

# EPI NOTES

## Hillsborough County Health Department Disease Surveillance Newsletter November 2010

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## Holiday Food Safety Tips

Kimberly Rogers, MPH, CPH

Thanksgiving, the beginning of the holiday season, has finally arrived! While the holidays are a time of celebration, the stress and distractions involved in food preparation for many guests can be overwhelming—and potentially dangerous—if food safety is not taken into consideration. According to the Centers for Disease Control and Prevention, 76 million Americans get sick from foodborne illnesses each year. So before you plan your Thanksgiving meal, the Hillsborough County Health Department would like to offer a few tips in order to keep you and your loved ones safe this holiday season.

**Keep things clean:** Hand washing is one of the easiest ways to prevent being exposed to harmful bacteria and should be done before and after preparing any food, especially poultry items, such as the Thanksgiving turkey. First wet your hands with running water and apply either liquid, bar, or powder soap. Lather well, and thoroughly rub your hands together for at least 20 seconds. Rinse well, and dry your hands with a clean or disposable towel or air dryer. If possible, use a towel to turn off the faucet.

Maintaining clean surfaces for preparing and cooking food is one of the easiest ways to prevent foodborne illnesses. Kitchen surfaces that should be cleaned include water faucets, stovetops, countertops, and cutting boards. To clean these surfaces use hot water and soap, bleach, or commercial kitchen cleaning agents. Whichever product is used, remember to always follow the product directions. Use either paper towels or clean dishcloths to clean surfaces, but if you are using dishcloths, wash them in the hot cycle of your washing machine. Additionally, wash all fresh produce—even the “ready to eat” labeled prepackaged items—in order to minimize any bacterial contamination.

**Defrost the turkey properly:** If your turkey is frozen, allow the proper time for it to defrost—24 hours per 5 pounds is the generally accepted time for the poultry to


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properly defrost. Turkeys must be kept at a safe temperature while defrosting. If the bird is thawed at any temperature above 40 degrees Fahrenheit, dangerous bacteria that were present upon freezing can grow again. You can thaw your turkey in the refrigerator, in cold water, or in the microwave, but *never* defrost the turkey on your kitchen counter.

**Keep hot foods hot and cold foods cold:** Keep foods out of the danger zone—temperatures between 40 and 140 degrees Fahrenheit: Use a thermometer to gauge the temperature of your cooked foods—particularly poultry. In fact, turkey and stuffing should be cooked to at least 165 degrees Fahrenheit and kept above 140 degrees to ensure any potential bacteria are destroyed. This is a particularly tough task to complete during the holidays, as your menu may include food offerings from loved ones that have been kept at room temperature—within the danger zone—for long periods of time. To prevent this, tell your guests to put hot foods into proper storage containers before they leave home, and when they arrive, either refrigerate them quickly or heat them again. This helpful diagram, provided by the USDA Meat and Poultry Hotline, provides the “safe” temperatures for meats commonly cooked during the holiday season.

### Recommended Safe Minimum Internal Temperatures



Steaks, roasts 145 °F	Fish 145 °F	Pork 160 °F	Ground beef 160 °F	Egg dishes 160 °F	Chicken breasts 165 °F	Whole poultry 165 °F
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Make sure to properly store and refrigerate leftovers within two hours of preparation. Try not to overstuff your refrigerator or freezer—food needs air to circulate so it can be properly cooled. A good tip for saving space is to cut the meat off the turkey and store in smaller containers—this also allows the meat to cool quicker. If you do run out of proper cooling space for leftovers, you can use coolers, but make sure they contain plenty of clean ice. When reheating those same leftovers, make sure they reach 165 degrees Fahrenheit—use a thermometer to check. Sometimes a minute or two in the microwave may seem enough, but the internal temperature of the food needs to surpass 165 degrees Fahrenheit.

There are many additional resources on holiday food safety. The USDA Meat and Poultry Hotline (1-888-MPHotline) is available on weekdays year round—including Thanksgiving Day.

Have a wonderful and *safe* holiday season!

