

The



EPI gazette

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Food Safety Practices



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.

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- 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



EATING *your* LEFTOVERS

Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

REHEAT LEFTOVERS to 165°F

EAT or FREEZE LEFTOVERS within **3 to 4 DAYS.**
EAT or FREEZE GRAVY within 2 DAYS.

FIND MORE INFO at
HOLIDAYFOODSAFETY.ORG
EATTURKEY.COM

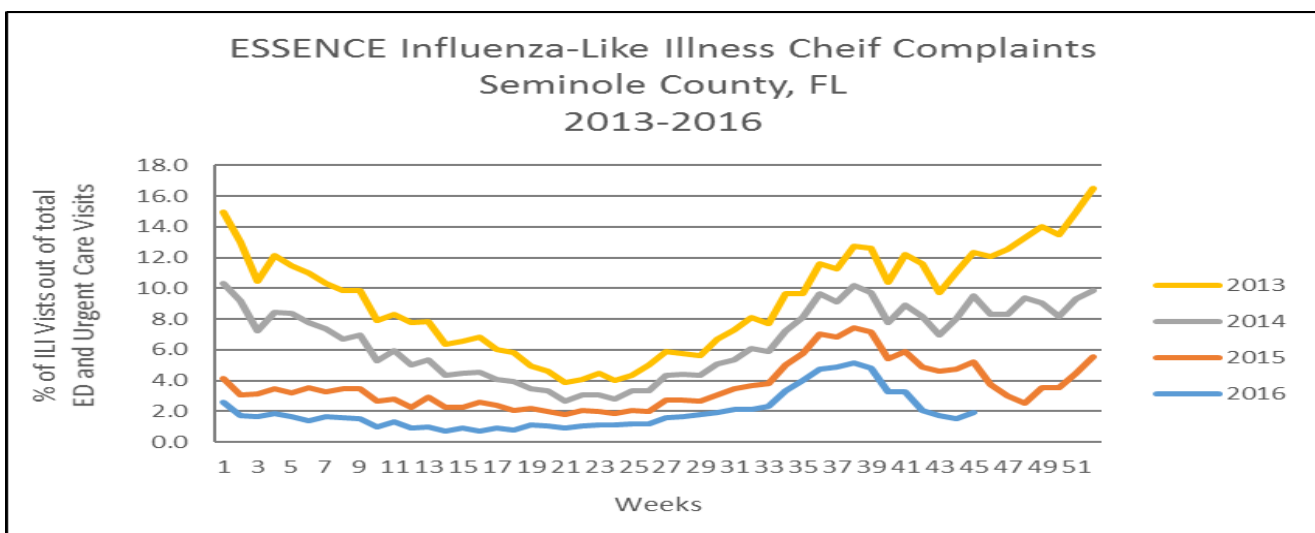
The infographic features a central illustration of an open refrigerator. The top shelf contains several shallow containers of food. The middle shelf has a turkey leg and a bowl. The bottom shelf has a plate of turkey and vegetables. A digital display on the left side of the refrigerator shows '40°F'. The background is a dark brown color with yellow and white text.

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.

