

EPI Update for Friday, November 7, 2014
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Ebola update
- Preventing cavities from Halloween candy
- HPV vaccination and cervical cancer
- Meeting announcements and training opportunities

Ebola update

There are no cases of Ebola in Iowa. No persons in Iowa are being tested for Ebola. There are 12 travelers who are considered to be at "low risk" of Ebola who are under a public health order to self-monitor for symptoms twice daily, and one traveler at "some risk" of Ebola who is under a public health order to stay at home (with non-congregate outdoor activities allowed) and is being monitored twice daily for symptoms. For more information, visit

www.idph.state.ia.us/IdphNews/Reader.aspx?id=12A84CCD-3FCB-429A-9510-1D5033C9CA50.

IDPH Ebola web page can be found at

www.idph.state.ia.us/EHI/Issue.aspx?issue=Ebola%20Outbreak&pg=Ebola%20Outbreak%20Home.

New this week from IDPH

1. Ebola Briefing – 11/03/14
www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=BA3B93EF-952B-48C9-914E-88C8DDDAAFE1
2. Ebola Recommendations for Iowa School Districts
www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=06CF2CFF-B3DA-4C66-9B8A-5C833685F6BF
3. Press Release: Precautionary Measures Taken to Assure Health and Safety of Iowans
www.idph.state.ia.us/IdphNews/Reader.aspx?id=12A84CCD-3FCB-429A-9510-1D5033C9CA50

New this week from CDC

1. Infographic - How Ebola is Spread
www.cdc.gov/vhf/ebola/pdf/infections-spread-by-air-or-droplets.pdf
2. Questions and Answers about CDC's Ebola Monitoring & Movement Guidance
www.cdc.gov/vhf/ebola/exposure/qas-monitoring-and-movement-guidance.html
3. Ambulatory Care Evaluation of Patients with Possible Ebola Virus Disease
www.cdc.gov/vhf/ebola/pdf/ambulatory-care-evaluation-of-patients-with-possible-ebola.pdf
4. Questions and Answers: Infection Control in General Healthcare Settings in Countries with Widespread Ebola Transmission (Guinea, Liberia, and Sierra Leone)
www.cdc.gov/vhf/ebola/hcp/qa-infection-control-general-healthcare-widespread-ebola-transmission.html
5. Information for Travelers
www.cdc.gov/vhf/ebola/travelers/index.html
6. Interim Guidance for the U.S. Residence Decontamination for Ebola Virus Disease (Ebola) and Removal of Contaminated Waste
www.cdc.gov/vhf/ebola/hcp/residential-decontamination.html
7. Resources for Parents, Schools, and Pediatric Healthcare Professionals
www.cdc.gov/vhf/ebola/children/index.html
8. Updated Case Counts

www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/case-counts.html

Preventing cavities from Halloween candy

Do you or your patients love Halloween candy, but worry about it causing cavities? It's perfectly acceptable to enjoy candy in moderation if you keep a few cavity prevention tips in mind.

Think about the **form** – try to avoid anything sticky, like taffy or even raisins – and don't snack on candy throughout the day. Every time sugar is consumed (**frequency**) it creates an acidic environment in your mouth for at least 20 minutes. The more you eat sugary candy, the more acidic your mouth becomes, which is one of the first steps in the decay process. Lastly, go ahead and chew some sugarless gum with Xylitol after you eat candy. It not only helps to neutralize the acid, but it also helps to inhibit the bacteria that cause cavities.

For more information about oral health, visit

www.idph.state.ia.us/ohds/OralHealth.aspx?prog=OHC&pg=Resources.

HPV vaccination and cervical cancer

CDC's recent *Vital Signs* highlights the need for cervical cancer screenings and describes the underutilization of the HPV vaccine. National recommendations include routine HPV vaccination of children aged 11 or 12 years.

Nationally in 2013, 37.6 percent of adolescent girls and 13.9 percent of adolescent boys completed the three-dose series; in Iowa in 2013, only 25 percent of adolescent girls and 10 percent of adolescent boys completed the series. HPV vaccination and cervical cancer screening can prevent nearly 93 percent of new cervical cancer cases. Cervical cancer screening recommendations do not differ based on vaccination status. Efforts are needed to improve HPV immunization rates.

For more information, visit

www.cdc.gov/mmwr/preview/mmwrhtml/mm63e1105a1.htm?s_cid=mm63e1105a1_e.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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