

EPI Update for Friday, October 14, 2016
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **The microbiome and antibiotic resistance**
- **Contaminated devices putting open-heart surgery patients at risk**
- **How should pregnant women wear seatbelts?**
- **Norovirus activity during the holiday season**
- **Infographic: 6 Smart Facts About Antibiotic Use**
- **Meeting announcements and training opportunities**

The microbiome and antibiotic resistance

The microbiome (microbes that naturally occur in and on humans) are thought to be intimately involved in health and well-being. Researchers have connected the altered microbiome to conditions like obesity, asthma, and diabetes; thus, a healthy microbiome may be an important part of staying healthy. Antibiotics, while effective treatment for infections, can alter the microbiome and put pressure on the development of antibiotic resistance.

As part of its continued efforts to protect patients and slow antibiotic resistance, CDC is investing in research to discover and develop new ways to prevent antibiotic-resistant infections and their spread, as well as unlock the mysteries of the microbiome. To read more about this research, visit www.cdc.gov/drugresistance/solutions-initiative/microbiome-innovations.html.

Contaminated devices putting open-heart surgery patients at risk

CDC is advising hospitals to notify patients who underwent open-heart surgery involving a specific heart lung machine (Sorin Stockert 3T heater cooler) that the device was potentially contaminated and puts patients at risk for a serious infection. Investigation determined that these devices were likely contaminated with *Mycobacterium chimaera* during manufacturing.

Potentially exposed patients should be notified to seek medical care if they experience symptoms such as night sweats, muscle aches, unexplained weight loss, fatigue, or unexplained fever. For additional information, visit www.cdc.gov/hai/outbreaks/heater-cooler.html.

How should pregnant women wear seatbelts?

Buckling up through all stages of pregnancy is the single most effective action a woman can take to protect herself and her unborn child in a crash. The National Highway Transportation Safety Administration Safer Car project has an interactive website with seat belt recommendations for pregnant women at www.safercar.gov/parents/SeatBelts/Pregnancy-Seat-Belt-Safety.htm.

The CDC 2014 Pregnancy Risk Assessment Monitoring System (PRAMS) found only 51 percent of Iowa women who had a live birth reported that a health care worker talked to them about wearing a seat belt while pregnant. Despite the lack of education from health care providers, 96 percent reported always wearing a seatbelt during their most recent pregnancy. PRAMS does not ask questions about proper use of seat belts while pregnant.

Health care providers are reminded to discuss safe seat belt use with their pregnant patients. For a fact sheet on recommendations, visit www.safercar.gov/parents/SeatBelts/seatbelts-images/Pregnant-Seat-Belt-Use.pdf.

Norovirus activity during the holiday season

Norovirus is the most common cause of outbreaks in Iowa, and spreads very easily. In 2015, IDPH, in collaboration with the Local Public Health Agencies and the Iowa Department of Inspections and Appeals (DIA), investigated 52 confirmed and suspected norovirus outbreaks.

As we enter into the holiday season, IDPH encourages reminding patients who are ill with vomiting or diarrhea (especially those probably ill with norovirus) to stay home from school or work until 24 hours or more after

symptoms have stopped. Ill persons should not cook for others for at least 48 hours after their symptoms stop. Remember, hand gels are ineffective against norovirus; good hand washing must be used to prevent spreading this virus to others.

Those in high-risk occupations (food handlers, health care providers, child care providers) should not work while ill with any gastrointestinal symptoms. Since people can remain infectious even after symptoms resolve, individuals in these high-risk occupations should not return to work until 48 hours after symptoms have ended.

For more information, visit idph.iowa.gov/cade/disease-information/norovirus.

Infographic: 6 Smart Facts About Antibiotic Use

The infographic features a large yellow number '6' on the left side, with the text 'SMART FACTS ABOUT ANTIBIOTIC USE' below it. The background is a light blue gradient. Six circular icons are arranged in a 2x3 grid, each with a number in a small circle in the top left corner. Fact 1: A pink heart with a white cross. Fact 2: A green, multi-segmented bacterium. Fact 3: A human ear. Fact 4: A profile of a human head with a red sore throat. Fact 5: A green, smiling mucus blob. Fact 6: A 3D cube with faces labeled 'ALLERGY', 'DIARRHEA', and 'RASH'. At the bottom, there is a line of text: 'Talk to your clinician about when and how to safely use antibiotics www.cdc.gov/getsmart'. Logos for the CDC and 'GET SMART' are in the bottom right corner.

1 Antibiotics are **LIFE-SAVING** drugs

2 Antibiotics only treat **BACTERIAL** infections

3 Some ear infections **DO NOT** require an antibiotic

4 Most sore throats **DO NOT** require an antibiotic

5 Green colored mucus is **NOT** a sign that an antibiotic is needed

6 There are potential **RISKS** when taking any prescription drug

Talk to your clinician about when and how to safely use antibiotics
www.cdc.gov/getsmart

GET SMART
How the Antibiotic Work

Infographic available at www.cdc.gov/getsmart/community/materials-references/graphics.html.

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