



# EPI MONTHLY REPORT

## MIAMI-DADE COUNTY HEALTH DEPARTMENT

### Inside the Issue

## *Holiday Food Safety*

A holiday meal can be challenging to prepare because there are so many foods being cooked at different times and temperatures. It's easy to forget that food safety is the most important ingredient. Four simple steps can help ensure that harmful bacteria won't be a guest at your festivities.



### Clean, Separate, Cook and Chill

**Clean:** Start with clean hands, cutting boards and utensils. Dirty hands and surfaces can spread bacteria throughout the kitchen. Always wash your hands with warm water and soap for twenty seconds before and after handling food. Clean your cutting boards, knives and countertops with hot water and soap after preparing foods.

**Separate:** Using the same cutting board for all foods can spread bacteria. Use separate cutting boards for fresh produce and for raw meat, poultry, seafood and eggs. Keep raw meat or poultry away from raw vegetables and other foods that won't be cooked. And don't put cooked food on platters that held raw meat or let cooked food come in contact with raw meat, poultry or their juices because the juices may contain harmful bacteria.

**Cook:** Keep in mind that you can't tell it's done by how it looks. Cooking to the safe temperature kills harmful bacteria. A basic for preparing any meat, poultry, casserole or side dish is a food thermometer. If you use a food thermometer you will know when your food is safe and you won't overcook it or undercook it. Below is a chart of safe cooking temperatures for different types of foods.

### Cook to Proper Temperatures

**165° F:** Turkey, Chicken, all poultry dishes, stuffed meat items, and all re-heated leftovers

**155° F:** Ground Beef, Ground Pork except Ground Poultry

**145° F:** Beef, Lamb, Veal, Steaks, Roasts, (medium rare) Pork, Ribs, Fish and Egg dishes

**140° F:** Cooked Fruits and Vegetables that will be held hot before eating

**MAKE SURE YOUR FOODS REACH SAFE TEMPERATURES DURING COOKING!**

**Chill:** Make sure leftovers get put in the refrigerator within two hours of the meal. That includes your leftover pumpkin pie. Keep your fridge at a safe 40° F or below and remember to use or freeze leftovers within 3 to 4 days.

### Leftovers

Put **leftovers** away within **2 hours**.

**DO NOT** leave turkey, stuffing and other foods on the table all day long so people can nibble. Store **large quantities** in **smaller, shallow containers** to ensure rapid cooling.

**Reheat leftovers** to proper temperatures: **165° F**.

**THIS HOLIDAY SEASON, WE WANT EVERYONE TO BE FOOD SAFE.**

For more information visit U.S. Food and Drug Administration– Holiday Food Safety: <http://www.fda.gov/Food/ResourcesForYou/Consumers/>

WWW.DADEHEALTH.ORG

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Holiday Food Safety

Let's Talk Turkey

EDCIS  
Influenza/Respiratory  
Illness Surveillance Report

Selected Reportable  
Diseases/Conditions in  
October 2012

Epidemiology, Disease  
Control & Immunization  
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### *Let's Talk Turkey*



#### Buying

Before purchasing your turkey, make ample space in your refrigerator.

**If purchasing a fresh turkey:** Allow 1 pound of turkey per person. Buy your turkey only 1 to 2 days before you plan to cook it. Keep it stored in the refrigerator until you are ready to cook it. Place it on a tray or in a pan to catch any juices that may leak. Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

**If purchasing a frozen turkey:** Allow 1 pound of turkey per person. Keep turkey frozen until you're ready to thaw it. Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.

**If purchasing a frozen pre-stuffed turkey:** USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions. DO NOT THAW before cooking. Cook from frozen state. Follow package directions for proper handling and cooking. Allow 1¼ pounds of turkey per person.

#### Thawing

There are three ways to thaw your turkey safely— in the refrigerator, in cold water, or in the microwave oven.

**Refrigerator:** Allow approximately 24 hours for every 4 to 5 pounds. Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen. **The safest thawing method is in the refrigerator at 40°F. Plan ahead.** Below is a chart of defrosting times in the refrigerator.

