Providers and Laboratories
Foodborne Illnesses Reporting Links:
  Report illnesses due to food online 24/7
  Report unsafe or unsanitary conditions
Disaster Preparedness Link: http://www.floridadisaster.org/index.asp

Contact Information

Donna Walsh, Acting Health Officer
Nancy Smith, Environmental Health Manager
Tania Slade, Epidemiology and Tuberculosis Program Manager
Gladys Fernando, Epidemiology 407-665-3018 (office)
Sonja Rhames, Tuberculosis 407-665-3242 (office)
Vicky Lozada, ADAP 407-665-3289 (office)
Preston Boyce, STD/HIV/AIDS Surveillance 407-665-3248 (office)

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