

## **Epi Update for Friday, August 19, 2016 Center for Acute Disease Epidemiology (CADE) Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **The 120,000 nurses who shook public health**
- **First West Nile virus cases confirmed**
- **Reminder: weekly updates on Zika cases**
- **Infographic: Steps to Safe and Healthy Fruits & Vegetables**
- **Meeting announcements and training opportunities**

### **The 120,000 nurses who shook public health**

The Nurses' Health Study is a cohort of over 120,000 nurses assembled in 1976 by researchers from Harvard University. The study has provided an "unrivaled perspective on the effects on women's health of lifestyle, social and mental health determinants, biomarkers, genes, and proteins on most chronic diseases, including skin disorders, mental health, occupational health, ocular health, kidney disorders, reproductive health, neurodegenerative disorders, life course exposures, and more."

A cohort study is only as good as its ability to retain its participants, and amazingly, 94 percent of the original nurses have kept their commitment to the study. Thanks to all the nurses who participated! For more information, visit [ajph.aphapublications.org/toc/ajph/106/9](http://ajph.aphapublications.org/toc/ajph/106/9).

### **First West Nile virus cases confirmed**

The first two human cases of West Nile virus (WNV) in 2016 have been confirmed in Sioux County. A female child (0-17 years of age) and an adult male (41-60 years of age) were hospitalized due to the virus, but are now recovering. The West Nile virus season typically lasts from late summer into early autumn. Iowans should take the following steps to reduce the risk of exposure to West Nile virus:

- Use insect 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 for 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.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts, pants, shoes, and socks whenever possible outdoors.
- Eliminate standing water around the home because that's where mosquitoes lay eggs. Empty water from buckets, cans, pool covers and pet water dishes. Change water in bird baths every three to four days.

For more information on West Nile virus in Iowa and ways to prevent mosquito bites, visit [idph.iowa.gov/cade/disease-information/west-nile-virus](http://idph.iowa.gov/cade/disease-information/west-nile-virus).

### **Reminder: weekly updates on Zika cases**

To review IDPH's weekly updates on Zika cases in Iowa, visit [idph.iowa.gov/ehi/zika](http://idph.iowa.gov/ehi/zika).

Health care providers suspecting a potential case of Zika virus should contact the Center for Acute Disease Epidemiology at [800-362-2736](tel:800-362-2736). CADE staff will consult with the provider to

determine if testing is warranted, work with the provider to determine which specimens to collect, make arrangements for the courier to pick up collected specimens, and deliver them to the State Hygienic Laboratory (the state's public health laboratory).

### Infographic:



Infographic available at [www.cdc.gov/foodsafety/pdfs/fruit-veggie-safety-poster-85x11-508c.pdf](http://www.cdc.gov/foodsafety/pdfs/fruit-veggie-safety-poster-85x11-508c.pdf).

### Meeting announcements and training opportunities

None

**Have a healthy and happy week!**

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736