

Epi Update for Friday, September 2, 2016
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Epidemiology of sepsis**
- **Education for college students**
- **New Influenza Surveillance Network coordinator**
- **Infographic: How to Prevent Sexually Transmitted Diseases**
- **Meeting announcements and training opportunities**

Epidemiology of sepsis

Sepsis is a serious and often fatal clinical syndrome, and resulted in \$23.7 billion worth of health care costs in 2013. Determination of preventive interventions is a public health priority.

CDC and its partners reviewed medical charts from 246 adults and 79 children at four New York hospitals to determine patient demographics, risk factors, and infections leading to sepsis. Of the 325 patient medical records reviewed, 72 percent had a health care interaction within 30 days prior to admission or a chronic condition requiring frequent medical care. Pneumonia was the most common infection leading to sepsis among the patients and 25 percent of patients with sepsis died.

Infection prevention strategies, ranging from vaccination to management of chronic diseases, are likely to have a large impact on reducing infections leading to sepsis. For more information,

visit www.cdc.gov/mmwr/volumes/65/wr/mm6533e1.htm?s_cid=mm6533e1_e.

Education for college students

College students are returning to campuses where outbreaks due to prolonged, close contact in crowded environments and gatherings such as classrooms, dormitories, and sports teams often occur. (And where sexual behaviors may increase other infectious disease risks; CDC reports that youth ages 15-24 account for half of the 20 million new sexually transmitted infections (STIs) that occur in the United States each year.) Other contagious diseases commonly spread among college campuses include bacterial meningitis, mumps, mononucleosis, strep throat, and influenza.

To prevent disease risk, being up-to-date on all appropriate vaccinations is highly recommended. Additionally, students can prevent transmission of bacterial meningitis, mumps, influenza, mononucleosis, and strep throat by minimizing the exchange of saliva by avoiding kissing, by not sharing items such as cups, eating utensils, or toothbrushes, and by practicing good hand hygiene measures.

To reduce risk of STIs, students should abstain from sexual activity, use condoms, or engage in mutual monogamy. It is also important to get tested for STIs when appropriate and be vaccinated for Hepatitis B and human papillomavirus.

New Influenza Surveillance Network coordinator

CADE would like to introduce Scott Seltrecht as the new Iowa Influenza Surveillance coordinator. Originally from Cedar Rapids, Scott joins us from Iowa City where he received his Master of Public Health in Epidemiology from UI. Scott gained previous public health experience during his practicum project with Linn County Public Health. Welcome, Scott!

Infographic:

THE LOWDOWN ON HOW TO PREVENT SEXUALLY TRANSMITTED DISEASES

Every year, there are an estimated **20 MILLION** new STD infections in the United States. Anyone who is sexually active can get an STD. Some groups are disproportionately affected by STDs: Adolescents and young adults; Gay, bisexual, & other men who have sex with men; and Men who have sex with men.

Practice Abstinence
The surest way to avoid STDs is to not have sex.
This means not having vaginal, oral, or anal sex.

Have Fewer Partners
Agree to only have sex with one person who agrees to only have sex with you.
Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

Talk With Your Partner
Talk with your sex partner(s) about STDs and staying safe before having sex.
Let's both get tested together!
Why take a chance when we can know for sure?
It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

Use Condoms
Using a condom correctly every time you have sex can help you avoid STDs.
Condoms lower the risk of infection for all STDs. You still can get certain STDs, like herpes or HPV, from contact with your partner's skin even when using a condom.

Get Vaccinated
The most common STD can be prevented by a vaccine.
The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.
Who should get the HPV vaccine?
Routine vaccination for boys & girls ages 11 to 12.
Catch-up vaccination for:
Young women from age 13 to age 26 and young men from age 13 to age 21; Gay, bisexual, & other men who have sex with their up to age 26; and Men with compromised immune systems up to age 26.

Get Tested
Many STDs don't have symptoms, but can still cause health problems.
Talk with your health care provider; Search for STDs; and Get a blood test.
The only way to know for sure if you have an STD is to get tested.

The Good News
STDs **are** preventable. There are steps you can take to keep yourself and your partner(s) healthy.
Here's How You Can Avoid Giving or Getting an STD:

If You Test Positive
Getting an STD is not the end.
Many STDs are curable and all are treatable. If either you or your partner is infected with an STD that is curable, both of you need to start treatment immediately to avoid getting re-infected.

View Infographic Online at: www.cdc.gov/std/prevention/lowdown/

Infographic available at

www.cdc.gov/std/prevention/lowdown/the_lowdown_infographic_poster_30x20.pdf

Meeting announcements and training opportunities

None

Have a healthy and happy Labor Day weekend!

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