

EPI Update for Friday, August 10, 2007
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Keep cool during August's outdoors activities, like the State Fair**
- **La Crosse virus detected in Iowa**
- **CDC preteen vaccination campaign**
- **Wanted: influenza surveillance sites**
- **Concern over continued use of recalled contact lens solution**
- **Meeting announcements and training opportunities**

Keep cool during August's outdoors activities, like the State Fair

A few common sense actions will make sure that you and your family enjoy August's outdoors opportunities, including the State Fair.

- 1) Keep hydrated. Drink plenty of water and other non-alcoholic fluids (up to 2-4 glasses of cool water per hour when in hot situations such as can occur at the state fair.) Don't wait until you are thirsty to get a drink, because this means you are already dehydrated. The best way to be sure you are well hydrated is to keep your urine a light yellow. While at the fair, carry a bottle of water with you to sip from frequently.
- 2) Stay indoors in a cool area during the hottest times of the day (after noon and before early evening) if possible. Several buildings at the state fair are air-conditioned.
- 3) Wear light weight, light colored, loose fitting clothes. Wear a broad rimmed hat or use an umbrella to keep the sun off you.
- 4) The elderly, young children, and those with some medical conditions, are most susceptible to heat problems. Take special care to keep them hydrated and cool. If you take children to the fair, make sure they have to use the bathroom or have their diapers changed every few hours as an indication that they are keeping well hydrated.
- 5) If signs of heat related illness occur, take action immediately; get into a cool area, drink cool water, and seek medical care if the person becomes confused, or if they feel like they have a temperature. First aid/medical aid stations can be found at the state fair.

La Crosse virus detected in Iowa

As part of the state's arboviral surveillance program, Iowa State University's Department of Entomology recently identified several La Crosse encephalitis virus positive mosquito pools in Iowa. La Crosse is in the California group of encephalitis viruses, and is typically found in the Midwest and Eastern states. The disease is transmitted to humans by the bite of the *Aedes triseriatus* mosquito, which is commonly known as the tree hole mosquito. The mosquito breeds primarily in tree holes but will also use artificial containers (tires, buckets, etc.) to breed. The species is common in woodlands, where it can be a fierce daytime biter.

Since 1964, there have been 133 human cases of La Crosse/California group encephalitis viral infections reported in Iowa. However, this infection is underreported because most human infections either cause no symptoms or produce only mild illness. The La Crosse virus primarily affects children under the age of 16, and in Iowa is most common in the northeast corner of the state. Death from La Crosse encephalitis is rare, but affected children may suffer from seizures and other nervous system complications that can persist for years.

Health care providers should be aware of the presence of La Crosse virus in Iowa. As always, the best method for prevention of La Crosse and other mosquito-borne viruses, such as West Nile virus, is to wear mosquito repellent containing DEET, avoid being outdoors when mosquitoes are most active, and keep the areas around houses free of pools of water where mosquitoes breed.

CDC preteen vaccination campaign

The Centers for Disease Control and Prevention's (CDC) new Preteen Vaccine campaign aims to educate parents about the importance of ensuring children 11 and 12 years of age receive all recommended vaccines. The campaign focuses on the meningococcal meningitis vaccine, the human papillomavirus vaccine (which reduces the risk of cervical cancer), and the tetanus, diphtheria, and acellular pertussis (Tdap) vaccine. Information about these diseases and the related vaccines is available in both English and Spanish at www.cdc.gov/vaccines/spec-grps/preteens-adol.htm.

Wanted: influenza surveillance sites

The Iowa Influenza Surveillance Network (IISN) is once again seeking volunteers to serve as influenza surveillance sites for the 2007-2008 influenza season. All reporting is done on-line and takes less than a minute. The following describes the various reporting systems from which we need volunteers:

Health care providers

Participants in the sentinel surveillance system track the total number of patients seen and those who meet the case definition for influenza-like illness (without other apparent cause). Providers are also asked to submit laboratory specimens on early suspect cases and periodically throughout the season. Test kits and

testing are conducted for free by the University Hygienic Laboratory. Laboratory results are provided on-line to the providers on their patients.

Hospitals

Hospital-based surveillance is typically a team effort between the hospital's infection control professional and laboratorian. Hospitals track the number of patients hospitalized due to pneumonia and/or influenza who have a positive influenza test within two weeks of the patient's admission date.

Long term care facilities

Long term care facilities track the number of residents with influenza-like illness and the total residents on a weekly basis.

Schools

Schools throughout Iowa track the number of students absent due to illness and number enrolled weekly.

Child care centers and businesses

Child care centers and businesses are asked to report the total number of children or employees absent due to illness.

To sign up to be a surveillance site in the IISN, please contact Meghan Harris at mharris@idph.state.ia.us or at 515-281-7134. For more detailed information, download the program brochure at www.idph.state.ia.us/adper/common/pdf/flu/flu_brochure.pdf.

Concern over continued use of recalled contact lens solution

U.S. health authorities are concerned that many contact-lens wearers aren't aware that Advanced Medical Optics, Inc. pulled a lens solution from the market two months ago due to links to eye infections, and that people continue to use the product. Several more cases of acanthamoeba infection have occurred since the recall was announced.

The CDC reported that more than half of 151 interviewed healthy contact-lens users, didn't know about the recall, and that only about 27 percent could name the product at issue. Of the 15 interviewed healthy people who reported using Complete Moisture Plus, 12 were still unaware of the recall and were still using the product afterward, please help in spreading this information to contact lens wearers.

Meeting announcements and training opportunities

Save the dates!

CADE's Fall Epidemiology Update Conference dates and locations:

Region 1 – Marshalltown – Sept. 21, 2007

Region 2 – Mason City – Oct. 8, 2007

Region 3 – Cherokee – Oct. 11, 2007
Region 4 – Creston – Oct. 2, 2007
Region 5 – Ottumwa – Sept. 14, 2007
Region 6 – Cedar Rapids – Sept. 26, 2007

Iowa Veterinary Rapid Response Training - Sept 12, 2007

More details about these trainings to come.

Have a healthy and happy week! Try to keep cool, especially if going to the State Fair!

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Iowa Department of Public Health
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