

# Public Health Brief

## A Newsletter on Current Public Health Topics



Serving Adams, Arapahoe and Douglas Counties

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You have received this message based upon the information contained within our Health Alert Network Notification System. If you have a different or additional e-mail or fax address that you would like us to use or if you have additional questions, please call 720-200-1477.

### **Categories of Health Alert Network Messages:**

**Health Alert:** Conveys the highest level of importance; warrants immediate action or attention.

**Health Advisory:** Provides important information for a specific incident or situation; may not require immediate action.

**Health Update:** Provides updated information regarding an incident or situation; unlikely to require immediate action.

**Info Service/Public Health Brief:** Provides general information that is not necessarily considered to be of an emergent nature.

**You may download a copy of this HAN from the TCHD website at  
<http://www.tchd.org/259/Health-Alert-Network>**

## The Quarterly Infectious Disease Newsletter from Tri-County Health Department

### Disease Highlight:

#### ***E. coli* Outbreak Associated with a Local Restaurant**

In June 2016, Tri-County Health Department (TCHD) was notified of three cases of Shiga-toxin producing *E. coli* (STEC) O157:H7 that matched by pulse-field gel electrophoresis (PFGE). PFGE is used to match bacterial strains based on the DNA fingerprint. One case developed hemolytic uremic syndrome and was hospitalized.

Case investigations revealed a common exposure at the same restaurant in Arapahoe County, suggesting a point source outbreak. Five additional probable cases were identified through an online survey of customers who ate at the restaurant during the same time frame as the lab confirmed cases.

TCHD Environmental Health specialists conducted an inspection of the restaurant, which revealed violations including: raw beef stored above ready-to-eat lemons that were served with glasses of water; containers of cooked blood stored on top of the kitchen hand sink; employees handling ready-to-eat food with bare hands; and food temperature violations. The following day the restaurant voluntarily closed for cleaning and disposed of all opened meat and produce, and reopened four days later after approval by TCHD. No additional cases were identified.



### Seasonal Bits:

Winter is norovirus season. Norovirus readily spreads person-to-person, even from aerosolized viral particles when a person vomits. Clear the area, clean within a 25 foot radius and be sure to use EPA-approved disinfectants.

[www.tchd.org/DocumentCenter/View/1622](http://www.tchd.org/DocumentCenter/View/1622)

### Did You Know?

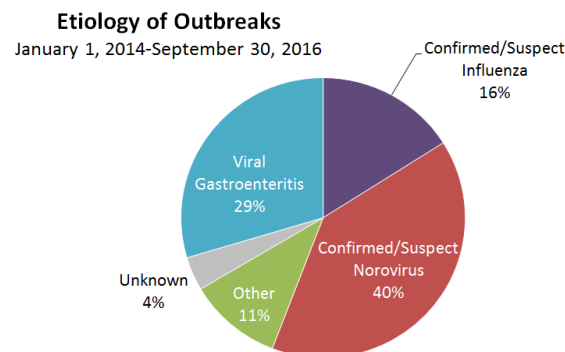
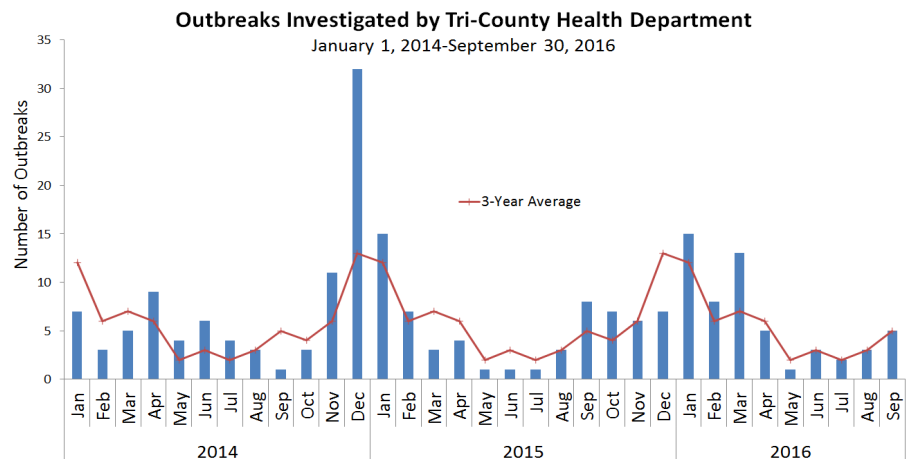
According to the CDC, there is no safe blood lead level in children. In Colorado, CDPHE recommends that all low-income children in Colorado be tested for lead at 12 and 24 months of age.



### Did You Know?

30-50% of antibiotics prescribed in hospitals are unnecessary or inappropriate. Studies demonstrate that improving prescribing practices in hospitals reduces rates of *Clostridium difficile* infection and antibiotic resistance, and also improves individual patient outcomes while reducing healthcare costs. Get Smart Week was November 14-20. [www.cdc.gov/getsmart/week](http://www.cdc.gov/getsmart/week)

### Outbreaks are common in winter months due to flu and norovirus



### Program Highlight

#### **Colorado Medication Take Back Program**

Patients can dispose of prescription medications at many facilities.

[www.colorado.gov/pacific/cdphe/colorado-medication-take-back-program](http://www.colorado.gov/pacific/cdphe/colorado-medication-take-back-program)

### Contact Information

To report suspect outbreaks or reportable conditions to Tri-County Health Department:  
Call the Disease Intervention Program at (303) 220-9200  
After hours: (303) 461-2342  
[www.tchd.org](http://www.tchd.org)