Additional Web Sources:

[http://www.fsis.usda.gov/food\\_safety\\_education/usda\\_meat\\_&\\_poultry\\_hotline/index.asp](http://www.fsis.usda.gov/food_safety_education/usda_meat_&_poultry_hotline/index.asp)

[http://www.fsis.usda.gov/factsheets/Seasonal\\_Food\\_Safety\\_Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/factsheets/Seasonal_Food_Safety_Fact_Sheets/index.asp)

<http://cdc.gov/foodsafety/>

# Reportable Disease Surveillance Data

Disease	2007	2008	2009	3 Year Average	Jan-Oct 2009	Jan-Oct 2010
AIDS	249	326	NA	N/A	212	167
AMEBIC ENCEPHALITIS	NR	NR	1	N/A	1	0
ANIMAL BITE, PEP RECEIVED	20	15	72	35.7	62	49
ANTHRAX	0	0	0	0.0	0	0
ARSENIC	NR	1	1	N/A	1	0
BOTULISM, FOODBORNE	0	0	0	0.0	0	0
BOTULISM, INFANT	0	0	1	0.3	1	0
BRUCELLOSIS	0	0	2	0.7	1	0
CALIFORNIA SEROGROUP, NEUROINVASIVE	1	1	0	0.7	0	0
CAMPYLOBACTERIOSIS	57	82	69	69.3	66	63
CARBON MONOXIDE POISONING	NR	NR	0	N/A	0	6
CHLAMYDIA	5167	6127	5058	5450.7	5562	6319
CIGUATERA	0	0	0	0.0	0	0
CREUTZFELDT-JAKOB DISEASE	0	0	1	0.3	1	0
CRYPTOSPORIDIOSIS	46	33	38	39.0	30	9
CYCLOSPORIASIS	2	7	2	3.7	2	3
DENGUE	2	4	3	3.0	1	7
DIPHTHERIA	0	0	0	0.0	0	0
EHRlichiosis, HUMAN GRANULOCYtic	0	0	0	0.0	0	1
EHRlichiosis, HUMAN MONOCYtic	0	0	0	0.0	1	1
EHRlichiosis/ANAPLASMOSIS, UNDETER.	0	0	1	0.3	0	1
ENCEPHALITIS, CALIFORNIA/LACROSSE	0	0	0	0.0	0	0
ENCEPHALITIS, HERPES	0	0	0	0.0	0	0
ENCEPHALITIS, NON-ARBOVIRAL	0	0	0	0.0	0	0
ENCEPHALITIS, OTHER	0	0	0	0.0	0	0
ENCEPHALITIS, EEE	0	0	0	0.0	0	2
ENCEPHALITIS, SLE	0	0	0	0.0	0	0
ENCEPHALITIS, WN	0	0	0	0.0	0	0
ENTEROHEMORRHAGIC E. COLI (O157:H7)	4	1	0	1.7	0	0
E. COLI SHIGA TOXIN + NOT SEROGROUP	2	1	0	1.0	0	0
E. COLI SHIGA TOXIN + NON O157:H7	1	0	0	0.3	0	0
E. COLI SHIGA TOXIN PRODUCING - 0800	0	1	11	4.0	7	11
FOOD AND WATERBORNE CASES	64	46	74	61.3	NA	NA
FOOD AND WATERBORNE OUTBREAKS	17	21	18	18.7	NA	NA
GIARDIASIS	86	90	101	92.3	85	85
GONORRHEA	2067	2059	1574	1900.0	1643	1777
H. INFLUENZAE PNEUMONIA	5	1	0	2.0	0	0
H-FLU, PRIMARY BACTEREMIA, INVASIVE	2	13	13	9.3	11	10
H-FLU, SEPTIC ARTHRITIS	1	1	0	0.7	0	0
HANSEN'S DISEASE (LEPROSY)	0	1	1	0.7	1	1
HANTAVIRUS	0	0	0	0.0	0	0
HEMOLYTIC UREMIC SYNDROME	1	0	0	0.3	0	1
HEPATITIS A, ACUTE	16	15	13	14.7	11	5
HEPATITIS B, ACUTE	38	38	29	35.0	24	42
HEPATITIS B, MATERNAL (HBsAg+ PREGNANT)	62	57	65	61.3	49	31
HEPATITIS B, PERINATAL ACUTE	0	0	0	0.0	0	0
HEPATITIS B, CHRONIC	121	218	317	218.7	256	244
HEPATITIS C, ACUTE	2	4	14	6.7	9	11
HEPATITIS C, CHRONIC	1349	1423	1391	1387.7	1075	1472
HEPATITIS D	NR	NR	1	0.3	1	0

NR = Not reportable by law for that year

N/A = Not applicable

NA = Not available (no data received)