Thawing Time in the Refrigerator	
Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

**Cold Water:** Allow approximately 30 minutes per pound. Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze. Below is a chart of defrosting times in cold water.

Thawing Time in Cold Water	
Size of Turkey	Number of Days
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

**Microwave Oven:** Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound and power level to use for thawing. Remove all outside wrapping. Place on microwave-safe dish to catch any juices that may leak. Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

**NEVER THAW A TURKEY OR ANY OTHER FOOD BY LEAVING IT ON THE COUNTER.**



# EPI MONTHLY REPORT

## MIAMI-DADE COUNTY HEALTH DEPARTMENT

### *Let's Talk Turkey*



#### Roasting

Set your oven temperature no lower than 325°F. Place your turkey or turkey breast on a rack in a shallow roasting pan.

For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165°F.

If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onion, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F.

A whole turkey is safe when cooked to a minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing, and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures. If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily. Remove all stuffing from the turkey cavities. Below are timetables for turkey roasting at 325°F for both stuffed and unstuffed birds.

Cooking Time– Unstuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	2 ¾ to 3 hours
12 to 14 pounds	3 to 3 ¾ hours
14 to 18 pounds	3 ¾ to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours
20 to 24 pounds	4 ½ to 5 hours

Cooking Time– Stuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	3 to 3 ½ hours
12 to 14 pounds	3 ½ to 4 hours
14 to 18 pounds	4 to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ¾ hours
20 to 24 pounds	4 ¾ to 5 ¼ hours

**Reminder:** Remove the giblets from the turkey cavities after thawing. Cook separately.

#### Storing

Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90°F. Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling. Use refrigerated turkey, stuffing, and gravy within 3 to 4 days. If freezing leftovers, use within 2 to 6 months for best quality.

#### Reheating

Cooked turkey may be eaten cold or reheated.

**In the oven:** Set the oven temperature no lower than 325°F. Reheat turkey to an internal temperature of 165°F. Use a food thermometer to check the internal temperature. To keep the turkey moist, add a little broth or water and cover.

**In the microwave oven:** Cover your food and rotate it for even heating. Allow standing time. Check the internal temperature of your food with a food thermometer to make sure it reaches 165°F. Consult your microwave oven owner's manual for recommended times and power levels.

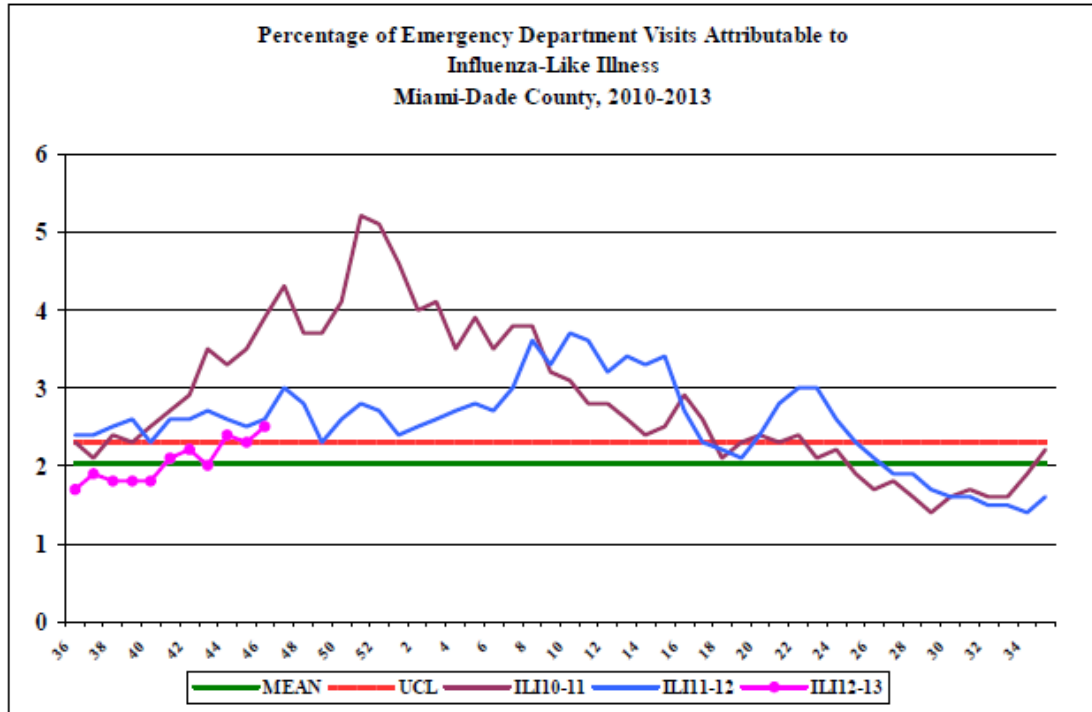
For more information visit United States Department of Agriculture Food Safety and Inspection Service: Seasonal Food Safety  
[http://www.fsis.usda.gov/fact\\_sheets/Seasonal\\_Food\\_Safety\\_Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/fact_sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp)



