



## Foodborne Illness Data Update for Miami-Dade County as of September 30, 2004

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This article presents a general summary of the foodborne illness data for the first three quarters of 2004. In the coming months more detailed summary reports of specific outbreaks will be presented.

A total of 26 foodborne illness outbreaks have been reported to Miami-Dade County Health Department Office of Epidemiology from January to September from a total of 96 food related illness complaints. The 243 ill persons reported in the complaints include the 139 ill persons associated with foodborne outbreaks. A trend of decrease in complaints continues for Miami-Dade County. However, the number of outbreaks remain comparable with the previous year.

The reported general food vehicles for the outbreaks up to September 30<sup>th</sup> have been:

The viral and bacterial pathogens of Norovirus and Salmonella, and Ciguatera toxin were reported in three of the outbreaks as suspected etiology. No etiology was determined for the remainder 23 outbreaks.

The *Figure 1* shows the distribution of complaints, outbreaks and persons ill during the past three quarters of 2004. *Figure 2* shows the complaints by facility regulators received in the Miami-Dade County Health Department's Office of Epidemiology and Disease Control during the same period. Reports are received from various sources and include but are not limited to physicians, hospital Emergency Rooms and Infection Control Practitioners, the Florida Poison Information Center regulatory agencies, community facilities and patients themselves.

General Vehicle	Beef	Fish	Multiple Ingredients	Multiple Items	Pork	Poultry	Rice	Shellfish	Total
Frequency	2	2	6	9	1	1	2	3	26
Percent (%)	7.7	7.7	23.1	34.6	3.8	3.8	7.7	11.5	100

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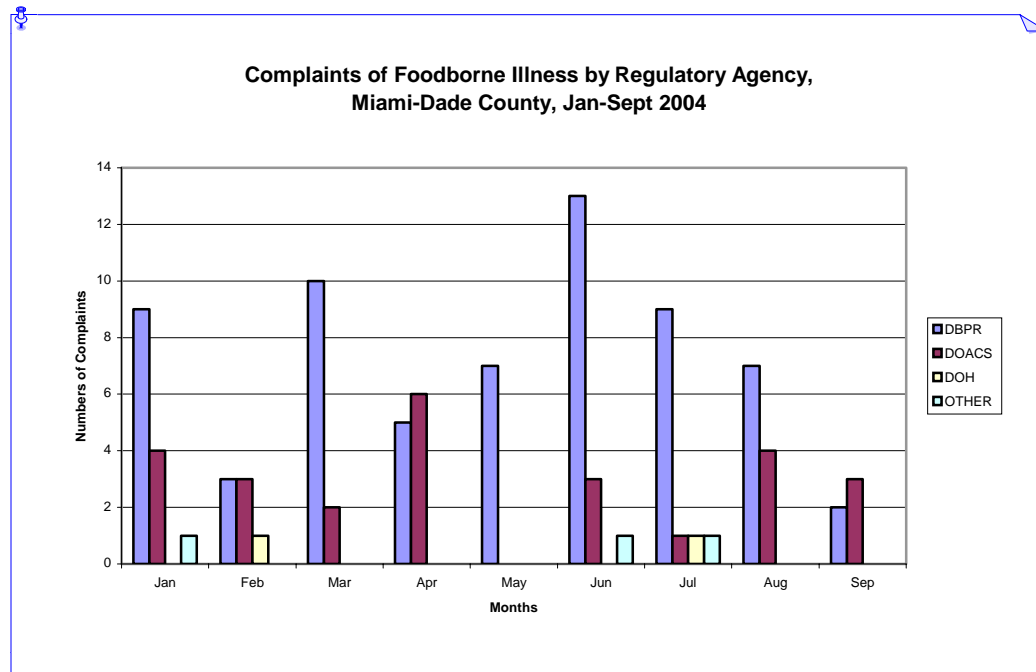
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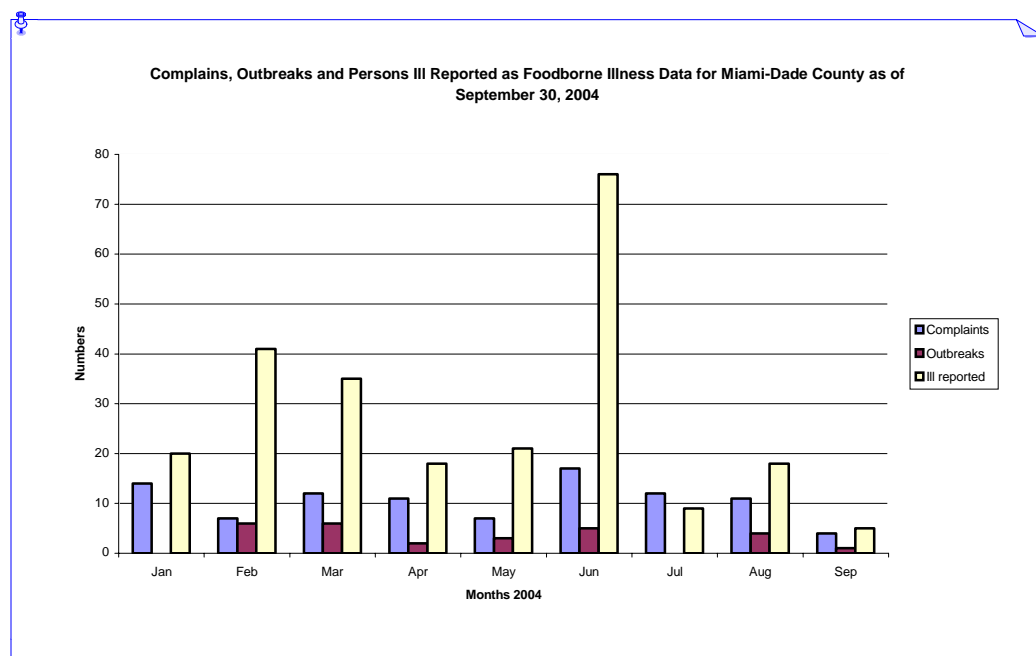
The main regulatory state agencies include: the Department of Business and Professional Regulation (DBPR), the Department of Agriculture and Consumer Services (DOACS), and the Department of Health (DOH). Other regulation is done at the federal level with the Food and Drug Administration (FDA) and the Center for Disease Control and Prevention's Vessel Sanitation Program (VSP).

