

**Epi Update for Friday, May 26, 2017**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Update: more confirmed cases of measles in Minnesota**
- **Ongoing transmission of *Candida auris***
- **CDC app helps plan safe and healthy international travel**
- **Iowa Acute Disease Monthly Update**
- **In the news: Could chocolate guard against an irregular heartbeat?**
- **Infographic: life cycle of blacklegged ticks**
- **Meeting announcements and training opportunities**

**Update: more confirmed cases of measles in Minnesota**

As of Thursday, May 25, Minnesota had reported 68 laboratory confirmed cases of measles. Sixty-five of the cases are in children ages 0 through 17 years and three are adults.

There are currently NO confirmed cases in Iowa; however, public health has investigated and ruled out 18 possible measles cases in the last two months (thanks, SHL for your immediate emergency testing). Health care providers across Iowa are appropriately watchful and reaching out to public health when they suspect measles. Please stay vigilant!

- Consider measles in anyone presenting with fever and the "Three Cs" – cough, coryza, and conjunctivitis. (These symptoms are followed by rash three to five days later). Call public health immediately - several have needed investigation at 3:00 a.m. – but that's OK.
- 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 and Europe which significantly increases their risk of exposure. Non-immune people who are exposed to measles will likely be infected.

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: [idph.iowa.gov/Portals/1/userfiles/79/Documents/measles%20for%20clinicians.pdf](http://idph.iowa.gov/Portals/1/userfiles/79/Documents/measles%20for%20clinicians.pdf)  
Information about measles activity in

Minnesota: [www.health.state.mn.us/divs/idepc/diseases/measles/](http://www.health.state.mn.us/divs/idepc/diseases/measles/)

**Ongoing transmission of *Candida auris***

In August 2016, information on the first seven U.S. cases of infection of the often multidrug-resistant fungus *Candida auris* was published. As of May 12, 2017, 77 cases

of *C. auris* have identified through cultures taken as part of routine patient care and an additional 45 patients with *C. auris* were identified by screening close contacts of the patients.

This investigation suggests this fungus can spread within health care facilities and interventions are needed to prevent transmission:

- Use of Standard Precautions and Contact Precaution
- House patients in a private room
- Daily and terminal cleaning of a patient's room with a disinfectant active against *Clostridium difficile* spores; and
- Notification of receiving health care facilities when a patient with *C. auris* colonization or infection is transferred.

For more information, visit [www.cdc.gov/mmwr/volumes/66/wr/pdfs/mm6619a7.pdf](http://www.cdc.gov/mmwr/volumes/66/wr/pdfs/mm6619a7.pdf).

### **CDC app helps plan safe and healthy international travel**

Traveling out of the country? CDC has an app available to help you plan for safe and healthy international travel. The app lets you get destination-specific vaccine recommendations, create a checklist of what you need to do to prepare for travel and create a customizable healthy travel packing list. For more information, visit [wwwnc.cdc.gov/travel/page/apps-about](http://wwwnc.cdc.gov/travel/page/apps-about).

### **Iowa Acute Disease Monthly Update**

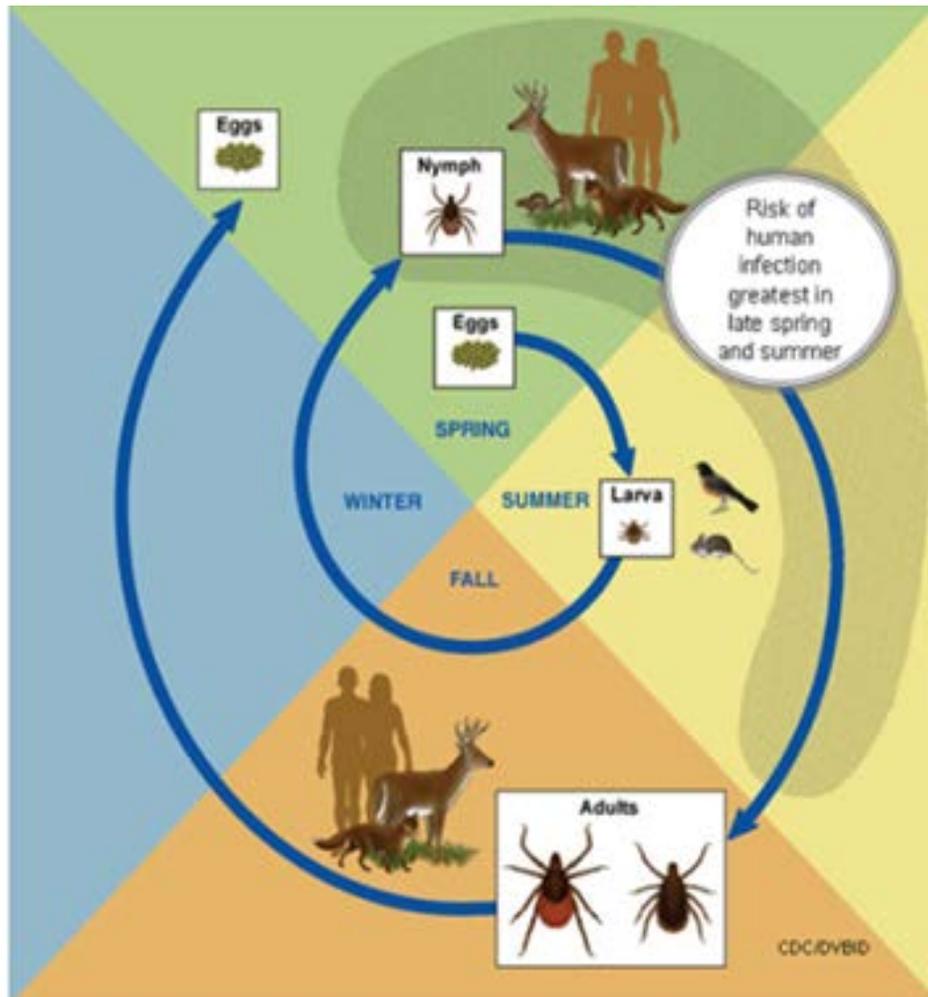
The new issue of the Iowa Acute Disease Monthly Update is available.

Visit [idph.iowa.gov/CADE](http://idph.iowa.gov/CADE) and scroll down to "Reports" or access the report directly at [idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20May%202017.pdf](http://idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20May%202017.pdf).

### **In the news: Could chocolate guard against an irregular heartbeat?**

[www.webmd.com/heart-disease/atrial-fibrillation/news/20170523/could-chocolate-guard-against-an-irregular-heartbeat#1](http://www.webmd.com/heart-disease/atrial-fibrillation/news/20170523/could-chocolate-guard-against-an-irregular-heartbeat#1) (We here at CADE love these "eat chocolate" stories!)

## Infographic: Life cycle of blacklegged ticks



This diagram shows the life cycle of blacklegged ticks that can transmit anaplasmosis, babesiosis, and Lyme disease.

Infographic available at [www.cdc.gov/ticks/life\\_cycle\\_and\\_hosts.html](http://www.cdc.gov/ticks/life_cycle_and_hosts.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