Disease	2007	2008	2009	3 Year Average	Jan-Oct 2009	Jan-Oct 2010
HEPATITIS E, NON-A, NON-B, ACUTE	0	0	0	0.0	0	0
HEPATITIS G	1	0	0	0.3	0	0
HEPATITIS UNSPECIFIED, ACUTE	0	0	0	0.0	0	0
HIV INFECTION	423	441	NA	N/A	291	290
INFLUENZA-ASSOCIATED PEDIATRIC MORTALITY	1	1	0	0.7	0	0
INFLUENZA-A, NOVEL OR PANDEMIC STRAINS	NR	NR	321	N/A	300	7
LEAD POISONING	17	56	77	50.0	69	205
LEGIONELLOSIS	9	11	8	9.3	5	4
LEPTOSPIROSIS	0	0	0	0.0	0	0
LISTERIOSIS	2	1	2	1.7	2	2
LYME DISEASE	1	2	11	4.7	10	4
MALARIA	1	4	2	2.3	2	4
MEASLES	0	0	0	0.0	0	0
MENINGITIS, GROUP B STREP	2	2	0	1.3	0	0
MENINGITIS, H-FLU	1	0	0	0.3	0	0
MENINGITIS, LISTERIA MONOCYTOGENES	0	1	0	0.3	0	0
MENINGITIS BACTERIAL CRYPTOCOCCAL	9	21	28	19.3	23	25
MENINGITIS, STREP, PNEUMONIAE	1	1	0	0.7	0	0
MENINGOCOCCAL DISEASE	6	2	1	3.0	1	1
MERCURY POISONING	0	0	0	0.0	0	0
MUMPS	3	5	2	3.3	2	1
NEUROTOXIC SHELLFISH POISONING	0	0	0	0.0	0	0
PERTUSSIS	18	28	25	23.7	24	26
PESTICIDE RELATED ILLNESS	0	0	0	0.0	0	4
POLIO, PARALYTIC	0	0	0	0.0	0	0
PSITTACOSIS	0	0	0	0.0	0	0
Q FEVER	2	0	0	0.7	0	0
RABIES ANIMAL	7	4	5	5.3	5	4
ROCKY MOUNTAIN SPOTTED FEVER	2	1	0	1.0	0	3
RUBELLA	0	1	0	0.3	0	0
SALMONELLOSIS	285	242	337	288.0	243	249
SHIGELLOSIS	44	30	21	31.7	17	47
SMALLPOX	0	0	0	0.0	0	0
STAPH AUREUS, COM. ASSOC. MORTALITY	NR	1	2	N/A	2	0
STAPH AUREUS, VISA/VRSA	0	0	0	0.0	0	0
STREP DISEASE, INVASIVE GROUP A	8	10	14	10.7	11	16
STREP PNEUMO, INVASIVE DRUG RESIST.	48	55	54	52.3	48	46
STREP PNEUMO, INVASIVE SUSCEPTIBLE	35	28	35	32.7	27	29
SYPHILIS, CONGENITAL	4	2	0	2.0	NA	NA
SYPHILIS, EARLY	NR	NR	NR	N/A	NA	NA
SYPHILIS, INFECTIOUS	115	121	82	106.0	79	101
SYPHILIS, LATENT	NR	NR	106	N/A	110	97
TETANUS	1	1	0	0.7	0	1
TOXOPLASMOSIS	2	2	0	1.3	0	3
TUBERCULOSIS	82	69	79	76.7	69	71
THYPHOID FEVER	0	0	0	0.0	0	1
TYPHUS FEVER, ENDEMIC (MURIN)	1	1	1	1.0	1	1
VARICELLA	42	62	28	44.0	28	39
VIBRIO ALGINOYTICUS	1	1	1	1.0	0	1
VIBRIO CHOLERA NON-01	0	0	0	0.0	0	0
VIBRIO FLUVIALIS	0	0	2	0.7	1	0
VIBRIO HOLLISAE	0	0	1	0.3	1	0
VIBRIO PARAHAEMOLYTICUS	0	0	2	0.7	1	3
VIBRIO VULNIFICUS	0	1	0	0.3	0	4
VIBRIO, OTHER	0	0	1	0.3	1	2
WEST NILE	0	0	0	0.0	0	0
YELLOW FEVER	0	0	0	0.0	0	0

NR = Not reportable by law for that year

N/A = Not applicable

NA = Not available (no data received)



# Hillsborough County Health Department

Disease Reporting Telephone Numbers

AIDS, HIV – (813) 307-8011 (DO NOT FAX)

STD – (813) 307-8022, Fax – (813) 307-8027

TB Control – (813) 307-8015 X 4758, Fax – (813) 975-2014

All Others – (813) 307-8010, Fax – (813) 276-2091

**After Hours Reporting All Diseases – (813) 307-8000**



Section 381.0031 (1,2), Florida Statutes, provides that “Any practitioner, licensed in Florida to practice medicine, osteopathic medicine, chiropractic, naturopathy, or veterinary medicine, who diagnoses or suspects the existence of a disease of public health significance shall immediately report the fact to the Department of Health.” The DOH county health departments serve as the Department’s representative in this reporting requirement. Furthermore, this Section provides that “Periodically the Department shall issue a list of diseases determined by it to be of public health significance...and shall furnish a copy of said list to the practitioners...”

