

Inside the Issue

- 1 Did You Know: Holiday Edition**
- 5 EDC-IS Influenza/Respiratory Illness Surveillance Report**
- 6 Selected Reportable Diseases/Conditions in October 2015**



Did You Know: Food Safety Quiz

Do you think you know food safety? Take the food safety quiz and see if your food safety practices end up on the naughty or nice list this holiday season:

1. Hot foods need to be refrigerated within _____ hours of exposure to room temperature.
 - A. 1
 - B. 2
 - C. 3
 - D. 4
2. Bacteria grows most easily between _____ and _____ degrees F.
 - A. 40°, 140°
 - B. 60°, 125°
 - C. 45°, 145°
 - D. 60°, 140°

3. How many days will cooked chicken, turkey, and other poultry stay safe in the refrigerator?
 - A. 5 to 7 days
 - B. 6 to 8 days
 - C. 2 to 3 days
 - D. 3 to 4 days

4. **True or False?** In order to insure that food is cooled rapidly and evenly, leftovers should be stored in bulk in large containers.

5. **True or False?** When in doubt of food temperature use a food thermometer .

Did You Know: Eggnog Safety

Adding alcohol to eggnog will not kill all of the salmonella-causing bacteria in contaminated or uncooked eggs. The U.S. Food and Drug Administration suggests making eggnog with a fully cooked egg base. If you must use raw eggs to achieve your perfect holiday eggnog, generally 160° F is a high enough temperature to kill off salmonella. If you will be serving eggnog to small children, pregnant women, older adults, or anyone with a weakened immune system, it will be important to bring the drink to this temperature

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because these individuals are at a higher risk of contracting a food-borne illnesses.

Did You Know: Tree Safety

Between the years 2007-2011, U.S. fire departments responded to an estimated 230 home structure fires in which holiday trees were the culprits. Below are some things that you can do to prevent a home structure fire during the holidays:

- ◆ If you use an artificial tree, be sure it is labeled, certified or identified by the manufacturer as fire retardant.
- ◆ If you use a real tree, choose one with fresh, green needles that do not fall off when touched.
- ◆ Keep the tree at least three feet away from any heat source (i.e. fireplaces, radiators, or candles).
- ◆ Add water to the tree stand daily.
- ◆ Check the labels on the decorative lights to see if they are for indoor or outdoor use.
- ◆ Always turn off the decorative tree lights before leaving home or going to bed.

Did You Know: Vehicle Safety

As of November 16, 2015 Miami-Dade County has had a total of 52,232 automobile crashes. 34.6% of the automobile crashes resulted in injury, and a total of 248 crashes with resulted in fatalities. Here are a few suggestions from the Florida Department of Highway Safety to

help you have safe travels during this holiday season:

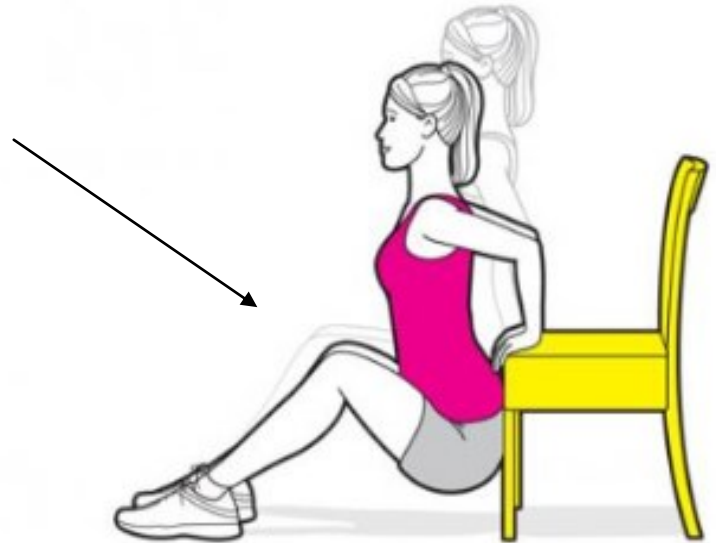
- ◆ **Don't drive distracted.** Do not text, eat and/or drink, groom, daydream, or stare at objects or events outside of your vehicle while driving.
- ◆ **Don't drink and drive.** The Holidays are a great time to celebrate but please think before you drink. Figure out a plan to get home safely prior to indulging. If you notice another driver on the road who may be drinking, **dial *347**. This call may save someone's life.
- ◆ **Don't drive tired.** Get a good night's sleep before hitting the road. On long trips, take a break every two hours. Make sure to read all of the labels for your medication to see if drowsiness is a side effect.
- ◆ **Don't forget:** If you are driving in inclement weather, drive with the low beams on if there is fog, slow down, use your wipers and defrosters, and make sure that you signal well in advance.

Did You Know: Home Exercise

65% of adults in Florida are at an unhealthy weight, and 1 out of 3 children are now considered overweight or obese. Over the holidays, it can be even more difficult for people to maintain healthy habits and keep off excess weight. Here are three exercises you can

do at home to help stay active over the holidays:

1. **Chair Dips:** Sit on the edge of a sturdy chair with your hands next to your hips. Slide to the edge of the chair and bend elbows at 90° as pictured. Complete 10 repetitions.
2. **Chair Squats:** Stand in front of the chair with your feet hip-width apart. Keep your feet and chest forward. Squat down as if you were about to sit in the chair (but don't actually sit) and stand up again. Repeat 10 to 15 times.
3. **Sit-ups:** Begin lying down. Put the soles of your feet flat on the ground so that your knees are pointing up towards the ceiling. Interlock your fingers behind your neck and proceed to sit up. Lower your body towards the floor. Repeat 10-15times.



