

Epi Update for Friday, December 9, 2016

Center for Acute Disease Epidemiology (CADE)

Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Norovirus activity on the rise in Iowa
- Pertussis recommendations
- Influenza update
- Infographic: Stop Norovirus!
- Meeting announcements and training opportunities

Norovirus activity on the rise in Iowa

Every year as temperatures drop and Iowans start to spend the bulk of their day indoors and in closer contact with each other, norovirus activity increases. This time is upon us and norovirus is starting to circulate more widely in Iowa.

Please remind your ill patients that the most important things they can do to stop the spread of norovirus is to stay home when they are sick and not to cook for others for at least two days after their symptoms stop. The most effective way to prevent norovirus infection is frequent and thorough hand washing.

For more information about norovirus, visit <http://wiki.idph.iowa.gov/epimanual/Home/CategoryID/183>.

Pertussis recommendation

While pertussis rates are relatively low, there have been a few cases of pertussis reported recently in central Iowa. Please ensure that patients who have been diagnosed with pertussis understand that they should stay home until they have completed the first five days of antibiotic therapy (if the patient has already coughed for more than 21 days at the time of diagnosis, they are no longer contagious). When pertussis cases are reported, public health officials will work with health care providers and the case to identify ill persons exposed to the case that may require testing and treatment. Public health will also work with health care providers and the case to identify other persons who are well, but have been exposed to the case and may need prophylactic antibiotics.

For more information about pertussis, visit <http://wiki.idph.iowa.gov/epimanual/Home/CategoryID/100>.

Influenza update

Influenza activity in Iowa remains low. Since October 2, the start of the 2016-2017 influenza season, surveillance indicates 21 laboratory-confirmed cases of influenza in Iowa. The most commonly detected strain in Iowa is influenza A (H3N2). Since the start of the season, CDC has antigenically characterized 34 influenza viruses identified across the U.S., and found that all the strains matched one of the four influenza strains in this year's influenza vaccine. Of the 21 laboratory confirmed cases in Iowa, four were antigenically characterized by CDC and were found to match the influenza A (H3N2) component of the current vaccine (A/Hong Kong/4801/2014-like).

For weekly updates on the current influenza season, visit www.cdc.gov/flu/weekly or www.idph.iowa.gov/influenza.

Infographic: Stop Norovirus!

Infographic is available at www.cdc.gov/norovirus/images/stop-norovirus-lq.jpg.

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