

Bureau of Epidemiology & Public Health Informatics



EPI UPDATES

November 2017

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Food Safety Tips for the Holidays

by Lindsey Martin Webb, MPH

As the end of the year approaches, many people will be celebrating the holidays with feasts and festivities. It is important to keep food safety in mind to ensure a happy and healthy holiday season!

Foodborne illness affects 1 in 6 Americans every year. Many different disease-causing pathogens can contaminate food and beverages. The most common symptoms of foodborne disease include diarrhea and vomiting, but serious illness and death can also occur. Fortunately, food safety tips and resources are available to aid in preventing foodborne illness during the holiday season.

Clean:

Have plenty of soap on hand and practice [good hand hygiene](#). Handwashing is one of the best ways to prevent the spread of illness.

Wash hands and food-contact surfaces (such as utensils, cutting boards, and countertops) before and after preparation of each food item.

Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.

Do not rinse raw meat and poultry before cooking. This can cause germs to spread throughout the kitchen and increase the chances of foodborne illness.

Separate:

Keep one cutting board for raw meats and seafood, and a separate cutting board for ready-to-eat foods.

Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry or seafood and from kitchen utensils used for those products.

Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry, seafood, or their juices.

Prepare uncooked recipes before recipes requiring raw meat to reduce cross-contamination.

Cook:

Use a food thermometer to ensure that foods reach safe internal temperatures. Reheat leftovers to 165°F. Bring sauces, soups, and gravies to a rolling boil when reheating.

Partial cooking should be avoided because it allows bacteria to grow. Cook meat and poultry completely at one time.

Avoid consuming anything made with raw eggs or raw flour, such as uncooked cookie dough, cake or brownie batter, and homemade ice cream or eggnog made with raw eggs.

Keep hot food hot using chafing dishes or crock pots. Hot items should remain above 140°F.

4 Simple Steps to Food Safety:



Continued on page 2

Continued from page 1

Chill:

Refrigerate leftovers promptly. Divide leftovers into smaller portions so that they will cool more quickly.

Discard any perishable foods left out at room temperature for 2 hours or more.

Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Leftovers should be used within three to four days.

Keep cold food cold using and ice trays. Cold items should remain below 40°F.

Safe Shopping:

Keep raw meat, poultry, and seafood away from other foods in your grocery cart.

Buy cold foods last.

Don't purchase canned goods that are dented, leaking, bulging or rusted, as these may become a breeding ground for harmful bacteria.

Ask the cashier to place your raw meat, poultry and seafood in a separate bag.

Bring foods directly home from the grocery store.

Always make sure to buy milk, juice, and cider that has been pasteurized. Consuming unpasteurized beverages or food items made with unpasteurized products can lead to foodborne illness.

Resources:

[Cooking for Groups: A Volunteer's Guide to Food Safety](#)

[CDC Foodborne Illness](#)

[CDC Holiday Food Safety](#)

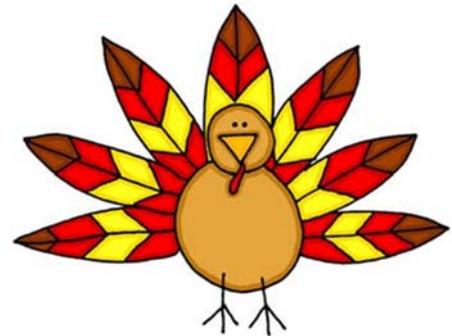
[CDC Holiday Food Safety Scenarios](#)

[FoodSafety.gov Winter Holidays](#)

[FoodSafety.gov Ask Karen: Your Food Safety Expert](#)

[USDA Holiday Food Safety Tips](#)

[FDA Food Safety Tips for the Holidays](#)



Varicella (Chickenpox) Case Investigations

by Allison Zaldivar, MPH

Just a friendly reminder—when investigating a case of varicella, it is important to collect information on the characterization of the patient's rash. Per CDC's case definition, the clinical description of varicella for public health surveillance purposes is:

An illness with acute onset of diffuse (generalized) maculo-papulovesicular rash without other apparent cause.

This specific information is required to correctly classify a case of varicella. If there is no or unknown information on the characterization of rash, the case cannot be classified properly.

The easiest way to ensure all necessary information is collected is to fill out the Varicella Specific Reporting Form found at: http://www.kdheks.gov/epi/download/Varicella_Reporting_Form.pdf. If filled out completely initially, it should reduce the amount of time spent on a varicella case investigation.

