

# AT YOUR SERVICE

NEWS FROM THE VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT

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## FOOD SAFETY

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:

### **When bringing food to a picnic/cookout:**

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, seafood, deli and luncheon meats ; summer salads (tuna, chicken, egg, pasta or seafood); cut up fruit and vegetables and perishable dairy products..
- A full cooler will maintain its cold temperature longer than a partially filled one. Keep it out of direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly.

### **When cooking on the grill:**

- Use separate cutting boards and utensils for raw meats and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.
  - Beef, pork, lamb & veal (steaks, roasts and chops): 145 degrees with a 3 minute rest time.
  - Ground meats: 160 degrees.
  - Whole poultry, poultry breasts and ground poultry: 165 degrees.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

### **When serving food outdoors:**

- Perishable food should not sit out for more than two hours. In hot weather, food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served—at 140 degrees or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

Go to [www.foodsafety.gov](http://www.foodsafety.gov) for more valuable information.

## HPV VACCINE

In the March 2016 issue of Pediatrics, researchers found that within 6 years of HPV vaccine introduction, there was a 64% decrease in 4vHPV type prevalence among females aged 14 to 19 years and a 34% decrease among those aged 20 to 24 years. Continue to provide and encourage HPV Immunization!

## BABY CHICKS AND SALMONELLA

This spring there have been more than 20 cases of salmonellosis with live chick or duckling exposure in Michigan. Raising baby chicks can be fun and educational, but live baby poultry can look healthy, but still carry Salmonella. Here are some important actions you and your family can take to protect yourselves from a Salmonella infection:

- Wash hands vigorously with soap and water immediately after touching poultry or anything in their environment, such as cages, coops, or bedding.
- Adults should supervise hand washing for young children after they have held baby poultry or touched anything in the birds environment.
- Live poultry should be kept in their own place outside the home.
- The CDC recommends children under the age of five, older adults, or people who are immune compromised should not handle or touch chicks, ducklings, or other live poultry.

## LYME DISEASE

Spring is here in West Michigan and so are black legged ticks! Currently Lyme disease is endemic and expanding throughout Michigan with over 30,000 nationally reported cases in 2012. Lyme disease or the bacteria *B. burgdorferi* is exclusively transmitted by the bite of a black legged tick. Diagnosis may be difficult in the approximately 20% of cases that present without Erythema migrans. For information on diagnostic tools and advanced treatment options visit [www.michigan.gov/lymeinfo](http://www.michigan.gov/lymeinfo). Be aware that advanced stages of untreated Lyme, such as neurological complications, are still being researched and may still benefit from even late antibiotic treatment.

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# Van Buren/Cass County: Selected Reportable Diseases 2011- 2016

(Number of cases per year)

<b>Enteric Diseases</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Campylobacter	31	13	18	19	26	8
Cryptosporidiosis	5	4	6	3	2	3
Norovirus	0	8	0	0	2	0
Giardiasis	9	5	10	9	5	1
Shiga Toxin producing E. Coli (STEC)	1	2	3	2	1	1
Salmonellosis	2	8	3	10	6	7
Shigellosis	1	21	10	7	2	0
E. coli 0157:H7	0	0	0	0	0	1

  

<b>Hepatitis</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Hepatitis A	0	5	2	2	0	0
Hepatitis B, Acute	1	3	0	0	0	0
Hepatitis B, Chronic	2	4	5	3	5	3
Hepatitis C, Acute	0	0	2	0	0	1
Hepatitis C, Chronic	84	62	48	57	62	64

  

<b>STD</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Chlamydia	321	294	337	365	376	136
Gonorrhea	49	48	46	41	53	16
Syphilis	1	1	0	0	3	1

  

<b>Tuberculosis</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Tuberculosis	1	1	0	3	2	1
Mycobacterium - Other	6	12	7	4	9	0

  

<b>Vaccine Preventable Diseases</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Chickenpox (Varicella)	6	2	0	7	4	2
H. influenzae Disease - Inv.	0	0	0	2	4	2
Pertussis	3	8	10	10	3	2

  

<b>Vectorborne Diseases</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Lyme Disease	4	2	1	4	3	2
Malaria	1	0	0	0	0	0
West Nile	0	0	0	0	0	0

  

<b>Meningitis</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Meningitis - Aseptic	15	8	7	5	9	2
Non-meningococcal Bacterial Meningitis	3	1	2	0	5	0
Meningococcal Disease	1	0	0	0	0	0
Streptococcus pneumoniae, Inv	13	13	14	5	8	4

\*2016 numbers are from the time period 01/01/2016- 05/20/2016