

EPI Update for Friday, August 3, 2012
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **First 2012 Iowa West Nile virus cases reported**
- **Recent monkey bites bring attention to B virus risk**
- **Influenza update**

First 2012 Iowa West Nile virus cases reported

Earlier this week, the Iowa Department of Public Health (IDPH) announced the first confirmed human case of West Nile virus disease in Iowa this year. The case is a female older adult (61 to 80 years of age) from Lyon County, who is recovering. Later this week, two additional cases were confirmed by the State Hygienic Laboratory (SHL) in Grundy and Plymouth County residents.

West Nile virus is a seasonal threat especially in late August or early September. Iowans should take the following steps to reduce the risk of exposure to West Nile virus:

- Use insect repellent whenever outdoors, especially during peak biting times from dusk to dawn. Use repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus. Always read the repellent label and consult with a health care provider if you have questions when using these types of products on children. For example, DEET should not be used on infants less than 2 months old and oil of lemon eucalyptus should not be used on children under 3 years old.
- Wear long-sleeved shirts, pants, shoes, and socks whenever possible outdoors.
- Eliminate mosquito-breeding sites by removing sources of standing water in outdoor areas wherever possible. For example, you may turn over or remove items where water can collect, such as ceramic pots, toys, buckets, tires, wading pools. Using tarps to cover firewood and boats is another example of eliminating pools of standing water.

For more information on West Nile Virus, including fact sheets, visit [www.idph.state.ia.us/Cade/DiseaseIndex.aspx?disease=West Nile Virus](http://www.idph.state.ia.us/Cade/DiseaseIndex.aspx?disease=West+Nile+Virus).

Recent monkey bites bring attention to B virus risk

Recently, there have been two separate incidents involving Iowans being bitten by monkeys. A person traveling abroad was bitten by a semi-wild monkey, and in Iowa a child was bitten by a day care owner's pet monkey.

Not only can monkeys and other primates can be infected with rabies, Old World Monkeys (those native to Africa and Asia, especially macaques) can spread B virus (a simian herpes B virus) to humans. This virus, although rare, can cause severe illness and may be fatal in humans. For these reasons, we recommend avoiding unnecessary contact with wild or pet monkeys both in the U.S. and abroad.

The rabies post-exposure prophylaxis protocol for monkeys is the same for all mammals, but exposure to B virus requires special investigation and specific prophylactic treatment. For this reason, health care practitioners should attempt to determine what type of monkey bit their patient. Keep in mind that monkeys kept as pets can come from anywhere, thus a pet monkey in South America could potentially be an Old World Monkey, and vice versa. Also, since monkeys are bred for selling as pets, New World monkeys could be housed in breeding colonies with Old World monkeys, and therefore could potentially be infected with and transmit B virus. A public health investigation will help determine the risk of B virus from any monkey bite.

If someone is bitten by a monkey, they should:

- take a picture of the monkey (if that can be done safely)
- immediately clean the wound thoroughly with soap and water, iodine, or chlorhexidine, and then irrigate the wound with water for 15-20 minutes
- contact a health care provider
- consult with public health to determine the need for B virus testing and prophylaxis

For more information concerning the treatment of those exposed to B virus, visit: www.cdc.gov/herpesvirus/firstaid-treatment.html. For questions concerning exposure to monkey bites, please call the Iowa Department of Public Health at 800-362-2736.

Influenza update

At this time there is no influenza activity in Iowa, but there is minimal activity reported elsewhere in the U.S; 17 sporadic cases of the new variant flu have been reported this year. Of these 17 H3N2v infections, 11 have been associated with swine contact, and eight of these have been associated with fairs, but in six cases, there has been no reported swine contact. For more information, visit www.cdc.gov/flu/spotlights/h3n2v_us_cases.htm.

Influenza surveillance is a year-round activity and laboratories are encouraged to submit any rapid test positive influenza tests to SHL for further testing and subtyping. Also, specimens from patients who are hospitalized for influenza-like illness should be submitted regardless of rapid influenza test results. For questions on specimen submission and testing, call 319-335-4500 or visit www.shl.uiowa.edu/services/influenza.

Meeting announcements and training opportunities

The Extension Training Program for Infection Preventionists will be held September 24-28, 2012, in Iowa City. For more information or to register, contact Martha Freeman, University of Iowa Hospitals & Clinics, at 319-356-1742.

Have a happy and healthy (and hopefully cooler and rainier) week!

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800-362-2736