Disease Targets

Diseases	Disease Control (Days)*	Completed Case Investigation (Days)**
Anthrax; Botulism; Brucellosis; Cholera; Diphtheria; Hantavirus Pulmonary Syndrome; Hepatitis A; Influenza deaths in children <18 years of age; Measles; Meningitis, bacterial; Meningococcemia; Mumps; Plague; Poliomyelitis; Q Fever; Rabies, human; Rubella; Severe acute respiratory syndrome (SARS); Smallpox; Tetanus; Tularemia; Viral hemorrhagic fever; Yellow fever	1	3
Varicella	1	5
Pertussis	1	14
Campylobacter infections; Cryptosporidiosis; Cyclospora infection; Giardiasis; Hemolytic uremic syndrome, post diarrheal; Hepatitis B, acute; Legionellosis; Listeriosis; Salmonellosis, including typhoid fever; Shigellosis; Shiga-toxin <i>Escherichia coli</i> (STEC); Trichinosis; Vibriosis (not cholera)	3	5
Arboviral disease (including West Nile virus, Chikungunya, and Dengue); <i>Haemophilus influenzae</i> , invasive disease; <i>Streptococcus pneumoniae</i> , invasive	3	7
Ehrlichiosis / Anaplasmosis; Lyme disease; Malaria; Spotted Fever Rickettsiosis	3	14
Hepatitis B, chronic; Hepatitis C, chronic; Hepatitis C, acute; Leprosy (Hansen disease); Psittacosis; Streptococcal invasive, drug-resistant disease from Group A Streptococcus; Toxic shock syndrome, streptococcal and staphylococcal; Transmissible spongiform encephalopathy (TSE) or prion disease	N/A	N/A

***Disease Control:** Calculated by using EpiTrax Fields: **(Date LHD Investigation Started) OR (Call Attempt 1 date for Salmonellosis and STEC) - (Date Reported to Public Health) OR (Date Reported to KDHE)**

****Completed Case Investigation:** Calculated by using EpiTrax fields: **(Date LHD Investigation Completed) - (Date Reported to Public Health) OR (Date Reported to KDHE)**

Monthly Disease Counts

Please refer to the Cumulative Case Reports of Diseases (http://www.kdheks.gov/epi/case_reports_by_county.htm) for current case count information.

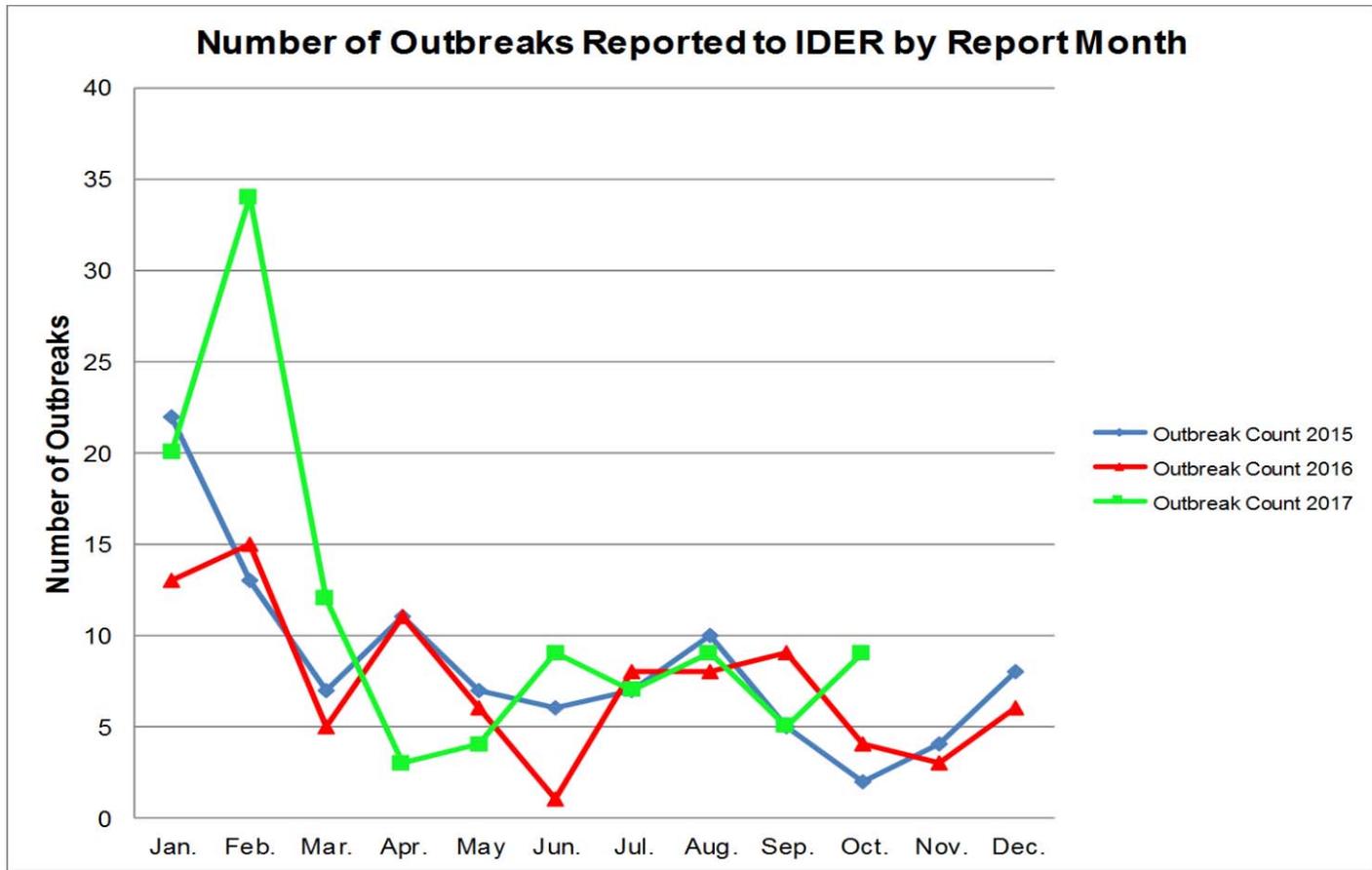
Kansas Disease Investigation Guideline Updates



