

EPI Update for Friday, April 18, 2008
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Crypto part 2: keeping the 'poo' out of the 'poo'**
- **Possible avian flu case**
- **Influenza season finally fading**
- **Recent resurgence of mumps in the United States**
- **Meeting announcements and training opportunities**

Crypto part 2: keeping the 'poo' out of the 'poo'

Cryptosporidium the agent of cryptosporidiosis (crypto) can cause severe gastrointestinal symptoms. Of the 507 case investigations during 2007, 98 percent experienced diarrhea, 69 percent abdominal cramps, 52 percent vomiting, 43 percent fever, 31percent weight loss and 12 percent were hospitalized (median stay of 3 days). Illness duration averaged 9 days. As mentioned last week in part 1, cryptosporidiosis is the leading cause of gastroenteritis associated with recreational water. Since this organism is very difficult to kill even in a chlorinated pool setting, the best way to stop illness is prevention.

There are a few simple procedures that can prevent *Cryptosporidium* (and other harmful organisms) from contaminating swimming pools:

- Keep sick people out of the water – especially those experiencing diarrhea.
 - Sick pool employees should stay out of the water and should not touch any food meant for others.
 - Parents should keep sick children away from recreational water, especially those still in diapers.
- Healthy people that have been ill with confirmed crypto should not return to recreational water until 2 weeks after symptom resolution – even if they received treatment.
- Diaper changing and disposal should be handled away from the pool and deck area.
- Hand washing should be strongly encouraged.
- Bathroom breaks should be encouraged as a regular pool activity.
- Showering before swimming should be consistently enforced.
- Swim diapers should be required or strongly encouraged for infants.

Several eye-grabbing posters (“Six ‘PLEAS’ for Protection Against Recreational Water Illnesses”; “Can You Read This?”; “Wanted: Saggy Diapers” and others) designed for posting at swimming pools are available for free download from the CDC at www.cdc.gov/healthyswimming/posters.htm . In addition, laminated

copies of the “Six Pleas” poster will be distributed through the “Operation PPE” trainings scheduled in May (see training opportunities below).

The Iowa Department of Public Health is now referring all cases of cryptosporidiosis to local public health agencies for investigation.

For more information on Crypto, see: www.idph.state.ia.us/adper/cade.asp

Possible avian flu case

If you ever suspect avian flu or any other disease considered a public health emergency, contact medical personnel available 24/7 for consultation through the Disease Reporting Hotline at 800-362-2736.

Early this week, IDPH received an after-hours phone call from an ICP about a possible avian flu case. An older man had been traveling in Asia recently. During the flight back to the United States he started becoming ill. On arrival in Iowa, he was seen by his doctor. A rapid flu test was positive for Influenza A.

We discussed testing for Avian Flu and how this testing could be done. To be concerned about Avian Flu in this situation (even though he had no history of direct animal contact) was very appropriate, and it's appreciated that those involved were considering this possibility. UHL tested the clinical specimen quickly, and it was found to be influenza A (H3). Avian Flu is an A (H5), thus he did not have Avian Flu.

Thanks to everyone involved (even though it was negative for avian flu), as we would not want to miss a real case.

Influenza season finally fading...

After ten consecutive weeks of peak influenza activity, levels of influenza-like illness are nearly below threshold. The Iowa influenza activity level has been lowered to “sporadic”. This was an especially severe influenza season that rivaled the 2003/2004 season.

Influenza surveillance will continue for one more week. Throughout the month of May, the IISN coordinator will work to complete the final report for the season. To view this season's weekly reports go to www.idph.state.ia.us/adper/iisn.asp.

Recent resurgence of mumps in the United States

Last week, the New England Journal of Medicine published findings from analysis of the 2006 mumps outbreak, in which Iowa was the epi-center. The effectiveness of 2-dose vaccination, estimated at 88 percent to 95 percent, appears to be less protective when vaccination was received >10 years prior and where exposure occurs in situations of high population density such as college dormitories. The study concluded that a more effective mumps vaccine or changes in the vaccine policy may be needed to avert future outbreaks and

achieve the elimination of mumps. See
<http://content.nejm.org/cgi/content/short/358/15/1580>

Meeting announcements and training opportunities

"Recreational Water Illness Training"

This training defines RWI's, how to prevent them, and what to do if they occur. On May 15, 2008, via ICN, the intended audience includes park and recreation directors, aquatic directors, pool facility managers, local recreational water inspection agencies, and local and state public health officials. Information will be posted soon at

www.idph.state.ia.us/eh/swimming_pools.asp

"Operation PPE: Personal Protective Equipment"

This training will take place around the state during the month of May. The intended audience includes local environmental health specialists or their designee.

Atlantic
May 1 9 a.m. – noon, Cass County Community Center (805 W 10th),

May 5 1-4 p.m., Wickiup Hill Learning Center, Toddville

May 13 1-4 p.m., Iowa Lab Facilities – DMACC Campus, Ankeny

May 20 9-11:30 a.m., Holiday Inn, Mason City

Washington
May 22 9 a.m. – noon, Washington County Conservation Center,

Contact Cory Frank.- EH Services Bureaus (515) 281-8561 for more information.

"Unity and Diversity: The Challenge for Change"

The tenth HIV/AIDS Conference will be held June 3rd and 4th at the Holiday Inn Conference Center in Des Moines. The HIV Community Planning Group will be hosting the conference. Topics will cover emerging HIV/HCV/STD trends and strategies for addressing these trends. For more information, go to

www.trainingresources.org/displayconvention.cfm?conventionnbr=5107

"Laboratory Response Network Wet Workshop"

UHL is offering a wet workshop on identification of bioterrorism agents on May 28th and 29th at the UHL Ankeny facility. For more information, visit

www.uhl.uiowa.edu/educationoutreach/index.html or contact Rick Bonar (richard-bonar@uiowa.edu) at 319-335-4099.

Have a healthy and happy week!

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