

**EPI Update for Friday, November 3, 2017**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Iowa records first flu-related death of the season**
- **Updated guidelines for management of infectious diarrhea**
- ***Get Ahead of Sepsis***
- **In the news: Anthrax may have killed 100 hippos in Namibia**
- **In the news: Buckle up a helmet to save a life**
- **Infographic: Protect yourself and your family from sepsis**
- **Meeting announcements and training opportunities**

**Iowa records first flu-related death of the season**

IDPH recently announced the first flu-related death of the 2017-2018 influenza season, an elderly (81 years of age and older) Central Iowa man, who died in October. This death serves as an unfortunate reminder that influenza does have the potential to cause severe illness and death, especially in the very young, very old, or immunocompromised.

CDC recommends that essentially everyone over 6 months of age should receive the flu vaccine. It takes up to two weeks after vaccination for immunity to develop, so now is a good time to get vaccinated, before the holiday season begins.

Influenza activity is currently low in Iowa and is tracked by IDPH in our weekly influenza report, available at [www.idph.iowa.gov/influenza/reports](http://www.idph.iowa.gov/influenza/reports).

**Updated guidelines for management of infectious diarrhea**

Geared toward health care providers, the guidelines are quite comprehensive and disease-specific, covering epidemiology, testing, treatment and prevention.

To view the full guidelines, visit

[academic.oup.com/cid/article/doi/10.1093/cid/cix669/4557073](http://academic.oup.com/cid/article/doi/10.1093/cid/cix669/4557073).

***Get Ahead of Sepsis***

Sepsis is life-threatening and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure and death. Each year in the U.S., more than 1.5 million people develop sepsis and at least 250,000 die as a result.

*Get Ahead of Sepsis* is an educational initiative that calls on health care professionals to educate patients, prevent infections, suspect and identify sepsis early, and start sepsis treatment fast. Patients and their families are urged to prevent infections, be alert to the symptoms of sepsis, and seek immediate medical care if sepsis is suspected or for an infection that is not improving or is getting worse.

The symptoms of sepsis can include a combination of any of the following:

- confusion or disorientation
- shortness of breath
- high heart rate
- fever, or shivering, or feeling very cold
- extreme pain or discomfort
- clammy or sweaty skin.

For more information about *Get Ahead of Sepsis* and to access materials, visit [www.cdc.gov/sepsis/get-ahead-of-sepsis/index.html](http://www.cdc.gov/sepsis/get-ahead-of-sepsis/index.html).

**In the news: Anthrax may have killed 100 hippos in Namibia**

[news.nationalgeographic.com/2017/10/anthrax-kills-hippos-bwabwata-park-namibia-spd/](http://news.nationalgeographic.com/2017/10/anthrax-kills-hippos-bwabwata-park-namibia-spd/)

**In the news: Buckle up a helmet to save a life**

[www.nytimes.com/2017/10/23/well/buckle-up-a-helmet-to-save-a-life.html](http://www.nytimes.com/2017/10/23/well/buckle-up-a-helmet-to-save-a-life.html)

**Infographic: Protect yourself and your family from sepsis**

[www.cdc.gov/sepsis/pdfs/Consumer\\_fact-sheet\\_protect-yourself-and-your-family\\_508.pdf](http://www.cdc.gov/sepsis/pdfs/Consumer_fact-sheet_protect-yourself-and-your-family_508.pdf)

**Meeting announcements and training opportunities**

None

**Have a healthy and happy week!**

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