

Communicable Diseases Weekly Report

Week 49, 4 to 10 December 2022

In this report we provide information regarding food safety and a summary of notifiable conditions activity in NSW over the reporting period 49, 4 to 10 December 2022.

Data on **COVID-19** notifications can be found separately on the NSW Health [Latest Updates on COVID-19](#) page.

For up-to-date information regarding the **Japanese encephalitis** outbreak and the NSW response, please visit the [NSW Health Japanese encephalitis page](#).

Information on notifiable conditions is available at the NSW Health [infectious diseases page](#). This includes links to other NSW Health [infectious disease surveillance reports](#) and a [diseases data page](#) for a range of notifiable infectious diseases.

Food Safety

Avoid a Salmonella Summer

It's that time of the year again – the sun is shining, the nights are warm, and people graze over food with family and friends. The problem? Salmonella loves to grow in food that has been left out too long in the heat.

Salmonella notifications usually begin to climb steeply in December and peak over summer each year. This is because *Salmonella* bacteria thrive in warmer weather and can produce an infective dose in contaminated food in a shorter time

The most common causes of salmonellosis outbreaks are from:

- Eating food containing raw or undercooked eggs,
- Not carefully separating cooked food from raw food, especially chicken and poultry,
- Unsafely washed salad ingredients, or
- Eating food that has been left out of the fridge for too long

Symptoms of salmonellosis include fever, headache, diarrhoea, abdominal pain, nausea, and vomiting. Symptoms usually start around six to 72 hours after eating contaminated food. Symptoms typically last four to seven days but can continue for much longer.

Most people recover from salmonellosis by resting and drinking plenty of fluids, however those who are immunocompromised, infants and the elderly can experience worsened symptoms and risk developing a more serious infection.

Helpful food safety tips include:

- Throw out food that is normally refrigerated that has been out of the fridge for more than 2 hours
- Use different chopping boards, trays, utensils, and plates when preparing raw foods, especially meat, and ready to eat food.
- Thaw frozen food in the fridge, not on the bench as *Salmonella* bacteria love to grow between the temperatures of five and 60 degrees Celsius
- Wash fruit and vegetables thoroughly before eating
- Don't pour raw meat juices from marinades onto cooked food

- Follow the correct cooking instructions on the package, and adjust for the power of your appliance
- Wash hands immediately after handling raw foods and before handling cooked or ready-to-eat food
- Don't prepare food for others if you've had symptoms of gastroenteritis until 48 hours after symptoms have passed.

This summer, say goodbye to Salmonella and hello to food safety!

For further information click on the NSW Health Salmonella fact sheet.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/salmonella.aspx>

Summary of notifiable conditions activity in NSW

The following table summarises notifiable conditions activity over the reporting period alongside reports received in the previous week, year to date and in previous years (Table 1).

Table 1. NSW Notifiable conditions from 4 to 10 December 2022, by date received*

		Weekly		Year to date				Full Year		
		This week	Last week	2022	2021	2020	2019	2021	2020	2019
Enteric Diseases	Campylobacter	260	297	11579	11340	9279	10790	12014	10054	11482
	Cryptosporidiosis	6	8	451	421	515	615	444	548	669
	Giardiasis	26	28	1306	1457	1773	3188	1504	1872	3329
	Hepatitis A	2	2	30	8	19	59	8	19	61
	Hepatitis E	1	0	7	1	13	22	1	13	24
	Listeriosis	1	0	33	21	17	16	22	20	16
	Rotavirus	152	101	1396	339	477	1551	356	500	1777
	STEC/VTEC	3	3	138	120	98	72	126	115	79
	Salmonellosis	82	52	2826	2893	2671	3353	3097	2882	3552
	Shigellosis	10	7	435	55	484	821	60	494	867
Typhoid	1	0	44	2	37	62	2	37	64	
Other	Invasive Group A Streptococcus	11	10	105	0	0	0	0	0	0
Respiratory Diseases	Influenza	312	251	115213	106	7472	115614	124	7481	116402
	Legionellosis	3	3	240	205	147	147	214	171	154
	Respiratory syncytial virus (RSV)	156	167	5238	0	0	0	0	0	0
	Tuberculosis	10	8	490	537	572	563	558	625	589
Sexually Transmissible Infections	Chlamydia	563	560	24506	24410	25587	30873	25301	27234	32473
	Gonorrhoea	191	187	9699	7311	9335	11100	7620	9880	11686
Vaccine Preventable Diseases	Meningococcal Disease	3	1	33	23	20	57	23	22	59
	Mumps	5	1	21	6	54	55	6	56	58
	Pertussis	1	4	77	43	1399	6028	43	1400	6386
	Pneumococcal Disease (Invasive)	9	7	517	372	313	650	386	343	690
Vector Borne Diseases	Dengue	7	2	153	4	76	442	4	76	456
	Malaria	2	1	40	8	24	68	8	25	73
	Ross River	5	12	695	643	1968	583	659	1990	596
Zoonotic Diseases	Q fever	1	2	186	195	202	239	206	212	249

* Notes on Table 1: NSW Notifiable Conditions activity

- Only conditions which had one or more case reports received during the reporting week appear in the table.
- Due to the rapidly evolving nature of the situation, data on COVID-19 notifications can be found separately on the NSW Health [Latest Updates on COVID-19](#) page.
- Data cells represent the number of case reports received by NSW public health units and recorded on the NSW Notifiable Conditions Information Management System (NCIMS) in the relevant period (i.e. by report date).
- Note that [notifiable disease data](#) available on the NSW Health website are reported by onset date so case totals are likely to vary from those shown here.
- Cases involving interstate residents are not included.

- Chronic blood-borne virus conditions (such as HIV, hepatitis B and C) are not included here. Related data are available from the [Infectious Diseases Data](#), the [HIV Surveillance Data Reports](#) and the [Hepatitis B and C Strategies Data Reports](#) webpages.
- Notification is dependent on a diagnosis being made by a doctor, hospital or laboratory. Changes in awareness and testing patterns influence the proportion of patients with a particular infection that is diagnosed and notified over time, especially if the infection causes non-specific symptoms.