## Reportable Diseases/Conditions in Florida Practitioner\* Guide 11/24/08

\*Reporting requirements for laboratories differ. For specific information on disease reporting, consult Rule 64D-3, Florida Administrative Code (FAC).

<b>AIDS, HIV – (813) 307-8011 DO NOT FAX</b>	<ul style="list-style-type: none"> <li>• Congenital anomalies</li> <li>• Creutzfeldt-Jakob disease (CJD)</li> <li>• Cryptosporidiosis</li> <li>• Cyclosporiasis</li> <li>• Dengue</li> <li>! <b>Diphtheria</b></li> <li>• Eastern equine encephalitis virus disease (neuroinvasive and non-neuroinvasive)</li> <li>• Ehrlichiosis</li> <li>• Encephalitis, other (non-arboviral)</li> </ul>	<ul style="list-style-type: none"> <li>• Psittacosis (Ornithosis)</li> <li>• Q Fever</li> </ul>
<ul style="list-style-type: none"> <li>+ Acquired Immune Deficiency Syndrome (AIDS)</li> <li>+ Human Immunodeficiency Virus (HIV) infection (all, and including neonates born to an infected woman, exposed newborn)</li> </ul>	<ul style="list-style-type: none"> <li>! <b>Enteric disease due to:</b> <i>Escherichia coli</i>, O157:H7 <i>Escherichia coli</i>, other pathogenic <i>E. coli</i> including entero-toxicogenic, invasive, pathogenic, hemorrhagic, aggregative strains and shiga toxin positive strains</li> </ul>	<ul style="list-style-type: none"> <li>☎ <b>Rabies (human, animal)</b></li> <li>! <b>Rabies (possible exposure)</b></li> <li>! <b>Ricin toxicity</b></li> </ul>
<b>STD – (813) 307-8027 FAX (813) 307-8027</b>	<ul style="list-style-type: none"> <li>• Chancroid</li> <li>• Chlamydia</li> <li>• Conjunctivitis (in neonates ≤ 14 days old)</li> <li>• Gonorrhea</li> <li>• Granuloma inguinale</li> <li>• Herpes Simplex Virus (HSV) (in infants up to 60 days old with disseminated infection with involvement of liver, encephalitis and infections limited to skin, eyes and mouth; anogenital in children ≤ 12 years old)</li> <li>• Human papilloma virus (HPV) (associated laryngeal papillomas or recurrent respiratory papillomatosis in children ≤ 6 years old; anogenital in children ≤ 12 years)</li> <li>• Lymphogranuloma venereum (LGV)</li> <li>• Syphilis</li> <li>☎ <b>Syphilis (in pregnant women and neonates)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Rocky Mountain spotted fever</li> <li>! <b>Rubella (including congenital)</b></li> <li>• St. Louis encephalitis (SLE) virus disease (neuroinvasive and non-neuroinvasive)</li> <li>• Salmonellosis</li> <li>• Saxitoxin poisoning (including paralytic shellfish poisoning)(PSP)</li> <li>! <b>Severe Acute Respiratory Syndrome-associated Coronavirus (SARS-CoV) disease</b></li> <li>• Shigelliosis</li> <li>! <b>Smallpox</b></li> </ul>
<b>TB CONTROL - (813) 307-8015 x 4758 FAX (813) 975-2014</b>	<ul style="list-style-type: none"> <li>• Giardiasis (acute)</li> <li>! <b>Glanders</b></li> <li>! <b>Haemophilus influenzae (meningitis and invasive disease)</b></li> <li>• Hansen’s disease (Leprosy)</li> <li>☎ <b>Hantavirus infection</b></li> <li>☎ <b>Hemolytic uremic syndrome</b></li> <li>☎ <b>Hepatitis A</b></li> <li>• Hepatitis B, C, D, E, and G</li> <li>• Hepatitis B surface antigen (HBsAg) (positive in a pregnant woman or a child up to 24 months old)</li> <li>! <b>Influenza due to novel or pandemic strains</b></li> <li>☎ <b>Influenza-associated pediatric mortality (in persons &lt; 18 years)</b></li> <li>• Lead Poisoning (blood lead level ≥ 10µg/dL); additional reporting requirements exist for hand held and/or on-site blood lead