To report a suspected foodborne illness or an outbreak to our office please call 305-470-5660.

**Figure 1.**



**Figure 2.**



## ***Foodborne Organisms Associated with Turkey***

[The following information is condensed from Food Safety and Inspection Service United States Department of Agriculture web site]

A large crowd to cook for, a big bird to roast, and to many cooks in the kitchen can lead to foodborne illness from holiday dining. But handling and cooking a turkey needn't be an illness waiting to happen.

***Salmonella Enteritidis*** may be found in the intestinal tracts of livestock, poultry, dogs, cats and other warm-blooded animals, and inside fresh shell eggs. *Salmonella* infections occur when a person ingests live *Salmonella* bacteria, which then survive digestion and reproduce in the small intestine to numbers large enough to cause symptoms. This strain is only one of about 2,000 kinds of *Salmonella* bacteria. Thorough cooking destroys *Salmonella* bacteria.

***Campylobacter jejuni*** is one of the most common of diarrheal illness in humans. It is found in the intestinal tracts of chickens, turkeys, cattle, swine, sheep, dogs, cats, rodents, monkeys, some wild birds and some asymptomatic humans. It has also been found in water, soil and sewage sludge. Avoiding cross contamination and proper cooking prevent infection by this bacterium.

***Staphylococcus aureus*** can be carried on human skin, in infected cuts and pimples, in nasal passages and throats. The bacteria are spread by improper food handling. Always wash hands and utensils before preparing and serving food. Cooked foods that will not be served immediately should be refrigerated in shallow, covered containers. Perishable foods should not be left at room temperature more than 2 hours. Temperature abuse can allow the bacteria to grow and produce staphylococcal enterotoxin. Thorough cooking destroys staphylococcal bacterial cells, but staphylococcal enterotoxin is not destroyed by heat, refrigeration or freezing.

