

EPI Update for Friday, May 27, 2016
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Challenges to eradicating polio**
- **Medical checklist for pregnant women travelling to Zika areas**
- **Picnic food safety**
- **Iowa Acute Disease Monthly Update**
- **Global threat of antibiotic resistant bacteria infographic**
- **Meeting announcements and training opportunities**

Challenges to eradicating polio

Several barriers still exist in regards to eradicating the polio virus; for example, in Pakistan, eradication efforts are hindered by groups spreading false information claiming the vaccines are forbidden by Islam, will make children infertile, or are being used by foreign governments to monitor children. Health worker efforts are often threatened due to strong belief in conspiracy theories surrounding vaccinations.

Tahir Mehmood Khan, Monash University in Malaysia, conducted four focus groups with 42 health workers to study the greatest challenges facing health workers, why parents refuse OPV for their children, and what happens after OPV efforts enter a community. Khan and researchers concluded that health workers needed additional logistics and resources and parents needed more training to understand the benefits of vaccinations and discredit propaganda. For more information on polio eradication efforts in Pakistan, visit

www.researchgate.net/publication/296707063_Challenges_to_Health_Workers_and_their_opinions_about_parents%27_refusal_of_Oral_Polio_Vaccination_in_the_Khyber_Pakhtoon_Khawa_KPK_Province_Pakistan.

Medical checklist for pregnant women travelling to Zika areas

Pregnant travelers who visited an area with Zika should talk to a health care provider, even if they don't feel sick. Some topics to discuss:

- When and where did the traveling take place?
- In what trimester was the pregnancy during travels to an area with Zika?
- Were symptoms experienced during the trip or within two weeks of returning?
- Should testing for Zika be conducted?
- Is an ultrasound needed?
- Is a referral to a maternal-fetal medicine specialist needed?
- How can sexual transmission of Zika virus be prevented?

For more information, visit www.cdc.gov/zika/pdfs/docvisit-checklist-travelpreg.pdf.

Picnic food safety

Memorial Day picnics and cookouts should also include a healthy portion of food safety to prevent food-borne illness. Most food-borne illnesses in Iowa last from one to three

days, and go away on their own. Most food-borne illnesses affect the digestive tract and symptoms generally include diarrhea, nausea, vomiting, and abdominal pain. To ensure foods are safe for consumption, remember the following tips:

- Cook meats thoroughly and use a meat thermometer to cook chicken to 165 F, ground meats like hamburger to 160 F, and whole meats like steaks or pork chops to 145 F.
- Marinate foods in the refrigerator, not on the kitchen counter or outdoors. If some of the marinade will be used as a sauce, set aside a portion before adding the raw meat, poultry, or seafood. Don't reuse marinade, as this can re-contaminate the food.
- If food is partially cooked in the kitchen to reduce grilling time, do so immediately and thoroughly before the food goes on the hot grill.
- Keep cold food cold and hot food hot. Illness-causing bacteria can grow within two hours and during warmer weather, within one hour.
- Don't reuse platters or utensils that previously touched raw meat, as bacteria from the raw food's juices can spread to the cooked food. Have a clean platter and utensils ready at grill-side to serve food.
- Bring soap and water or hand wipes for everyone to clean hands before eating.

For more information on food safety, visit idph.iowa.gov/cade/foodborne-illness.

Iowa Acute Disease Monthly Update

To access the new issue of the Iowa Acute Disease Monthly Update, visit idph.iowa.gov/CADE and scroll down to 'Reports' or access the report directly at idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20May%202016.pdf.

Global threat of antibiotic-resistant bacteria infographic

This week's infographic is on efforts to reduce the spread of antibiotic-resistant bacteria. For more information, visit www.cdc.gov/globalhealth/infographics/antibiotic_resistance_global_threat.htm.

ANTIBIOTIC RESISTANCE THE GLOBAL THREAT

Antibiotic resistance – *when bacteria change and cause antibiotics to fail* – is happening **RIGHT NOW**, across the world

The full impact is unknown. There is no system in place to track antibiotic resistance globally



Without urgent action, many modern medicines could become obsolete, turning even common infections into deadly threats.

Meeting announcements and training opportunities

None

Have a healthy and happy (and rainy) week!

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