Food Safety Quiz: Answer Key

1. **B** Hot foods should be discarded after 2 hours of exposure to room temperature.
2. **A** Bacteria grows most easily between 40° and 140° F.
3. **D** Cooked chicken, turkey, and other poultry items will stay safe in the refrigerator for 3 to 4 days.
4. **F** To insure food is cooled rapidly and evenly leftovers should be separated into smaller portions and stored in a shallow storage container.
5. **T** Never guess; always use a food thermometer to insure correct food temperature.

Did You Know Holiday Edition: References

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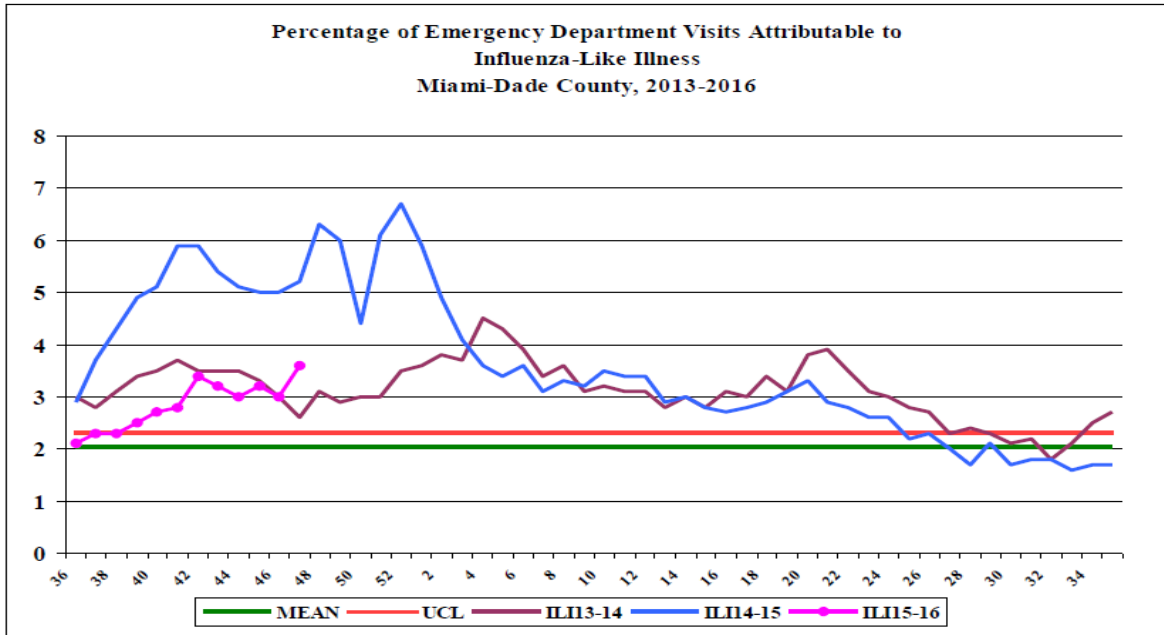


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Influenza-Like-Illness, All Age



During this period, there were 22,448 ED visits; among them 818 (3.6%) were ILI. At the same week of last year, 5.2% of ED visits were ILI.

PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

TO REPORT ANY DISEASE AND FOR INFORMATION CALL:
Epidemiology, Disease Control & Immunization Services

- Childhood Lead Poisoning
- Prevention Program305-470-6877
- Hepatitis305-470-5536
- Immunizations or outbreaks305-470-5660
- HIV/AIDS Program305-623-7420
- STD Program305-575-5430
- Tuberculosis Program305- 575-5415
- Immunization Service305-470-5660
- To make an appointment.....786-845-0550

Florida Department of Health in Miami-Dade County NEEDS Influenza Sentinel Providers!

Sentinel providers are key to the success of the Florida Department of Health's Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact

Lakisha Thomas at 305-470-5660.

About the Epi Monthly Report

The Epi Monthly Report is a publication of the Florida Department of Health in Miami-Dade County: Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, please contact Emily Moore at (305) 470-6918.



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Miami-Dade County Monthly Report Select Reportable Disease/Conditions October 2015

Diseases/Conditions	2015 Current Month	2015 Year to Date	2014 Year to Date	2013 Year to Date
HIV/AIDS				
AIDS*	47	412	467	588
HIV	183	1331	1203	1139
STD				
Infectious Syphilis*	33	270	293	310
Chlamydia*	1077	8629	8180	8404
Gonorrhea*	246	1729	1799	1986
TB				
Tuberculosis**	19	99	107	99
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	27	311	304	299
Chikungunya Fever	3	25	61	0
Ciguatera Poisoning	0	15	22	22
Cryptosporidiosis	7	43	35	20
Cyclosporiasis	0	3	1	3
Dengue Fever	7	23	34	37
Escherichia coli, Shiga Toxin-Producing	1	4	24	8
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	21	173	191	230
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	0	1	1
Legionellosis	3	23	14	21
Leptospirosis	0	1	0	0
Listeriosis	2	4	4	2
Lyme disease	2	7	6	5
Malaria	0	6	6	8
Meningitis (except aseptic)	0	6	16	28
Meningococcal Disease	0	6	10	15
Salmonella serotype Typhi (Typhoid Fever)	0	2	1	2
Salmonellosis	80	587	531	507
Shigellosis	15	128	636	61
Streptococcus pneumoniae, Drug Resistant	2	1	36	74
Toxoplasmosis	0	0	0	0
Vibriosis	0	16	6	10
West Nile Fever	0	0	0	0
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	0	3	0	0
Pertussis	1	28	30	39
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	2	43	39	53
Hepatitis				
Hepatitis A	1	32	31	29
Hepatitis B (Acute)	0	11	11	15
Lead				
Lead Poisoning	6	75	62	75

*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

** Data on tuberculosis are provisional at the county level.