***Listeria monocytogenes*** bacteria are common in the intestines of humans and animals and in milk, soil, leafy vegetables, and food processing environments. It can grow slowly at refrigerator temperatures. It is destroyed by cooking but a cooked product can be

contaminated by poor personal hygiene. Observe "keep refrigerated" and "use-by dates" on labels.

***Following basic USDA recommendations will help ensure safe, confident cooking and prevent foodborne illness for diners***

**Safe Thawing.** There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave oven. Store frozen turkeys in the freezer until time to thaw. While frozen, a turkey is safe indefinitely. However, if the turkey is allowed to thaw at a temperature above 40° F, any harmful bacteria that may have been present before freezing can begin to multiply again unless proper thawing methods are used.



When thawing a turkey in the refrigerator, plan ahead. Place the turkey on a platter and place in the refrigerator. For every 5 pounds of turkey, allow approximately 24 hours of thawing in a refrigerator set at 40° F.

For thawing in cold water, allow about 30 minutes per pound. Be sure the turkey is in leak-proof packaging and submerge it in cold tap water. Change the water every 30 minutes until the turkey thaws.

When thawing in the microwave, follow the manufacturer's instructions. For both defrosting in cold water and in the microwave, cook the turkey immediately after thawing because conditions were not temperature controlled.

**Stuffing a Turkey** The safest way to cook stuffing is in a casserole, not inside a bird. Bake the casserole in an oven set no lower than 325° F -- or in a microwave oven -- until the internal temperature reaches at least 165° F on a food thermometer. Harmful bacteria can survive in stuffing that has not reached a safe temperature, possibly resulting in foodborne illness.



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Cooking a stuffed turkey is riskier than cooking one not stuffed. However, if both the stuffing and turkey are handled safely and a food thermometer is used, it is possible to cook a stuffed turkey safely. Mix wet and dry stuffing ingredients just before spooning it loosely into the turkey cavity, and roast the turkey immediately. Check the temperature of both the stuffing and the turkey. Do not remove the turkey from the oven until the stuffing reaches 165° F

**Cooking a Turkey Safely** Thawing and stuffing a turkey safely are the first two basics. But cooking is the only way to destroy bacteria. The oven temperature must be set no lower than 325° F. Overnight cooking of a turkey at a low temperature can result in foodborne illness.

The internal temperature, on a food thermometer, of a whole turkey must reach 180° F in the innermost part of the thigh. If the turkey has a "pop-up" temperature indicator, it is also recommended that a food thermometer be used to test the turkey in several places. To read more "Turkey Basics" and print a cooking time chart, go to [www.fsis.usda.gov/oa/pubs/tbcook.htm](http://www.fsis.usda.gov/oa/pubs/tbcook.htm).

### Handling Precooked Dinners and Leftovers

Some cooks forego home-cooking a turkey altogether and choose to purchase precooked dinners. There are also basic safety measures for the safe handling of these holiday meals.



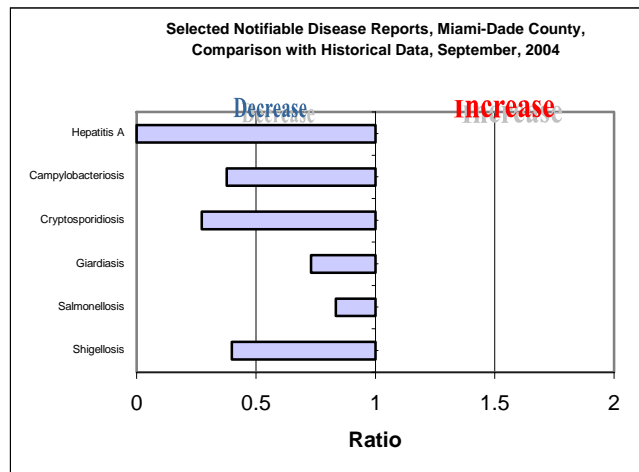
If the dinners are to be picked up hot, keep the food hot. Keeping foods warm is not enough. Harmful bacteria multiply fastest in the "danger zone" between 40 and 140° F. Set the oven temperature high enough to keep the internal temperature of the turkey and side dishes at 140° F or above.

Eat the food within 2 hours of pickup.