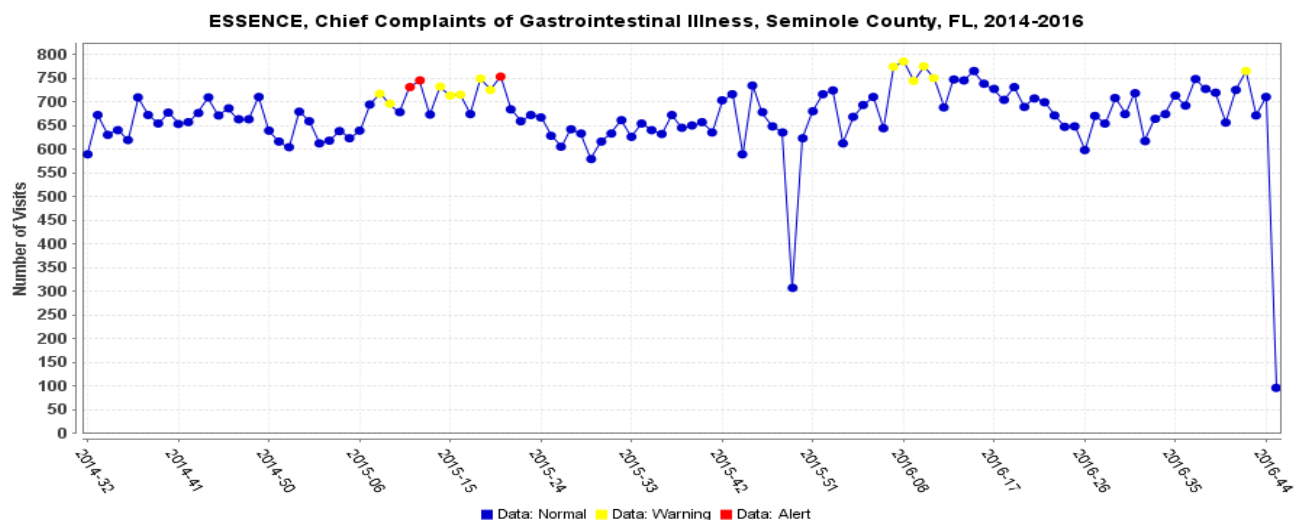
State: Florida is currently reporting **LOW** flu activity. Influenza activity has remained relatively stable, but has **PEAKED** later than the past six seasons.. Three **influenza or ILI outbreaks** have been reported this flu season. The predominantly circulating strain identified in Florida so far 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>

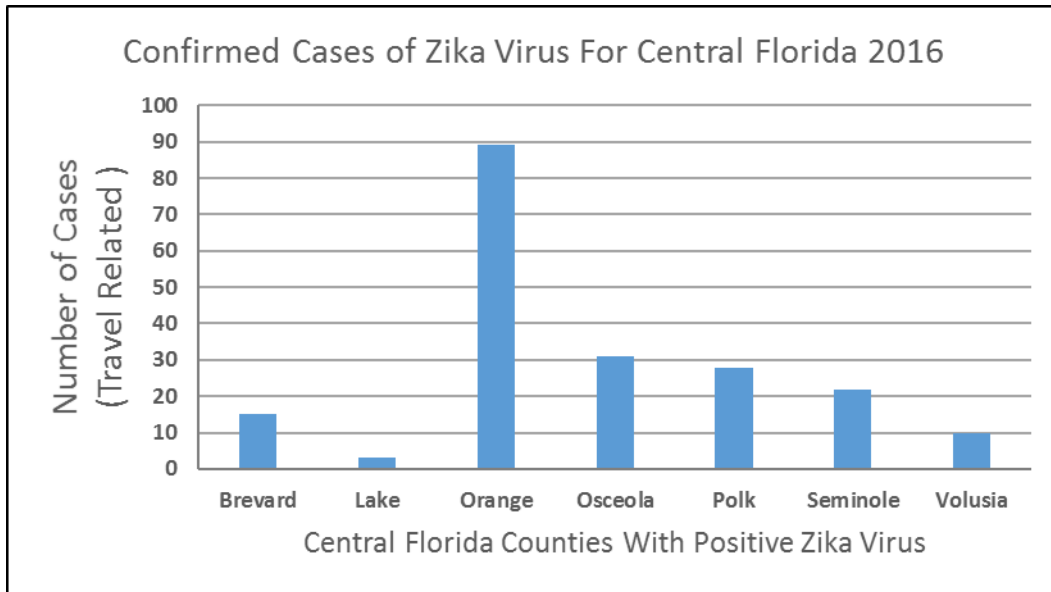


Gastrointestinal Illness Surveillance

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.