The following disease guidelines have been reviewed and updated. Included in the guidelines, the investigator will find additional tools to assist with the collection of stool specimens for the lifting of restrictions and exclusions measures. The disease guidelines can be accessed at www.kdheks.gov/epi/disease_investigation_guidelines.htm.

Shigella Investigation Guideline
Shiga Toxin-Producing *E. coli* (STEC), including *E. coli* 0157:H7 Investigation Guideline

Outbreaks Report



Date Reported	Facility Type	Transmission	Disease	County
10/2/2017	Restaurant - 'Fast food'	Food	Unknown Etiology	Wyandotte
10/5/2017	Child care center	Person-to-Person	Shiga toxin-producing Escherichia coli (STEC)	Riley
10/6/2017	School or college	Indeterminate / Other / Unknown	Norovirus	Johnson
10/16/2017	School or college	Food	Norovirus	Johnson
10/23/2017	Restaurant - Sit-down dining	Food	Unknown Etiology	Seward
10/24/2017	Restaurant - 'Fast food'	Indeterminate / Other / Unknown	Non-Reportable Condition	Geary
10/25/2017	Restaurant - Sit-down dining	Indeterminate / Other / Unknown	Unknown Etiology	Cloud
10/25/2017	Hospital	Indeterminate / Other / Unknown	Clostridium difficile	Shawnee
10/30/2017	Child care center	Person-to-Person	Shigellosis	Shawnee



Kansas Infectious Disease Symposium

May 10-11, 2018

Embassy Suites by Hilton Kansas City/ Olathe Hotel & Conference Center

Join leaders in public health, emergency response, preparedness and healthcare to learn how highly infectious disease outbreaks (including zoonotic diseases and foodborne illness) are contained and managed in Kansas and the Midwest. Network with local, state and federal partners to share information on how to plan for disease outbreaks and maintain readiness in your jurisdiction.

WHO SHOULD ATTEND

Public/Environmental Health, Healthcare Leaders and Providers, School Nurses, Emergency Management, First Responders, Law Enforcement, Healthcare Coalitions, Elected Officials

PRESENTATION TOPICS

- Climate Change's Impact on Infectious Disease
- Flu and Vaccine-Preventable Diseases
- Opioid Crisis
- Using the Historical Limits Method to Predict Outbreaks
- Animal/Vector-borne/Environmental Disease Investigations
- Living with Meningitis
- Biosecurity Research Institute (Manhattan, KS)
- PRE-CONFERENCE Surveillance Training by the Kansas Department of Health and Environment

TENTATIVE SCHEDULE

Please note that the details of this schedule may change. This draft is provided for planning purposes only.

KDHE Surveillance Training: Wednesday, May 9, 3-5 p.m.

Conference Check-In/Breakfast: May 10-11, 7-8 a.m.

Thursday, May 10, 8 a.m. to 5 p.m.

Friday, May 11, 8 a.m. to 4:30 p.m.

Meals provided: Breakfast, lunch and afternoon refreshments

CONFERENCE REGISTRATION & FEES

Registration on [Kansas TRAIN](#) (Course #1072721) starts in early 2018. If you do not have a Kansas TRAIN account, you can create an account on [Kansas TRAIN](#).

EARLY BIRD RATE on/before March 30, 2018: \$150

REGULAR RATE March 31-April 30, 2018: \$180

REGISTRATION CLOSES ON MONDAY, APRIL 30, 2018

Cancellations made on/before April 13, 2018 will receive a 75% refund. No refunds after April 13, 2018. All refunds will be processed after May 15, 2018.

Continuing Education credits will be available for purchase. Attendees are responsible for their own travel and lodging expenses.

LODGING

Embassy Suites by Hilton Kansas City/Olathe

10401 S. Ridgeview Road, Olathe, KS 66061

Conference Rate: \$121/night (includes complimentary cooked-to-order breakfast and evening reception)

Parking: Complimentary self parking

Call Hilton Reservations at (800) EMBASSY (362-2779) or the hotel directly at (913) 353-9280.

Reserve online: www.kansascityolathe.embassysuites.com

Use Group Code JCK when making reservations online or by phone. Reserve by **April 24, 2018** to receive conference rate.

Conference presented by:

JOHNSON COUNTY
KANSAS
Health & Environment

Kansas
Department of Health
and Environment

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