

**EPI Update for Friday, September 11, 2015**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Ebola update from West Africa and Iowa**
- **Enterovirus and human parechovirus surveillance**
- **Shingles: extremely common, but vaccine preventable**
- **Iowa Acute Disease Monthly Update**
- **Meeting announcements and training opportunities**

**Ebola update from West Africa and Iowa**

Liberia was declared Ebola-free last May; unfortunately, more cases occurred in late June. On September 3, Liberia was again declared Ebola-free after two more incubation periods (42 days) without any new cases. Heightened surveillance continues in Liberia. Ebola transmission is ongoing in Guinea and Sierra Leone, though the number of new cases reported has dropped dramatically from the height of the outbreak. In August 2015, Guinea and Sierra Leone reported 10 and four confirmed cases, respectively.

IDPH and our local public health partners continue to monitor travelers to Iowa from Guinea and Sierra Leone for symptoms of Ebola. Five travelers are currently being monitored, and 122 travelers have been monitored since September 2014. There have been no cases of Ebola in Iowa.

For more information on Ebola in Liberia, visit

[www.cdc.gov/mmwr/preview/mmwrhtml/mm6435a5.htm?s\\_cid=mm6435a5\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6435a5.htm?s_cid=mm6435a5_w).

For information on Ebola in Guinea and Sierra Leone, visit

[www.cdc.gov/mmwr/preview/mmwrhtml/mm6435a6.htm?s\\_cid=mm6435a6\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6435a6.htm?s_cid=mm6435a6_w).

For more information on Ebola monitoring in Iowa, visit

[www.idph.state.ia.us/EHI/Issue.aspx?issue=Ebola Outbreak&pg=Status Updates](http://www.idph.state.ia.us/EHI/Issue.aspx?issue=Ebola%20Outbreak&pg=Status%20Updates).

**Enterovirus and human parechovirus surveillance**

CDC performs surveillance for enteroviruses and human parechoviruses in the U.S. from select laboratories. Most infections with these viruses are asymptomatic and those who become ill have symptoms ranging from mild respiratory infections to acute flaccid paralysis, meningitis, encephalitis, etc. Infants are at higher risk of infection and are more likely to have severe disease than older children and adults.

A total of 16 parechovirus types and 118 enterovirus types (including four EV species known to infect humans: A, B, C, and D) had been identified. Surveillance data indicates that some types circulate annually, while others circulate with epidemic years followed by years with low activity. The spectrum of illness varies among virus types.

For more information on enterovirus and human parechovirus surveillance, visit [www.cdc.gov/mmwr/preview/mmwrhtml/mm6434a3.htm?s\\_cid=mm6434a3\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6434a3.htm?s_cid=mm6434a3_e).

### **Shingles: extremely common, but vaccine preventable**

In last week's update, chickenpox was highlighted and anyone who has had chickenpox is at risk of developing shingles (also known as zoster or herpes zoster). Today, almost one out of every three people in the United States will develop shingles in their lifetime (this will likely decrease as more of the population is vaccinated). Approximately one million cases of shingles occur each year in the U.S., and even children get shingles. However, the risk of shingles increases with age. About half of all cases occur in men and women 60 years old or older.

National recommendations are that people aged 60 years and older receive the shingles vaccine. Even people who have had shingles should receive the vaccine to lower the risk or prevent future occurrences. Those at greatest risk of getting shingles include people who are immuno-compromised (i.e. cancer, HIV, and receiving immunosuppressive drugs) and those who are older. Even though shingles typically happens only once in a lifetime, second and third episodes have been documented. For more information about shingles, visit [www.cdc.gov/shingles/about/](http://www.cdc.gov/shingles/about/).

### **Iowa Acute Disease Monthly Update**

The new issue of the Iowa Acute Disease Monthly Update is available by visiting [www.idph.state.ia.us/cade/](http://www.idph.state.ia.us/cade/) and scrolling down to 'Reports.' This month's issue can also be accessed directly with the following link: [www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=C11B8F1B-0C83-4236-A6E4-E70466D8C73F](http://www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=C11B8F1B-0C83-4236-A6E4-E70466D8C73F).

### **Meeting announcements and training opportunities**

None

### **Have a healthy and happy (and cooler) week!**

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