

**EPI Update for Friday, July 22, 2016**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Zika in the news**
- **Antibiotic resistance for *Neisseria gonorrhoeae* increases**
- **New HIV diagnoses up 27 percent in Iowa**
- **Iowa Acute Disease Monthly Update**
- **To protect yourself from malaria - sleep with a chicken**
- **Infographic: Stay Healthy On The Road To Rio**
- **Meeting announcements and training opportunities**

**Zika in the news**

The Utah Department of Health and CDC are investigating a new case of Zika that is not believed to be travel related, sexually transmitted, or acquired through local mosquito vectors. This case was a family contact, and provided care for an elderly man who died in late June from unknown causes. The deceased patient did have travel-acquired Zika virus, and was found to have an abnormally high viral load. The investigation into transmission of the virus is ongoing.

Also this week, the Florida Department of Health announced an investigation of at least one possible non-travel related case of Zika virus in southern Florida. Pertinent information about these cases will be shared as it becomes available.

**Antibiotic resistance for *Neisseria gonorrhoeae* increases**

The percentage of *Neisseria gonorrhoeae* isolates exhibiting antibiotic resistance is increasing and this increase is most marked with azithromycin and among isolates from Midwestern states. The STD treatment guidelines state that gonococcal infections should be treated with two drugs simultaneously: 250mg ceftriaxone (intramuscular injection) and 1 gram azithromycin (oral, single dose). Dual treatment continues to be effective in curing infections and evidence suggests it may slow the development of further resistance.

Gonorrhea can infect multiple anatomic sites (e.g., urogenital, rectal, and oropharyngeal). It is important for clinicians and patients to communicate with one another to assess the patient's risk and assure that all sites of possible exposure are tested; otherwise, the infection may go undetected and untreated.

For more information on antibiotic-resistant gonorrhea, visit [www.cdc.gov/std/gonorrhea/arg/default.htm](http://www.cdc.gov/std/gonorrhea/arg/default.htm).

**New HIV diagnoses up 27 percent in Iowa**

There were 124 new HIV diagnoses last year in Iowa, a 27 percent increase from the 98 reported in 2014. This increase marks a return to the levels seen in 2013, reversing the drop in new diagnoses from 2013 to 2014. The reason for the increase in diagnoses is unclear, but may be related to increased testing resulting from the Affordable Care Act (ACA). Both the largest decreases in 2014 and increases in 2015 occurred in private physician offices, hospital-based clinics, and community health centers.

Established nationally in 2013, the HIV Care Continuum Initiative focuses on linking newly diagnosed individuals to care, retaining them in care, and increasing the proportion of HIV-diagnosed individuals whose viral load is effectively suppressed. Studies have shown viral suppression improves health outcomes and may reduce the likelihood of transmitting HIV by up to 96 percent. Of the 2,367 HIV-diagnosed persons in Iowa, 76 percent are virally suppressed vs. 42 percent nationally.

The number of deaths among HIV-infected persons diagnosed in Iowa continues to decrease since peaking at 103 deaths in 1995. Since 2000, the number of deaths has fluctuated from a low of 20 to a high of 44. Preliminary data indicate 20 HIV or AIDS-related Iowa deaths in 2015.

IDPH and its community partners are currently creating Iowa's 2017-2021 Comprehensive HIV Plan for release this fall. To view the Iowa HIV Disease End-of-Year Surveillance Report for 2015, visit [www.idph.iowa.gov/Portals/1/userfiles/105/State%20of%20Iowa%202015%20End-of-Year%20HIV%20Disease%20Surveillance%20Report.pdf](http://www.idph.iowa.gov/Portals/1/userfiles/105/State%20of%20Iowa%202015%20End-of-Year%20HIV%20Disease%20Surveillance%20Report.pdf).

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

The new issue of the Iowa Acute Disease Monthly Update is available on our new website. Visit [idph.iowa.gov/CADE](http://idph.iowa.gov/CADE) and scroll down to 'Reports' or access the report directly with the following link: [idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20July%202016.pdf](http://idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20July%202016.pdf).

### **To protect yourself from malaria - sleep with a chicken**

Malaria-carrying mosquitos don't like chickens, so sleeping with one next to your bed may be protective. Who would've known? For more information, visit [www.sciencedaily.com/releases/2016/07/160720215145.htm](http://www.sciencedaily.com/releases/2016/07/160720215145.htm).

### **Infographic: Stay Healthy On The Road To Rio**

# STAY HEALTHY ON THE ROAD TO RIO PROTECT YOURSELF FROM ZIKA



## Be Prepared

- See a doctor 4-6 weeks before travel
- Get recommended vaccines and medicines
- Enroll in the Smart Traveler Enrollment Program (STEP)



## Stay Safe

- Monitor warnings and alerts from the US Department of State.
- Don't drink too much alcohol and don't use drugs.
- Ride only in marked taxis that have seatbelts.
- Use condoms if you have sex (vaginal, anal, or oral).



## Eat & Drink Smart

- Eat food that is cooked and served hot.
- Eat raw fruits and vegetables only if they can be peeled or washed in clean water.
- Don't drink tap water, drinks with ice, or drinks diluted with tap water.
- Download our "Can I Eat This?" app.



## Prevent Bug Bites

- Use insect repellent on exposed skin. **It works!** Look for the following active ingredients: DEET, picaridin, IR3535, OLE, PMD
- Wear long-sleeved shirts and long pants when possible.
- Use permethrin-treated gear and clothing.
- Stay in air conditioned or screened-in rooms.



## Stay Healthy and Help Protect Others After Your Trip

- See a doctor if you get sick and mention your travel.
- Prevent mosquito bites for 3 weeks to avoid spreading Zika.
- Men: Protect your sex partners after travel. Use condoms for at least 8 weeks, or for at least 6 months if you get sick. If your partner is pregnant, use condoms throughout her pregnancy or do not have sex.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



For more information visit [www.cdc.gov/travel](http://www.cdc.gov/travel)

Information and graphic available at [wwwnc.cdc.gov/travel/page/infographic-rio-olympics](http://wwwnc.cdc.gov/travel/page/infographic-rio-olympics).

### Meeting announcements and training opportunities

None

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

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