

**EPI Update for Friday, September 30, 2011  
Center for Acute Disease Epidemiology (CADE)  
Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **IDPH urges annual flu vaccination**
- **New proposed guidelines for organ transplantation**
- **Adult smoking in the U.S.**

**IDPH urges annual flu vaccination**

All Iowans over 6 months of age should be vaccinated against the flu. The flu vaccine not only protects the individual from illness, but also those around them. It's especially important for babies, children with asthma, pregnant women and the elderly to be vaccinated. Pregnant women who get vaccinated not only protect themselves from the flu, but also pass on immunity to their newborn baby.

This year's flu vaccine is plentiful and available in both the injectable ('shot in the arm') and mist ('spray in the nose') options; the vaccine protects against the three most common flu viruses expected to circulate this year, including the H1N1 virus.

For more information, visit [www.idph.state.ia.us/Cade/Influenza.aspx?pg=FluHome](http://www.idph.state.ia.us/Cade/Influenza.aspx?pg=FluHome).  
For information about the influenza vaccine, including where you may find a local vaccine provider, visit [www.idph.state.ia.us/Cade/Influenza.aspx?pg=FluVaccine](http://www.idph.state.ia.us/Cade/Influenza.aspx?pg=FluVaccine).

**New proposed guidelines for organ transplantation**

Draft guidelines on organ transplants call for more thorough donor screening and more advanced organ testing to help protect patients from infections transmitted through transplants. The draft from the Centers for Disease Control and Protection concerns infections such as human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV). It recommends adding HBV and HCV to the list of organisms to be screened.

From 2007 to 2010, CDC participated in more than 200 investigations of suspected unexpected transmission including HIV, HBV, and HCV through transplants. Of those that were confirmed, some led to the death of the transplant recipient. To update standards for safe transplants, CDC led a multidisciplinary group of transplant and infection prevention experts through a systematic review of the best available evidence. The result includes recommendations based on this review.

The full draft guidelines can be found at [www.regulations.gov](http://www.regulations.gov).

**Adult smoking in the U.S.**

Tobacco use remains the single largest preventable cause of disease, disability, and death in the U.S. Some people who smoke daily are smoking fewer cigarettes; however, even occasional smoking causes harm. The percentage of American adults who smoke decreased from 20.9 percent in 2005 to 19.3 percent in 2010. That translates to three

million fewer smokers than there would have been with no decline. But almost one in five adults still smoke. For more information, visit [www.cdc.gov/VitalSigns/AdultSmoking/index.html](http://www.cdc.gov/VitalSigns/AdultSmoking/index.html)

**Meeting announcements and training opportunities**

None

**Have a healthy and happy and beautiful fall week!**

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