

EPI Update for Friday, June 1, 2007
Center for Acute Disease Epidemiology
Iowa Department of Public Health

Items for this week's EPI Update include:

- **Traveler with extensively drug-resistant tuberculosis (XDR TB)**
- **Summer water safety tips**
- **Summer health and safety around the yard**
- **Contact lens solution causing serious eye infections**
- **Meeting announcements and training opportunities**

Traveler with extensively drug-resistant tuberculosis (XDR TB)

The Centers for Disease Control and Prevention (CDC) is working with state and local health departments, international ministries of health, the airline industry, and the World Health Organization (WHO) on an investigation involving a U.S. citizen recently diagnosed with extensively drug-resistant tuberculosis (XDR TB). Follow up of people who may have been exposed is being performed. There has been no notification from CDC of known exposure among Iowans.

The patient's airline travel history is as follows:

- May 12: Atlanta, GA, to Greece (via Paris, France) on Air France #385; continued on to Greece
- May 24: Rome to Prague, Czech Republic (possibly via Czech Airlines #727)
- May 24: Prague to Montreal, Czech Airlines #0104, 12:12–14:50, flight time of 8 hours 25 minutes, Airbus 310

The risk of TB among Iowans is very low. There has been an average of 40 cases of tuberculosis annually in Iowa for the last 10 years. None has been extensively drug-resistant.

TB is not transmitted by casual contact. The risk of acquiring any type of TB appears to depend on several factors, such as extent of disease in the source patient, duration of exposure, and ventilation. Persons who become infected usually have been exposed for extended periods of time in poorly ventilated or crowded environments.

For more information visit <http://www.cdc.gov/tb/pubs/tbfactsheets/xdrtb.htm>

Summer swimming and boating tips

As summer and warmer weather approaches, many Iowans will participate in outdoor activities including boating and swimming. IDPH recommends Iowans follow these swimming and boating safety tips:

- Never swim alone, no matter how good a swimmer you are.
- Supervise children at all times.
- Inflatable toys are no substitute for swimming skills.
- Alcohol and swimming is a deadly combination. Around 50 percent of drowning victims had been related to drinking alcohol.
- Always use approved personal flotation devices (life jackets).
- Don't jump or dive into unknown bodies of water.
- Never consume alcohol when operating a boat or other watercraft.
- Know the local weather conditions and forecast before boating.
- Know your limits. Even without drinking, hours of exposure to sun, wind, watercraft noise and vibrations, may impair your reaction time.

Summer health and safety around the yard

Summer is fast approaching and it is time to clean up to prevent rodent infestation. As you're clearing out clutter, fill any gaps or holes inside and outside your home. Eliminate or seal rodent food sources such as pet food, bird feeders, and garbage cans. Elevate hay, woodpiles, and garbage cans at least one foot off the ground, and trim grass and shrubbery within 100 feet of your home.

Remember to wet down any areas that may have rodent feces prior to cleaning to prevent producing dust and breathing in this dust. Hantavirus may be found in Iowa's rodent's feces and urine, and cause of hantavirus pulmonary syndrome if inhaled. For further information on hantavirus visit

<http://www.idph.state.ia.us/adper/common/pdf/epifacts/hantavirus.pdf> .

Insects, especially mosquitoes and ticks, can spread disease. Eliminate insect breeding spots by removing any items that may collect standing water, such as buckets, old tires, and toys. Mosquitoes can breed in them in just days. You can reduce the number of ticks around your home by removing leaf litter, brush and woodpiles around your house and at the edge of your yard. By clearing trees and brush in your yard, you can reduce the likelihood that deer, rodents, and ticks will live there. Replace or repair torn window screens to keep bugs out of the house.

Stay safe and healthy as you grab your tools and head outside to garden. Wear gloves, use safety gear when handling equipment and chemicals. Protect yourself from the sun, and use insect repellent.

Toxoplasma is a parasite that people can get from contaminated cat feces (stool). To a cat, a sandbox can look like a litter box, so keep it covered when not being used by your children to keep cats out and to protect your children from toxoplasmosis. For more information, visit

<http://www.idph.state.ia.us/adper/common/pdf/epifacts/toxoplasmosis.pdf>.)

Serious eye infections, *Acanthamoeba* keratitis (AK), associated with soft contact lens solution

The Centers for Disease Control and Prevention (CDC), working with the Food and Drug Administration, states and other partners, has identified an outbreak of a rare eye infection called *Acanthamoeba* keratitis (AK). This infection is caused by a free-living amoeba (*Acanthamoeba*), a microscopic organism, found in nature. Infections can result in permanent visual impairment or blindness. In the United States, an estimated 85 percent of cases of this infection occur in contact lens users. The incidence of the disease in the U.S. is approximately one to two cases per million contact lens users.

Preliminary information obtained by CDC from patient interviews indicates that, among soft contact lens users who reported the use of any type of solution, 21 (58 percent) reported having used Advanced Medical Optics (AMO) Complete MoisturePlus Multi-Purpose Solution in the month prior to symptom onset.

Based on these findings, Iowans who wear soft contact lenses and use Advanced Medical Optics (AMO) Complete MoisturePlus Multi-Purpose Solution should:

- Stop using the product immediately and discard all remaining solution including partially used or unopened bottles.
- Discard current lens storage container.
- Discard current pair of soft lenses.
- See a health care provider if experiencing any signs of eye infection: Eye pain, eye redness, blurred vision, sensitivity to light, sensation of something in the eye, or excessive tearing.

Clinicians evaluating contact lens users with symptoms of eye pain or redness, tearing, decreased visual acuity, discharge, sensitivity to light, or foreign body sensation should consider AK and refer the patient to an ophthalmologist,

Clinicians should consider obtaining clinical specimens (e.g., corneal scrapings) for culture before initiating treatment. Clinicians or microbiology laboratories in Iowa should report cases of AK to the IDPH Center for Acute Disease Epidemiology at 1-800-362-2736. *Acanthamoeba* isolates should be submitted to the University Hygienic Laboratory.

For more information, visit www.cdc.gov/ncidod/dpd/parasites/acanthamoeba.

Meeting announcements and training opportunities

No meeting announcements this week.

Have a healthy and happy week!

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800-362-2736