

Epi Update for Friday, November 11, 2016 Center for Acute Disease Epidemiology (CADE) Iowa Department of Public Health (IDPH)

This week, while a lot was happening at the national level, there was little for this update. So just in case you hadn't read your fill of news articles, below are a few concerning public health issues. Hope you enjoy this very different Epi Update.

Items for this week's EPI Update include:

- **How long would Chicago last in the event of a zombie invasion?**
- **Squirrel attack leaves three injured at retirement home**
- **Do ancient manuscripts contain microbes that could infect humans today?**
- **Ever wonder why you sneeze after eating dark chocolate?**
- **Bacteria get dangerously weird in space. Who knew?**
- **Infographic: Don't let mumps spoil your fun**
- **Meeting announcements and training opportunities**

How long would Chicago last in the event of a zombie invasion?

According to research, the answer is just 60 days. Researchers looked at factors like training populations to kill zombies, communications from city officials to alert people of places to avoid, and the speed a zombie virus would spread in Chicago. For more information, visit www.foxnews.com/tech/2016/11/07/zombies-vs-chicago-how-long-would-city-last.html.

For information on how you can prepare yourself and your family for a potential zombie apocalypse, visit www.cdc.gov/phpr/zombies.htm.

Squirrel attack leaves three injured at retirement home

In Florida, a rogue squirrel ran wild through a senior living community, biting and scratching residents along the way. Three residents were taken to a nearby medical facility to be treated for injuries. To learn more and to hear the 911 call for the incident, visit www.washingtonpost.com/news/true-crime/wp/2016/11/04/its-jumping-on-people-and-biting-them-squirrel-attack-leaves-3-injured-at-retirement-home/?tid=a_inl.

Small rodents, such as squirrels, mice, rabbits, and guinea pigs, almost never have rabies, but should be considered rabid if acting abnormally. For more information on rabies, visit idph.iowa.gov/rabies.

Do ancient manuscripts contain microbes that could infect humans today?

A prevalent disease during medieval times was bubonic plague, an infection due to *Yersenia pestis*, but typically spread via fleas, not through direct contact with body secretions from an infected person. Plague is now commonly only found in sub-Saharan Africa and Madagascar, which account for over 95 percent of the reported cases.

You are probably not at risk even if you spend time with old manuscripts, since these microbes need nutrients and energy to survive, which they are unlikely to receive from the dry pages of a centuries-old book. To learn more, visit www.nytimes.com/2016/11/08/science/is-the-plague-still-alive-in-musty-14th-century-tomes.html. To learn more about plague, visit www.cdc.gov/plague/.

Ever wonder why you sneeze after eating dark chocolate?

It could be the genes you inherited from your Neanderthal ancestor. What else could those Neanderthal genes influence in modern humans? To find out, visit www.nytimes.com/2016/11/09/science/neanderthal-dna-natural-selection.html?rref=collection%2Fsectioncollection%2Fscience&action=click&contentCollection=science®ion=rank&module=package&version=highlights&contentPlacement=2&pgtype=sectionfront.

Bacteria get dangerously weird in space. Who knew?

Salmonella, after taking a ride on the space shuttle, became more pathogenic, while other bacteria become less harmful. Their behavior, after time in space, was unpredictable. To learn more, visit www.washingtonpost.com/news/to-your-health/wp/2016/10/25/bacteria-get-dangerously-weird-in-space/.

In addition, thanks to all our laboratory partners for working on our planet-bound organisms in Iowa's laboratories!

Infographic: Don't let mumps spoil your fun

DON'T LET MUMPS SPOIL YOUR FUN

MMR VACCINATION IS THE BEST PROTECTION AGAINST MUMPS!

KEEP FROM SPREADING MUMPS

- Don't share drinks or eating utensils
- Cover your coughs and sneezes
- Stay home when you are sick
- Wash your hands often with soap and water
- Clean and disinfect surfaces

SIGNS AND SYMPTOMS OF MUMPS

Mumps is best known for the puffy cheeks and swollen jaw that it causes.

- Fever
- Headache
- Loss of appetite
- Muscle aches
- Tiredness

THERE IS NO TREATMENT FOR MUMPS

If you have symptoms, stay home and away from others and contact Student Health Services or your doctor.

ASK YOUR STUDENT HEALTH SERVICES ABOUT WHERE YOU CAN GET VACCINATED.

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Infographic available at www.cdc.gov/mumps/infographics/mumps-mmr.html.

Meeting announcements and training opportunities

None

Have a healthy and happy (post-election) week!

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