testing technology, see 64D-3 FAC</li> <li>• Legionellosis</li> <li>• Leptospirosis</li> <li>☎ <b>Listeriosis</b></li> <li>• Lyme disease</li> <li>• Malaria</li> <li>! <b>Measles (Rubeola)</b></li> <li>! <b>Melioidosis</b></li> <li>• Meningitis (bacterial, cryptococcal, mycotic)</li> <li>! <b>Meningococcal disease (includes meningitis and meningococemia)</b></li> <li>• Mercury poisoning</li> <li>• Mumps</li> <li>☎ <b>Neurotoxic shellfish poisoning</b></li> <li>☎ <b>Pertussis</b></li> <li>• Pesticide-related illness and injury</li> <li>! <b>Plague</b></li> <li>! <b>Poliomyelitis, paralytic and non-paralytic</b></li> </ul>	<ul style="list-style-type: none"> <li>! <b>Severe Acute Respiratory Syndrome-associated Coronavirus (SARS-CoV) disease</b></li> <li>• Staphylococcus aureus, Community Associated Mortality</li> <li>☎ <b>Staphylococcus aureus (infection with intermediate or full resistance to vancomycin, VISA, VRSA)</b></li> <li>☎ <b>Staphylococcus enterotoxin B (disease due to)</b></li> <li>• Streptococcal disease (invasive, Group A)</li> <li>• Streptococcus pneumoniae (invasive disease)</li> <li>• Tetanus</li> <li>• Toxoplasmosis (acute)</li> <li>• Trichinellosis (Trichinosis)</li> <li>! <b>Tularemia</b></li> <li>☎ <b>Typhoid fever</b></li> <li>! <b>Typhus fever (disease due to Rickettsia prowazekii infection)</b></li> <li>• Typhus fever (disease due to Rickettsia typhi, R. felis infection)</li> <li>! <b>Vaccinia disease</b></li> <li>• Varicella (Chickenpox)</li> <li>• Varicella mortality</li> <li>! <b>Venezuelan equine encephalitis virus disease (neuroinvasive and non-neuroinvasive)</b></li> <li>• Vibriosis (Vibrio infections)</li> <li>! <b>Viral hemorrhagic fevers (Ebola, Marburg, Lassa, Machupo)</b></li> <li>• West Nile virus disease (neuroinvasive and non-neuroinvasive)</li> <li>• Western equine encephalitis virus disease (neuroinvasive and non-neuroinvasive)</li> <li>! <b>Yellow fever</b></li> </ul>
<b>CANCER – Tumor Registry Database</b>	<ul style="list-style-type: none"> <li>+ Cancer (except non-melanoma skin cancer, and including benign and borderline intracranial and CNS tumors)</li> </ul>	
<b>Epidemiology (813) 307-8010 FAX (813) 276- 2981</b>	<ul style="list-style-type: none"> <li>! <b>Any disease outbreak</b></li> <li>! <b>Any case, cluster of cases, or outbreak of a disease or condition found in the general community or any defined setting such as a hospital, school or other institution, not listed below that is of urgent public health significance. This includes those indicative of person to person spread, zoonotic spread, the presence of an environmental, food or waterborne source of exposure and those that result from a deliberate act of terrorism.</b></li> <li>• Amebic encephalitis</li> <li>• Anaplasmosis</li> <li>! <b>Anthrax</b></li> <li>• Arsenic poisoning</li> <li>! <b>Botulism (foodborne, wound, unspecified, other)</b></li> <li>• Botulism (infant)</li> <li>! <b>Brucellosis</b></li> <li>• California serogroup virus (neuroinvasive and non-neuroinvasive disease)</li> <li>• Campylobacteriosis</li> <li>• Carbon monoxide poisoning</li> <li>! <b>Cholera</b></li> <li>• Ciguatera fish poisoning (Ciguatera)</li> </ul>	<ul style="list-style-type: none"> <li>! = Report immediately 24/7 by phone upon initial suspicion or laboratory test order</li> <li>☎ = Report immediately 24/7 by phone</li> <li>• = Report next business day</li> <li>+ = Other reporting timeframe</li> </ul>

