

Epi Update for Friday, May 5, 2017
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Measles is knocking at our door; please be vigilant**
- **Ticks are out...**
- **In the news: "Napercise" is the new workout of your dreams**
- **Infographic: Measles: It isn't Just a Little Rash**
- **Meeting announcements and training opportunities**

Measles is knocking at our door; please be vigilant

Our Minnesota neighbors are now reporting 41 laboratory confirmed cases of measles. Forty of the 41 cases are in children ages 0 through 10 years (one is an adult) and 34 of the cases are Somali Minnesotan. The cases identified to date reside in Hennepin, Ramsey, and Crow Wing counties (Hennepin and Ramsey counties are part of the Twin Cities metropolitan area and Crow Wing is just north of the metro).

There are currently NO confirmed cases in Iowa; however, health care providers in Iowa are urged to stay vigilant.

- Ensure that measles vaccination of all patients and staff are up-to-date.
- Consider notifying unvaccinated patients of the recent measles activity in Minnesota and Nebraska, which significantly increases their risk of exposure. Non-immune people who are exposed to measles will likely be infected.
- Consider measles in anyone presenting with fever and the 'Three Cs' – cough, coryza, and conjunctivitis followed by rash three to five days later.

If measles is suspected, isolate the patient and immediately call IDPH (measles is a public health emergency). During business hours, call 800-362-2736 After business hours call the Iowa State Patrol at 515-323-4360, who will page the epidemiologist on call.

Measles guidance for providers in

Iowa: <https://idph.iowa.gov/Portals/1/userfiles/79/Documents/measles%20for%20clinicians.pdf>

Measles educational materials (signs that you can post in your facilities):

<https://www.idph.iowa.gov/Portals/1/userfiles/175/documents/measles%20public%20infographic%20%282%29.pdf>

<https://www.cdc.gov/measles/parent-infographic.html>

<https://www.cdc.gov/vaccines/parents/diseases/child/vpd-infographics/measles.html>

A variety of measles fact sheets (for the public, K-12 schools, colleges, and childcare centers), visit <https://www.idph.iowa.gov/cade/disease-information/measles>.

For information about measles activity in Minnesota,

visit <http://www.health.state.mn.us/divs/idepc/diseases/measles/>.

Ticks are out...

Now that the warmer weather is finally here, please remind patients that it is important they take measures to prevent tick bites. Recommendations include:

- Use insect repellent that contains DEET on exposed skin. Always follow product instructions.
- Wear light colored, long-sleeved shirts and long pants. Tuck your pants into socks or boots.
- Conduct tick checks after being in brushy or wooded areas.

If a tick is found attached to the skin:

- Use tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.

- Clean the wound and disinfect the site of the bite.

The most common tick-borne disease in Iowa is Lyme disease, with 232 cases reported to IDPH in 2016. For more information on tick-borne diseases, visit <http://idph.iowa.gov/Portals/1/userfiles/79/West%20Nile/Tickborne%20Disease%20Brochure.pdf>.

In the news: “Napercise” is the new workout of your dreams

http://www.huffingtonpost.com/entry/napercise-sleeping-exercise-class_us_59030097e4b05c39767d8556

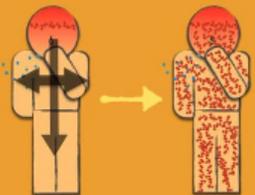
Infographic: Evaluating Patients for Possible Measles in Iowa

Infographic available

at: <https://idph.iowa.gov/Portals/1/userfiles/79/Documents/measles%20for%20clinicians.pdf>

EVALUATING PATIENTS FOR POSSIBLE MEASLES

The decision to test should be based upon clinical symptoms and risk factors represented below.

| | | |
|--|--------------------------------|---|
| INITIAL SYMPTOMS | 7-21 DAYS POST EXPOSURE |  |
| <ul style="list-style-type: none"> HIGH FEVER (MAY SPIKE TO > 104° F) COUGH CONJUNCTIVITIS CORYZA KOPLIK SPOTS | | |
| <p>RASH 3-4 DAYS AFTER FEVER ONSET</p> <p>A RED, BLOTCHY RASH BEGINS ON THE FACE AT THE HAIRLINE AND PROGRESSES DOWNWARD AND OUTWARD TOWARDS THE HANDS AND FEET.</p> | |  |
| TRAVEL | 21 DAYS BEFORE ONSET | MMR VACCINATION STATUS |
| <p>HAS THE PATIENT TRAVELED ANYWHERE IN THE LAST 21 DAYS WHERE MEASLES CASES HAVE BEEN REPORTED OR HAD CONTACT WITH A CONFIRMED CASE?</p> | | <ul style="list-style-type: none"> 1 DOSE IS 93% - 95% EFFECTIVE 2 DOSES ARE 97% - 99% EFFECTIVE 5% - 15% OF PEOPLE WILL DEVELOP A FEVER AND/OR TRANSIENT RASH 7 - 12 DAYS AFTER VACCINATION (THESE PEOPLE ARE NOT CONSIDERED INFECTIOUS). |
| SUSPECT MEASLES IN YOUR OFFICE | | IMMEDIATELY CALL IDPH |
| <p>PLEASE IMMEDIATELY CALL IDPH WHILE THE PATIENT IS IN THE OFFICE. BUSINESS HOURS: 1-800-362-2736 AFTER HOURS: 515-323-4360</p> <ul style="list-style-type: none"> IDPH will arrange specimen transport from your facility to the state public health lab. The patient should be instructed to remain at home until test results are complete (24-48 hours). Evaluate vaccination status of office staff, those with the patient, and household contacts and vaccinate as appropriate. Areas where the suspect measles case visited (such as waiting room and exam room) should be closed for 2 hours to prevent measles exposure to other patients, visitors, and staff. | | |



Meeting announcements and training opportunities

Save the date-Iowa Tuberculosis(TB) Clinical Intensive Training

The Mayo Clinic Center for Tuberculosis in conjunction with the Iowa Department of Public Health is holding a one-day TB training October 16, 2017. The course will be held in Des Moines, Iowa at Iowa Methodist Medical Center’s Thompson Auditorium. The training is designed for primary care providers, MDs, NP/PAs, RNs, infection control practitioners, and other health professionals working with TB. More information will be coming in the future.

Have a healthy and happy week!
Center for Acute Disease Epidemiology
Iowa Department of Public Health
800-362-2736