

**EPI Update for Friday, April 15, 2016**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Immunization is a shared responsibility**
- **Early detection and treatment of STDs is essential**
- **CDC concludes Zika causes microcephaly and other birth defects**
- **CDC Zika infographics available**
- **Meeting announcements and training opportunities**

**Immunization is a shared responsibility**

Vaccines are among the most successful and cost-effective public health tools in preventing disease and death. They not only protect vaccinated individuals, but also entire communities by preventing and reducing the spread of infectious disease. Over the course of the lifetimes of children born between 1994 and 2013, it is estimated vaccination will prevent 322 million illnesses, 21 million hospitalizations, and 732,000 deaths.

Giving babies the recommended immunizations by age 2 is the best way to protect them from 14 serious childhood diseases. To provide the best protection for the community, it is important to have a large percentage of the population vaccinated. According to the 2014 National Immunization Survey, the percentage of children aged 19-35 months who were vaccinated with a combined series (includes vaccines against diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, *Haemophilus influenzae* type b, hepatitis b, varicella, and pneumococcal pneumonia) was about 71 percent in both Iowa and the United States. The rates would be closer to 90 percent if these children received the final doses in the series of DTaP, Hib, and PCV. Getting the final doses in a series is important to provide full, longer-lasting protection.

Immunization is a shared responsibility. Families, healthcare professionals, and public health officials must work together to help protect the entire community. Visit [www.cdc.gov/vaccines/hcp/conversations/resources-parents.html](http://www.cdc.gov/vaccines/hcp/conversations/resources-parents.html) for resources to increase communications between providers and parents.

**Early detection and treatment of STDs is essential**

Nearly 20 million new sexually transmitted infections occur in the United States every year and cost the healthcare system nearly \$16 billion in direct medical costs. Preliminary data indicate there were a record number of chlamydia cases reported in Iowa in 2015, with more than 12,100 cases - an increase of approximately 4.5 percent from 2014. Increases in gonorrhea were even higher, with more than 2,200 cases reported to IDPH in 2015 - an increase of approximately 35 percent. Adolescents and young adults are disproportionately infected, accounting for 65 and 48 percent of Iowa's chlamydia and gonorrhea cases, respectively.

Iowa has also experienced significant increases in the number of infectious syphilis cases, with an increase of 450 percent between 2011 and 2013. In 2015, 140 cases of infectious syphilis were reported. Men who have sex with men (MSM) are disproportionately impacted by syphilis in the U.S. and Iowa. Concerns over ocular syphilis are growing because this may lead to visual impairment, including blindness. At least five cases meeting the CDC case definition have been reported in Iowa over the last six months.

Regular testing, even when symptoms are not present, is particularly important for these infections because many of them present asymptotically. Early detection and treatment of STDs are essential tools in protecting the health of those infected, and the health of others. For more information, visit [www.cdc.gov/std](http://www.cdc.gov/std).

### **CDC concludes Zika causes microcephaly and other birth defects**

On April 14, the CDC confirmed what mounting evidence has suggested - Zika virus causes microcephaly and other severe fetal brain defects. Reported in the New England Journal of Medicine, CDC authors describe a rigorous weighing of evidence using established scientific criteria. CDC is now launching further studies to determine what other damaging effects on the brain may be experienced by children born to mothers infected by the Zika virus.

For more information, visit [www.nejm.org/doi/abs/10.1056/NEJMSr1604338?query=NC](http://www.nejm.org/doi/abs/10.1056/NEJMSr1604338?query=NC) or [www.cdc.gov/zika/index.html](http://www.cdc.gov/zika/index.html).

### **And now for something new: infographics!**

Over the next few weeks, we will be including a new infographic in each edition of the EPI Update. Hopefully these health infographics can assist you and those you want to educate on a variety of health issues. Most can be printed off on an office printer to be handed out or placed on the wall of an examining room or waiting room. Let us know what you think – if helpful, we will continue to include them.

This week's infographic is for pregnant women traveling to areas where the Zika virus is spreading.

CDC's Response to **ZIKA**

# PREGNANT?

Read this before you travel



## What we know about Zika

- Zika can be spread from a pregnant woman to her fetus.
- Infection during pregnancies is linked to birth defects in babies.
- Zika is spread mostly by being bitten by an infected *Aedes* species mosquito.
  - These mosquitoes are aggressive daytime biters. They can also bite at night.
- To date, there has been no local transmission of Zika in the United States.
- Because the mosquitoes that spread Zika are found throughout the tropics, outbreaks will likely continue.
- There is no vaccine to prevent or medicine to treat Zika.

## What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with Zika.
- If you are pregnant and become infected:
  - How likely it is that Zika will pass to your fetus.
  - Whether your baby will have birth defects.

To access this infographic, visit [www.cdc.gov/zika/pdfs/zikapregnancyinfographic.pdf](http://www.cdc.gov/zika/pdfs/zikapregnancyinfographic.pdf).

### Meeting announcements and training opportunities

None

### Have a healthy and happy week!

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