

EPI Update for Friday, November 6, 2009
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **H1N1 quick points for health care providers**
- **Seasonal influenza detected in nearby states**
- **How to protect your pet from H1N1**
- **Semi-annual safety and preparedness checklist**
- **Meeting announcements and training opportunities**

H1N1 quick points for health care providers

- A 13-year-old Iowa cat became ill with H1N1 several days after the cat's owners had influenza like illness. See www.idph.state.ia.us/IdphNews/Reader.aspx?id=8FBE90B3-4667-4960-9AF5-1B9B477A3805
- Eleven H1N1 deaths have been reported since September 1, 2009 in Iowa. Ten were adults and one was a child. Almost all had risk factors for influenza complications. As more vaccine becomes available in Iowa, the priority groups for vaccination will be expanded to include adults 25 through 64 years of age who have medical conditions associated with a higher risk of complications. See www.cdc.gov/h1n1flu/vaccination/acip.htm
- Deaths due to H1N1 continue to be reported almost daily. For surveillance information on H1N1 activity in Iowa. See www.idph.state.ia.us/adper/iisn.asp
- An interactive map of Iowa, with H1N1 vaccine clinic locations is available at www.idph.state.ia.us/
- Indications of a shift from widespread activity in school age children into the 25 to 49 age group (likely spread from children to parents and their contacts) is occurring; however, it is appropriate to continue to vaccinate Iowa's children because of high rates of illness in children.
- National experts are discussing the probability of a third wave of H1N1 illness occurring in January or February of 2010.
- At the Infectious Disease Society of America meeting (IDSA) this week, a study was retracted (conducted in China by Australian researchers – originally suggesting that N95 respirators were more protective than standard surgical masks) and analysis redone correctly; it now shows no difference in protection. Two studies have now shown no benefit for the use of N95 respirators over procedural masks when dealing with H1N1. Thus, IDPH continues to stand by our previous guidance. See www.idph.state.ia.us/h1n1/common/pdf/idph_standard_droplet.pdf and www.medpagetoday.com/MeetingCoverage/IDSA/16745

- Other respiratory viruses being isolated in patients with influenza like illness include Parainfluenza 1 and 2, and adenovirus.

Seasonal influenza detected in nearby states

Nationally, rare reports of seasonal flu strains are being received. No seasonal flu has been confirmed in Iowa; however, cases of seasonal influenza B and seasonal A(H3N2) have been reported by states in the Midwest region. See www.cdc.gov/flu/weekly/

How to protect your pets from H1N1

Iowa's 13-year-old indoor cat in Iowa tested positive for H1N1 at the Lloyd Veterinary Medical Center at ISU's College of Veterinary Medicine. The investigation of this H1N1 positive cat included IDPH, Iowa State University College of Veterinary Medicine, the Center for Advanced Host Defenses, Immunobiotics and Translational Comparative Medicine, USDA, IDALS Animal Industry Bureau and the CDC.

Ill pet owners, in addition to protecting their families and friends, should protect family pets from this virus by washing hands, covering coughs and sneezes, and minimizing contact with their pets while ill. If your pet exhibits signs of a respiratory illness, contact your veterinarian.

Semi-annual safety and preparedness checklist

The daylight savings time change is a good semi-annual reminder to go through a checklist of those things that are easily forgotten:

- Change the batteries in your smoke alarms and carbon monoxide alarms.
- Perform a pressure check on fire extinguishers and replace if necessary. See www.fire-extinguisher101.com/careandmaintenance.html .
- Check your stockpile and make sure that your supplies such as food, water and batteries are still good. If you don't have a stockpile, take some time to create one. See www.getreadyforflu.org/clocksstocks/ .
- Re-familiarize yourself and your family with your community's emergency preparedness plan, including evacuation routes, emergency shelters and the location of food banks. See www.bereadyiowa.org/ .
- Update your family communication plan, which will spell out how you will stay in touch with each another during an emergency.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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