

EPI Update for Friday, June 2, 2017
Center for Acute Disease Epidemiology
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Suspected *C. perfringens* outbreak**
- **Rabies consultations on the rise**
- **Minnesota measles update**
- ***Candida auris* testing available through the State Hygienic Lab**
- **In the news: Boost your workouts with caffeine**
- **Infographic: Burn To Learn**
- **Meeting announcements and training opportunities**

Suspected *C. perfringens* outbreak

An illness complaint call was received concerning a group of people who became ill with abdominal pain and diarrhea approximately 10 hours after eating at a restaurant in central Iowa. Based on the short incubation period, symptoms and other information, CADE suspected *Clostridium perfringens*.

Clostridium perfringens (*C. perfringens*) is a spore-forming gram-positive bacterium found in many environmental sources, as well as in the intestines of humans and animals. Although *C. perfringens* may live normally in the human intestine, illness is caused by eating food contaminated with large numbers of *C. perfringens* bacteria that produce large amounts of toxin. Symptoms typically include diarrhea and abdominal cramps within eight to 12 hours of exposure.

Local public health agencies are working on collecting stool specimens for testing at the State Hygienic Laboratory for confirmation and the Department of Inspections and [Appeals staff are inspecting the restaurant](#). Remember, if you're feeling queasy after consuming an item from a restaurant, grocery store, convenience store, market or public gathering, call - it's easy! Call the IowaSIC hotline at 1-844-IowaSIC or 1-844-469-2742.

For tips on how to prevent *C. perfringens*, visit www.cdc.gov/Features/ClostridiumPerfringens/index.html.

Rabies consultations on the rise

Last week three children found a sick skunk and decided to care for the animal by holding and trying to hand feed it some food. Since skunks in Iowa can carry rabies, the parents became concerned and called public health. After determining that potential rabies exposures had occurred, the skunk was euthanized and tested for rabies at the State Hygienic Laboratory. Fortunately, the skunk came back negative for rabies and the children did not need to receive rabies post-exposure prophylaxis (vaccine and immune globulin).

For additional information on rabies, visit www.idph.iowa.gov/rabies. CADE has someone on call 24/7 for guidance on rabies exposure criteria and post-exposure prophylaxis recommendations. Between 8 a.m. and 4:30 p.m. Monday through Friday,

call (800) 362-2736. After business hours, call (515) 323-4360 and ask to talk to an epidemiologist about rabies exposure.

Minnesota measles update

As of Thursday, June 1, Minnesota had reported 73 laboratory confirmed cases of measles. Seventy cases are in children ages 0 through 17 years and three are adults. If measles is suspected, isolate the patient and immediately call IDPH (measles is a public health emergency). During business hours, call 800-362-2736. After business hours call the Iowa State Patrol at 515-323-4360, who will page the epidemiologist on call.

Measles guidance for providers in

Iowa: idph.iowa.gov/Portals/1/userfiles/79/Documents/measles%20for%20clinicians.pdf.

Information about measles activity in

Minnesota: www.health.state.mn.us/divs/idepc/diseases/measles/

***Candida auris* testing available through the State Hygienic Lab**

C. auris can be misidentified as a number of different organisms when using traditional methods for yeast identification. An increase of unidentified *Candida* species infections in a patient care unit, including increases in isolation of *Candida* from urine specimens, should also prompt suspicion for *C. auris*, since *C. auris* can be transmitted in healthcare settings.

To request testing for *C. auris*, complete the test request form for Mycobacteriology/Mycology/Parasitology available by choosing yeast identification and writing “rule-out *Candida auris*” on the test request form. Test request forms can be found at www.shl.uiowa.edu/testmenu/formgenerator.xml.

For full *C. auris* recommendations for healthcare facilities and laboratories, visit www.cdc.gov/fungal/diseases/candidiasis/recommendations.html.

In the news: Boost your workouts with caffeine

www.nytimes.com/2017/05/31/well/move/boost-your-workouts-with-caffeine-even-if-you-chug-coffee-daily.html?_r=0

Infographic: Burn To Learn

THE MORE THEY BURN THE BETTER THEY LEARN



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

Did you know that kids who are physically active get better grades?

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/BurnToLearn

SOURCES |

CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement.

CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DHHS; 2010.

Infographic can be found at www.cdc.gov/nccdphp/dch/multimedia/infographics/burntolearn.htm

Meeting announcements and training opportunities
2017 Iowa Immunization Summit, June 14-15, Hy-Vee Hall, Downtown
730 Third Street, Des Moines, IA. To view the brochure,
visit www.trainingresources.org/GetFile.aspx?FileID=2789.

Note: There will be no Epi Update next week due to staff attending the 2017 CSTE Annual Conference

Have a healthy and happy (and warmer) week!

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800-362-2736