

EPI Update for Friday, January 6, 2012
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **New TB test at State Hygienic Laboratory**
- **Healthy living calendar available on IDPH website**
- **People at high risk of developing flu-related complications**
- **CDC recommendations for use of PHV4 in males**
- **Meeting announcements and training opportunities**

New TB test at State Hygienic Laboratory

Starting December 31, 2011, the State Hygienic Laboratory (SHL) began offering a new nucleic acid amplification test (NAAT) for the detection of *Mycobacterium tuberculosis* complex DNA directly from clinical specimens. This test will replace the currently offered MTD test. This new PCR assay detects both the presence of *Mycobacterium tuberculosis* complex DNA and Rifampicin resistance directly from clinical respiratory specimens and from specimen sediment. The new test has an expected turnaround time of less than 24 hours from receipt of the specimen. This test does not replace traditional culture, identification and susceptibility testing on isolates of *M. tuberculosis* complex that are still needed for patient care and public health purposes.

Healthy living calendar available on IDPH website

A free Living a Healthy 2012 calendar is available on the IDPH website. This calendar was designed to will help users reach their health and wellness goals in 2012 by providing a place to keep track of healthy behaviors. Please share this resource with patients and staff. A new calendar is posted each month at www.idph.state.ia.us/Cade/Default.aspx#AR. Look under "Additional Resources" and click on "Calendar – Living a Healthy 2012."

People at high risk of developing flu-related complications

Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized, and occasionally result in death.

People at high risk of flu-related complications:

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women
- Also, American Indians and Alaskan Natives seem to be at higher risk of flu complications
- People who have medical conditions including:
 - Asthma

- Neurological and neurodevelopmental
- Chronic lung disease (COPD and cystic fibrosis)
- Heart disease (congestive heart failure and coronary artery disease)
- Blood disorders (sickle cell disease)
- Endocrine disorders (diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders
- Weakened immune system (HIV, cancer, chronic steroids)
- People younger than 19 years of age on long-term aspirin therapy
- People who are morbidly obese (BMI =>40)

For more information, go to www.cdc.gov/flu/about/disease/high_risk.htm

CDC Recommendations for use of PHV4 in males

The Advisory Committee on Immunization Practices (ACIP) recommended routine use of quadrivalent human papillomavirus (HPV) vaccine in males 11 or 12 years of age. ACIP also recommended vaccination with HPV4 for males 13 through 21 years of age who have not been vaccinated previously or who have not completed the three dose series; males 22 through 26 years of age may be vaccinated. These recommendations replace the October 2009 ACIP guidance that HPV4 may be given to males 9 through 26 years of age

For immunocompromised males, ACIP recommends routine vaccination with HPV4 as for all males, and vaccination through 26 years of age for those who have not been vaccinated previously or who have not completed the three dose series. HPV4 is not a live vaccine and can be administered to persons who are immunocompromised as a result of infection (including HIV), disease, or medications. The immune response and vaccine efficacy might be less than that in immunocompetent persons.

Men who have sex with men (MSM) are at higher risk for infection with HPV types 6, 11, 16, and 18 and associated conditions, including genital warts and anal cancer. For MSM, ACIP recommends routine vaccination with HPV4 as for all males, and vaccination through age 26 years for those who have not been vaccinated previously or who have not completed the three dose series.

For more information, visit: www.cdc.gov/mmwr/preview/mmwrhtml/mm6050a3.htm

Meeting announcements and training opportunities

None

Have a healthy and happy week and good luck with your New Year's goals!

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