

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

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

- **STDs on the rise in Iowa, nationally**
- **Second West Nile virus death of 2017**
- **Updated immunization brochures, flu posters**
- **In the news: U.S. Olympians at 2016 Rio Games were infected with West Nile virus, not Zika**
- **In the news: 8 activities with serious health perks that aren't exercise**
- **Infographic: Get a flu shot before the flu gets you**
- **Meeting announcements and training opportunities**

**STDs on the rise in Iowa, nationally**

2016 national STD data released recently show chlamydia, gonorrhea, and syphilis (including congenital syphilis) have increased. More than two million cases were reported, but CDC estimates there are nearly 20 million new diagnoses annually.

The vast majority of reports (1.6 million) were for chlamydia, which is often asymptomatic. Women are disproportionately impacted by chlamydia and can suffer serious health outcomes if not treated early. Gonorrhea and syphilis increased among men, who comprise the majority of these infections. Men who have sex with men continued to bear a higher disease burden of syphilis and increases in gonorrhea occurred among this population. Rates among adolescents and young adults have shown marked increases for chlamydia and gonorrhea. Congenital syphilis cases were at their highest number since 1992.

These national trends were largely mirrored in Iowa, but Iowa has seen sharper increases in gonorrhea. Two congenital syphilis cases have occurred in Iowa in 2017, a concerning increase considering the often life-threatening consequences of this infection.

To view the 2016 CDC STD surveillance report, visit [www.cdc.gov/std/stats16/default.htm](http://www.cdc.gov/std/stats16/default.htm).

**Second West Nile virus death of 2017**

A second death related to West Nile virus has been confirmed in Iowa. An elderly woman from eastern Iowa died from the virus in September. West Nile virus remains a risk until the state's first hard frost, so Iowans should continue to take precautions such as using insect repellent until then. For more information on West Nile virus, visit [www.idph.iowa.gov/cade/diseaseinformation/west-nile-virus](http://www.idph.iowa.gov/cade/diseaseinformation/west-nile-virus).

**Updated immunization brochures, flu posters**

The Iowa Immunization Program has updated all vaccine brochures to reflect current ACIP recommendations. New influenza posters are also available. These and other materials can be ordered from the Iowa Immunization Program website at

[idph.iowa.gov/imm/tb/immunization/forms?utm\\_medium=email&utm\\_source=gov\\_delivery](http://idph.iowa.gov/imm/tb/immunization/forms?utm_medium=email&utm_source=gov_delivery).

If you have any questions, please contact the Iowa Immunization Program at 1-800-831-6293.

**In the news: U.S. Olympians at 2016 Rio Games were infected with West Nile virus, not Zika**

[www.sciencedaily.com/releases/2017/10/171007172948.htm](http://www.sciencedaily.com/releases/2017/10/171007172948.htm)

**In the news: 8 activities with serious health perks that aren't exercise**

[www.health.com/mind-body/8-activities-with-serious-health-perks-that-arent-exercise](http://www.health.com/mind-body/8-activities-with-serious-health-perks-that-arent-exercise)

**Infographic: Get a flu shot before the flu gets you**

[idph.iowa.gov/Portals/1/Ordering/Immunization/Forms/Files/Mom-Flu\\_11x17.pdf](http://idph.iowa.gov/Portals/1/Ordering/Immunization/Forms/Files/Mom-Flu_11x17.pdf)

**Meeting announcements and training opportunities**

None

**Have a healthy and happy week!**

**Center for Acute Disease Epidemiology**

**Iowa Department of Public Health**

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