

EPI Update for Friday, January 12, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza deaths continue to increase in Iowa**
- **Official recommendation for third dose of mumps vaccine during outbreaks**
- **Study: Peracetic acid effective surface disinfectant for Ebola virus**
- **Iowa Acute Disease Monthly Update**
- **In the news: "The problem child of seasonal flu": Beware this winter's virus**
- **In the news: 8 easy, meaningful New Year's resolutions for better health**
- **Infographic: Safety tips for handling and preparing common foods**
- **Meeting announcements and training opportunities**

Influenza deaths continue to increase in Iowa

IDPH is confirming an additional eight influenza-related deaths in Iowa. All of the deaths occurred among adults 61 years of age and older. Five of the eight individuals had an underlying health condition. Since October 1, 2017, 14 influenza-related deaths have been reported. Deaths have occurred in all regions of the state and the average age was 85.

The predominant flu strain this season is AH3N2, which typically causes serious illnesses, hospitalizations, and even death, particularly for those who are very young or old and those with weakened immune systems.

Please remind patients that it is not too late to get a flu shot. Influenza activity will likely continue for months and getting vaccinated now will still offer protection from serious disease, hospitalization and death for most of the flu season.

To view the full press release, visit

idph.iowa.gov/News/ArtMID/646/ArticleID/158200/Flu-Deaths-Continue-to-Increase-11218.

Official recommendation for third dose of mumps vaccine during outbreaks

There has been a significant increase in the number of mumps outbreaks and outbreak-associated cases reported in the U.S. since late 2015. Mumps outbreaks have occurred primarily among populations in institutional settings or close-knit communities. The current routine recommendation for 2 doses of MMR vaccine appears to be sufficient for mumps control in the general population, but insufficient during outbreaks in settings where individuals have prolonged close contact, even where coverage with 2 doses of MMR vaccine is high.

Because of this, the Advisory Committee on Immunization Practices (ACIP) reviewed available evidence and determined that a third dose of MMR vaccine is safe and effective at preventing mumps. ACIP recommends that those previously vaccinated with 2 doses of mumps virus–containing vaccine who are identified by public health authorities as being part of a population at increased risk for acquiring mumps because of an outbreak should receive a third dose of mumps virus–containing vaccine to improve protection against mumps.

For more information, visit

www.cdc.gov/mmwr/volumes/67/wr/mm6701a7.htm?s_cid=mm6701a7_w.

Study: Peracetic acid effective surface disinfectant for Ebola virus

A recent study in CDC's *Emerging Infectious Diseases* tested six different disinfectants for efficacy against Ebola virus in blood on surfaces. Only 5 percent peracetic acid was consistently effective.

This information may be used for informed disinfection processes, environmental decontamination, waste disposal practices, and safety practices for healthcare workers and public health responders.

To view the article, visit wwwnc.cdc.gov/eid/article/24/1/17-0504_article.

Iowa Acute Disease Monthly Update

The new issue of the Iowa Acute Disease Monthly Update is available on our website. Visit idph.iowa.gov/CADE and scroll down to “Reports” or access the report directly with the following link:

idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20January%202018.pdf.

In the news: “The problem child of seasonal flu”: Beware this winter’s virus

www.scientificamerican.com/article/ldquo-the-problem-child-of-seasonal-flu-rdquo-beware-this-winter-rsquo-s-virus/







In the news: 8 easy, meaningful New Year’s resolutions for better health


www.nytimes.com/2018/01/02/smarter-living/better-health-new-years-resolutions.html

Infographic: Safety tips for handling and preparing common foods

Safety Tips for handling and preparing common foods

HELP Prevent Food Poisoning!

Type of FOOD	AVOID	Better CHOICE
 MEAT & POULTRY	Raw or undercooked meat or poultry	Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check. https://www.foodsafety.gov/keep/charts/mintemp.html
 SEAFOOD	<ul style="list-style-type: none"> Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche. Refrigerated smoked fish 	<ul style="list-style-type: none"> Leftover seafood heated to 165°F Canned fish and seafood Seafood cooked to 145°F
 DAIRY	Unpasteurized (raw) milk	Pasteurized milk
 EGGS	Foods that contain raw or undercooked eggs, such as: <ul style="list-style-type: none"> Homemade Caesar salad dressing Raw cookie dough Eggnog 	Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs.
 SPROUTS	Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout	<ul style="list-style-type: none"> Cooked sprouts No sprouts
 VEGETABLES	Unwashed fresh vegetables, including lettuce/salads	<ul style="list-style-type: none"> Washed fresh vegetables, including salads Cooked vegetables
 CHEESE	Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, and Camembert	<ul style="list-style-type: none"> Soft cheeses that are clearly labeled "made from pasteurized milk" Processed cheeses, cream cheese, mozzarella, hard cheeses

 www.cdc.gov/foodsafety CS272894-8

To view in full size, visit www.cdc.gov/foodsafety/pdfs/safety-tips-for-handling-and-preparing-common-foods.pdf.

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