

**EPI Update for Friday, January 13, 2017**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

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

- Protect your baby from Zika virus
- Influenza activity continues to increase statewide
- Titer checks for immunity: order IgG and not IgM
- Shrimp – the next big thing in schistosomiasis prevention?
- Infographic: Frostbite & Hypothermia
- Meeting announcements and training opportunities

**Protect your baby from Zika virus**

This winter many Iowans are traveling to locations out of the country with warmer temperatures, often to areas that have active Zika transmission. Please advise traveling patients who are pregnant or are planning to get pregnant to be mindful of CDC's recommendations.

For pregnant women:

- Do not travel to areas with Zika.
- If you must travel, speak to your healthcare provider first and follow steps to prevent mosquito bites during your trip.
- If you have a sexual partner who lives in or has traveled to an area with Zika, either use condoms the right way every time you have vaginal, oral, or anal sex, or do not have sex during the pregnancy.

If planning a future pregnancy:

- Be familiar with the suggested timeframe to wait before trying to get pregnant after possible exposure to Zika: males should wait at least six months (after symptom onset or last possible exposure) and females should wait at least eight weeks (after symptom onset or last possible exposure).

Anyone with symptoms of Zika or pregnant women (with and without symptoms) who have had exposure to Zika, either through travel or sexual exposure, should be tested. IDPH has approved testing for approximately 600 Iowans in the last year. Healthcare providers wanting to test a patient for Zika virus should contact CADE at 1-800-362-2736.

For more information on Zika during pregnancy, visit [www.cdc.gov/zika/pregnancy/index.html](http://www.cdc.gov/zika/pregnancy/index.html).

**Influenza activity continues to increase statewide**

Influenza activity is still on the rise in Iowa. IDPH is continuing to investigate influenza outbreaks in long-term care centers across the state. The number of influenza-associated hospitalizations is also continuing to increase, especially in the older adult (61-80) and elderly (81+) populations. It is not too late to vaccinate for influenza, as influenza activity generally continues through March or later.

For more information on influenza, visit [www.idph.iowa.gov/influenza](http://www.idph.iowa.gov/influenza).

**Titer checks for immunity: order IgG and not IgM**

When ordering titer checks on new employees to evaluate immunity to measles, mumps, or rubella, it is important to order the correct test. IgG testing is generally preferred in these situations, as a positive IgG result indicates immunity due to vaccination or past infection. IgM testing is performed on individuals who are suspected of having the disease.

If you suspect a patient may have measles, please contact CADE immediately at 1-800-362-2736.

**Shrimp – the next big thing in schistosomiasis prevention?**

Schistosomiasis is caused by a parasite that lives in certain freshwater snails. Researchers hypothesized that dam construction may cause increases in schistosomiasis in humans by decreasing populations of shrimp that feed on the snails. By restocking the shrimp, they were able to demonstrate a decrease in schistosomiasis among the human population.

The male shrimp are especially big eaters and do not need to migrate up and down the river, making them even more effective. Alternatively, future changes in dam construction may allow shrimp migration, preventing decreases in shrimp numbers and helping keep the snail populations in check.

Researchers also hypothesize that restocking catfish and ducks may have a similar effect – they eat snails, too.

To view the full article, visit [www.pnas.org/content/112/31/9650.full](http://www.pnas.org/content/112/31/9650.full).

**Infographic: Frostbite and Hypothermia**



Infographic available at [www.cdc.gov/phpr/documents/hypothermia-frostbite\\_508.pdf](http://www.cdc.gov/phpr/documents/hypothermia-frostbite_508.pdf).

**Meeting announcements and training opportunities**  
None

**Have a healthy and happy week!**  
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Iowa Department of Public Health  
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