

EPI Update for Friday, January 6, 2017
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza vaccination key in long-term care facilities**
- **Educational resource for winter weather**
- **West Nile virus infection may increase mortality risk years later**
- **Infographic: Healthy Living Tips for 2017**
- **Iowa Acute Disease Monthly Update**
- **Meeting announcements and training opportunities**

Influenza vaccination key in long-term care facilities

CADE is currently investigating several influenza outbreaks in long-term care facilities across the state. Influenza can be introduced into long-term care facilities by newly admitted residents, staff, and visitors, and then spread rapidly. During these investigations, vaccination rates among residents and staff are assessed: while residents are consistently well vaccinated (typically over 95 percent), staff are not. In one recent outbreak at a long-term care facility, only 66 percent of the staff were vaccinated for the flu; not only can these staff bring flu into vulnerable residents, they are then at risk of getting ill and having to be off of work while recuperating. (Note: Early in Dr. Quinlisk's career, she investigated a flu outbreak at a long-term care facility where almost all of the residents became ill. Not only had the buttocks been mistakenly used as the flu vaccine injection site, but the unvaccinated head nurse had worked for three days with a bad cough and >103 degree temp. More than 10 residents died.)

The best way to prevent influenza in LTC, is to ensure all residents and health care workers are vaccinated annually against influenza, good infection control methods are used and staff are not allowed to work when symptomatic.

For more information about influenza in long-term care facilities, visit www.idph.iowa.gov/influenza/ltc-facilities .

Educational resources for winter weather

To assist in discussions with patients about health risks due to cold weather and winter storms, visit CDC's Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety. This guide includes information on how to prepare homes and cars for winter weather, indoor and outdoor winter safety, precautions for icy conditions, and the symptoms of hypothermia and frostbite. To view the guide, visit www.cdc.gov/disasters/winter/pdf/extreme-cold-guide.pdf.

West Nile virus infection may increase mortality risk years later

Individuals who have recovered from acute West Nile virus infection may experience increased risk of mortality in the years following infection.

Researchers followed over 4,000 patients with West Nile virus and found they were 11 times more likely to die in the years following infection than the general population. Those who had the neuroinvasive form of the disease accounted for most of the deaths. A large proportion of deaths were due to kidney disease.

These findings suggest that physicians may consider monitoring patients diagnosed with West Nile virus for kidney disease in the years following their recovery.

To view the abstract, visit www.abstractsonline.com/pp8/#!/4114/presentation/1505.

Healthy Living Tips for 2017

When brushing teeth stand on 1 foot
(improves balance & core strength)



Stand up at least 1x an hour,
(and stretch)



Take the first open parking
space, then walk



Eat at least 1 fruit or
vegetable with each meal



Iowa Acute Disease Monthly Update

The new issue of the Iowa Acute Disease Monthly Update is available on our website. Visit www.idph.iowa.gov/CADE and scroll down to 'Reports' or access the report directly at www.idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/1/ADMU%20Jan%202017.pdf.

Meeting announcements and training opportunities

None

Have a healthy and happy (and colder) week!

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