# EPI MONTHLY REPORT

## MIAMI-DADE COUNTY HEALTH DEPARTMENT

### Influenza-Like-Illness, All Age



During this period, there were 23,243 ED visits; among them 585 (2.5%) were ILI. At the same week of last year, 2.6% of ED visits were ILI.

### PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

**The Miami-Dade County Health Department 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.

#### TO REPORT ANY DISEASE AND FOR INFORMATION CALL:

Epidemiology, Disease Control & Immunization Services

#### Childhood Lead Poisoning

Prevention Program .....	305-470-6877
Hepatitis .....	305-470-5536
Immunizations or outbreaks .....	305-470-5660
HIV/AIDS Program .....	305-470-6999
STD Program .....	305-575-5430
Tuberculosis Program .....	305- 575-5415
Immunization Service .....	305-470-5660
To make an appointment.....	786-845-0550

### About the Epi Monthly Report

The Epi Monthly Report is a publication of the Miami-Dade County Health Department, 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, contact Esther Bell at (305) 470-6918.



# EPI MONTHLY REPORT

## MIAMI-DADE COUNTY HEALTH DEPARTMENT



### Miami-Dade County Monthly Report Select Reportable Disease/Conditions October 2012

Diseases/Conditions	2012 Current Month	2012 Year to Date	2011 Year to Date	2010 Year to Date
<b>HIV/AIDS</b>				
AIDS*	47	500	617	567
HIV	112	1012	1106	994
<b>STD</b>				
Infectious Syphilis*	19	253	259	295
Chlamydia*	735	7845	7233	7238
Gonorrhea*	154	1936	1971	2047
<b>TB</b>				
Tuberculosis**	10	90	111	124
<b>Epidemiology, Disease Control &amp; Immunization Services</b>				
<b>Epidemiology</b>				
Campylobacteriosis	24	297	372	168
Ciguatera Poisoning	4	19	17	13
Cryptosporidiosis	0	19	19	20
Cyclosporiasis	0	1	5	1
Dengue Fever	11	37	14	40
E. coli, O157:H7	0	2	14	10
E. coli, Non-O157	0	0	0	0
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	31	199	245	660
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	2	0	0
Legionellosis	2	16	16	10
Leptospirosis	0	0	0	1
Listeriosis	0	1	4	14
Lyme disease	3	12	3	5
Malaria	0	6	17	20
Meningitis (except aseptic)	2	19	28	16
Meningococcal Disease	1	13	14	16
Salmonellosis	107	502	483	406
Shigellosis	7	66	102	176
Streptococcus pneumoniae, Drug Resistant	7	62	75	119
Toxoplasmosis	0	3	0	1
Typhoid Fever	0	1	3	2
Vibriosis	0	2	1	1
West Nile Fever	0	0	1	0
<b>Immunization Preventable Diseases</b>				
Measles	0	0	0	0
Mumps	0	1	0	3
Pertussis	5	57	27	24
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	2	39	44	66
<b>Hepatitis</b>				
Hepatitis A	3	22	21	37
Hepatitis B (Acute)	1	18	5	23
<b>Lead</b>				
Lead Poisoning	7	75	116	203

\*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.