

**Epi Update for Friday, March 17, 2017**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Yellow fever: Awareness is key**
- **Opioid overdose prevention resources for employers**
- **Multistate outbreak of listeriosis linked to soft raw milk cheese**
- **Infographic: Know the raw facts about raw milk**
- **In the news: Dealing with mumps complications**
- **Meeting announcements and training opportunities**

**Yellow fever: Awareness is key**

Yellow fever is a virus of the *Flavivirus* genus, commonly transmitted by mosquitos in subtropical areas of South America and Africa. It is a very rare cause of illness in travelers from the United States. Yellow fever virus is transmitted to humans primarily through the bite of infected *Aedes* or *Haemagogus* species mosquitoes. It is not transmitted from human to human. Yellow fever claimed the lives of hundreds of thousands of people in the 18th and 19th century, however with an effective vaccine developed in 1937 and mosquito-control efforts, incidence of the disease dramatically decreased.

Recent outbreaks began in Brazil in December 2016 with most cases occurring in rural areas. Transmission of the virus has spread to neighboring states in Brazil in a population not routinely vaccinated, raising the concern for continued spread as well as international cases in travelers to Brazil.

In the continental US, exposure to yellow fever is low, however travel-related cases are possible with short periods of local transmission in warmer areas. During sporadic outbreaks of yellow fever around the world it is especially important for providers to consider yellow fever in travelers to affected areas. Yellow fever incubates for 3-6 days before presenting as a flu-like illness. Most ill persons enter remission and fully recover, but about 15% of cases progress to a more severe form of the disease with high fever, severe liver and kidney dysfunction, and shock. There are no antiviral treatments for yellow fever, only supportive care, so prevention is key. Public health awareness, vaccination before travel, and mosquito-control measures are imperative to prevent an increased number of cases in the United States. For more information, visit [www.cdc.gov/yellowfever/](http://www.cdc.gov/yellowfever/).

**Opioid overdose prevention resources for employers**

The opioid overdose epidemic in The United States is taking a toll on U.S. employers and their workers. Opioids were involved in the overdose deaths of more than 33,000 Americans in 2015, nearly quadruple the number from the year 2000 and more than any

year on record. The estimated lost productivity for people in the United States with opioid use disorder totaled over 20 billion dollars in 2013.

In the latest issue of *Business Pulse*, explore resources for health care providers, states, and individuals to research risks and benefits of prescription opioids, protect workers' health, and prevent opioid overdoses. The issue includes evidence-based resources to learn how employers can reduce opioid overdose and encourage safer chronic pain management. For more information, visit [www.cdcfoundation.org/businesspulse/opioid-overdose-epidemic-infographic](http://www.cdcfoundation.org/businesspulse/opioid-overdose-epidemic-infographic).

### **Multistate outbreak of listeriosis linked to soft raw milk cheese**

Since September 1, 2016, six people from four states have been diagnosed with listeriosis linked to soft raw milk cheese produced at Vulto Creamery located in Walton, New York. Vulto Creamery has recalled the following cheeses - Heinennellie, Miranda, Willowemoc, Ouleout, Andes, Blue Balais, Hamden, and Walton Umber which were sold nationwide.

Listeriosis, caused by *Listeria monocytogenes*, can be found in a variety of foods, and is unique in that it can grow in colder temperatures (i.e. the refrigerator). Symptoms can occur from two days after exposure to up to two months afterwards. Most infected healthy individuals have no signs or symptoms, but individuals who are pregnant, over 65, and have a weakened immune system can develop invasive infections with symptoms of fever, headache, stiff neck, or diarrhea and other gastrointestinal symptoms, or can cause fetal loss if pregnant. The steps one can take to protect themselves from listeriosis (especially if in a risk groups) include avoiding unpasteurized milk including cheeses made with unpasteurized milk, and raw cooked sprouts. Also, processed meat products like hot dogs, lunch meat, and cold cuts, should be heated to an internal temperature of 165°F before consumption.

For more information, visit [www.cdc.gov/listeria/index.html](http://www.cdc.gov/listeria/index.html)

### **Infographic: Know the raw facts about raw milk**

Infographic available at [www.cdc.gov/foodsafety/pdfs/raw-milk-infographic2-508c.pdf](http://www.cdc.gov/foodsafety/pdfs/raw-milk-infographic2-508c.pdf).

### **In the news:**

A story about dealing with mumps complications

[www.nytimes.com/2017/03/17/style/pushed-into-the-future-when-illness-strikes-in-an-unlikely-place.html?rref=collection%2Fsectioncollection%2Fhealth&action=click&contentCollection=health&region=stream&module=stream\\_unit&version=latest&contentPlacement=1&pgtype=sectionfront&r=0](http://www.nytimes.com/2017/03/17/style/pushed-into-the-future-when-illness-strikes-in-an-unlikely-place.html?rref=collection%2Fsectioncollection%2Fhealth&action=click&contentCollection=health&region=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=sectionfront&r=0)

### **Meeting announcements and training opportunities**

None.

**Have a healthy and happy (and very windy) week!**

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736