When picking up cold turkey dinners, refrigerate them as soon as possible, always within 2 hours. Serve the meal within 1 to 2 days. Turkey may be eaten cold, but reheating a whole turkey is not recommended. To reheat, slice breast meat (legs and wings may be left whole), and heat turkey pieces and side dishes thoroughly to 165° F.

Perishable foods should not be left out of the refriger-

erator or oven for more than 2 hours. Refrigerate or freeze all leftovers promptly in shallow containers. It is safe to refreeze leftover turkey and trimmings even if they were previously frozen.



\*Ratio of current month total to mean of 15 month totals (from previous, comparable, and subsequent month periods for the past 5 years).

TO REPORT ANY DISEASE AND FOR INFORMATION CALL:



Office of Epidemiology and Disease Control

#### Childhood Lead Poisoning

Prevention Program (305) 470-6877

Hepatitis (305) 470-5536

Other diseases and outbreaks (305) 470-5660

HIV/AIDS Program (305) 324-2459

STD Program (305) 325-3242

Tuberculosis Program (305) 324-2470

Special Immunization Program (786) 845-0550

Nights, weekends, and holidays (305) 377-6751



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# Monthly Report

## Selected Reportable Diseases/Conditions in Miami-Dade County, September 2004

Diseases/Conditions	2004 this Month	2004 Year to Date	2003 Year to Date	2002 Year to Date	2001 Year to Date	2000 Year to Date
AIDS <sup>Provisional</sup>	133	1126	784	888	938	988
Animal Rabies	0	0	0	0	0	0
Campylobacteriosis	5	108	102	72	92	119
<i>Chlamydia trachomatis</i>	342	3577	3383	3683	2694	2365
Ciguatera Poisoning	0	0	0	0	0	2
Cryptosporidiosis	1	16	9	5	10	15
Cyclosporiasis	1	2	1	1	0	0
Diphtheria	0	0	0	0	0	0
<i>E. coli</i> , O157:H7	1	3	0	0	2	3
<i>E. coli</i> , Non-O157	1	1	2	1	1	0
<i>E. coli</i> , Other	1	1	0	0	0	0
Encephalitis (except WNV)	0	0	0	1	0	0
Encephalitis, West Nile Virus	2	13	5	1	0	0
Giardiasis, Acute	19	221	137	153	197	183
Gonorrhea	156	1323	1430	1575	1389	1606
Granuloma Inguinale	0	0	0	0	0	0
Hepatitis A	5	34	46	118	129	70
Hepatitis B	0	26	43	35	46	86
HIV <sup>Provisional</sup>	139	1391	1267	1509	1232	1280
Lead Poisoning	18	215	189	222	183	335
Legionnaire's Disease	0	7	4	0	2	0
Leptospirosis	0	0	0	0	0	0
Lyme disease	0	3	2	2	6	4
Lymphogranuloma Venereum	0	0	0	0	0	0
Malaria	4	15	9	9	14	21
Measles	0	0	0	0	0	0
Meningitis (except aseptic)	0	8	7	4	7	13
Meningococcal Disease	3	15	3	10	14	22
Mumps	0	0	0	0	0	1
Pertussis	0	9	9	6	1	7
Polio	0	0	0	0	0	0
Rubella	0	0	0	0	0	0
Rubella, Congenital	0	0	0	0	0	1
Salmonellosis	36	325	381	234	219	208
Shigellosis	8	132	240	187	113	172
<i>Streptococcus pneumoniae</i> , Drug Resistant	1	56	88	73	135	147
Syphilis, Infectious	21	159	129	158	154	100
Syphilis, Other	60	635	795	796	625	552
Tetanus	0	0	0	0	1	1
Toxoplasmosis	1	5	8	14	11	0
Tuberculosis <sup>Provisional</sup>	25	117	158	156	167	203
Typhoid Fever	1	3	4	3	0	2
<i>Vibrio cholera</i> Type O1	0	0	0	0	0	0
<i>Vibrio cholera</i> Non-O1	0	0	0	1	0	0
<i>Vibrio</i> , Other	0	0	1	0	0	0

\* Data on AIDS are provisional at the county level and are subject to edit checks by state and federal agencies.

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