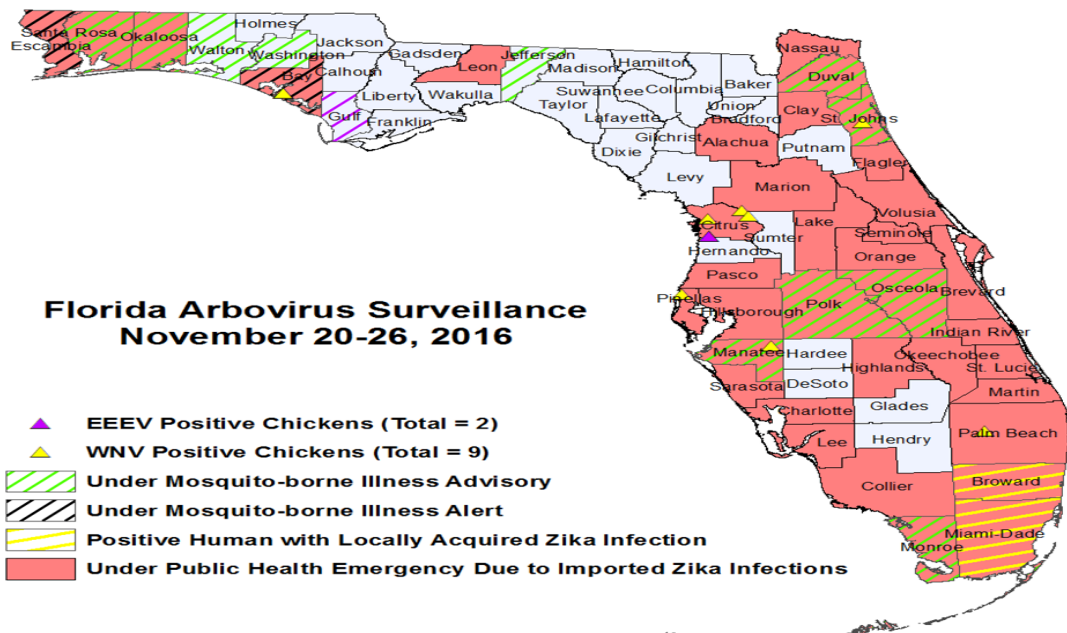
Florida Arbovirus Surveillance



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



Disease Incidence Table-Seminole County

Selected Diseases/Conditions Reported to DOH-Seminole	2016 through Week 46	2015 through Week 46	2014 through Week 46	2014-2016 Average through Week 46
Animal Bite to Humans**	42	20	30	31.3
Animal Rabies	0	5	3	4.5
Campylobacteriosis	43	49	28	37.8
Chlamydia	1438	1421	1229	1326.5
Cryptosporidiosis	4	7	10	7.0
Cyclosporiasis	3	1	3	2.0
Dengue	4	1	2	2.3
E. coli Shiga toxin-producing	4	7	11	7.3
Giardiasis	15	14	14	12.8
Gonorrhea	340	336	261	300.5
Haemophilus influenzae (invasive)	1	0	2	3.0
Hepatitis A	2	0	3	1.3
Hepatitis B (acute and chronic)	79	60	53	61.3
Hepatitis C (acute and chronic)	322	265	320	294.3
Hepatitis B in Pregnant Women	0	6	1	2.8
HIV*	52	51	32	44.0
Lead poisoning	11	2	5	5.3
Legionellosis	7	10	5	7.8
Lyme Disease	2	1	4	2.8
Meningococcal Disease	0	0	1	0.5
Pertussis	6	13	17	11.0
Salmonellosis	69	89	101	83.0
Shigellosis	2	17	41	16.0
S. pneumoniae – drug resistant	7	3	5	6.8
Syphilis	81	104	71	77.0
Tuberculosis	0	5	5	3.5
Varicella	9	8	11	12.0

- * 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.

All Data is Provisional

Staff Updates

DOH-Seminole welcomes two new epidemiologists to our staff.

Kelsi Williams, DrPH, MSPH

Zeenat Rahman, MBBS, MPH, CIC

The Florida Department of Health in Seminole County Presents



Feed The Need

STOPPING HUNGER ONE MEAL AT A TIME

Central Florida Food Pantry

NON-PERISHABLE FOOD ITEMS

Monday and Wednesday, 4 p.m. to 6 p.m.

400 West Airport Boulevard

Sanford, Florida 32773

*For more information call: 407- 665-3022

Volunteers and non-expired food donations welcomed!
Contact us for more information.

You may also reach us at:

Email: feedtheneedcf@gmail.com

Website: www.FeedtheNeedCF.com

Facebook: FeedtheNeedCF

Twitter: @FeedtheNeedCF





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>

MISSION

To protect, promote and improve the health of all people in Florida through integrated state, county and community efforts

VISION

To be the Healthiest State in the Nation

VALUES

Innovation
Collaboration
Accountability
Responsiveness
Excellence

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