

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

Items for this week's EPI Update include:

- **Exclusion reminder: shiga toxin-producing *E. coli* and *Shigella***
- **Adult lead exposure data available by county**
- **Head lice prevention and control in schools**
- **CDC Vital Signs describes links between obesity and cancer**
- **Make sure your cider is pasteurized!**
- **In the news: An upbeat mood may boost your flu shot's effectiveness**
- **In the news: Leprosy is not quite yet a disease of the past**
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Exclusion reminder: shiga toxin-producing *E. coli* and *Shigella*

Child care (pre-school and younger) attendees and employees, food handlers, and health care providers who are diagnosed with shiga toxin-producing *E. coli* or *Shigella* must be excluded from child care or work pending negative stool testing after their symptoms have resolved.

Excluded patients with shiga toxin-producing *E. coli* are required to have two negative stool specimens before returning to child care or work. Excluded patients with *Shigella* are required to have two negative stool specimens before returning to child care or work, except for child care attendees, who only need one negative stool specimen before returning.

These organisms are highly infectious and can cause severe illness or death. IDPH has recently investigated outbreaks of shiga toxin-producing *E. coli* and *Shigella* in child care facilities and community-wide *Shigella* outbreaks with hundreds of cases have occurred in past years.

For more information on *Shigella*, visit idph.iowa.gov/cade/disease-information/shigella.

For more information on shiga toxin-producing *E. coli*, visit idph.iowa.gov/cade/disease-information/ecoli.

Adult lead exposure data available by county

County level adult blood lead test numbers and exposure levels for 2012-2016 are available on the IDPH Adult Blood Lead Epidemiology and Surveillance (ABLES) web page at idph.iowa.gov/lpp/surveillance.

The current Iowa public health reference level for adults is 5 mcg/dL or higher for a venous blood lead test to be considered elevated.

Statewide data from 2012 to 2016 shows that an average of 2,907 Iowa adults were tested for lead each year.

- Blood lead levels (BLLs) ranged from <1 to 97 micrograms per deciliter (mcg/dL).
- An average of 767 Iowa adults had BLLs of 10 mcg/dL or higher.
- An average of 1,117 Iowa adults had BLLs of 5 mcg/dL or higher.
- The number of Iowa adults with BLLs of 40 mcg/dL or higher decreased from 21 in 2012 to 6 in 2016.

Contact the ABLES program at 800-972-2026 for more information.

Head lice prevention and control in schools

Head lice continue to be a problem for school-aged children in Iowa. In the U.S., an estimated 6 to 12 million infestations occur each year among children 3 to 11 years of age. It is important to note that head lice are not known to spread disease, and therefore should not be considered a medical or public health hazard.

IDPH recommends the following prevention and control measures for managing head lice in Iowa schools:

- Discontinue routine school-based screening – current evidence does not support classroom or school-wide screening as a method to stop head lice transmission.
- Discontinue “no nit” policies – children should not be excluded from school. Head lice can be a nuisance, but have not been shown to spread disease.
- Children should remain in school for the rest of the day if head lice are detected – notify parents by phone, provide educational materials on treatment and review treatment protocols.
- Do not use environmental sprays or chemical cleaners at home or in classrooms, lockers or on other school equipment. Teach and support parents in appropriate techniques for lice treatment – head lice do not live “off” the body. Only ordinary cleaning, vacuuming and washing in hot water are needed.

For recommendations on treatment for head lice, visit

<https://secure.medicalletter.org/w1508c>.

CDC Vital Signs describes links between obesity and cancer

Overweight and obesity are associated with at least 13 different types of cancer, which make up 40 percent of all cancers diagnosed. About two in three cancers occur in adults 50-74 years old. Most cancers associated with overweight and obesity increased from 2005-2014. More than half of Americans don't know that overweight and obesity can increase the risk for cancer.

Some states and communities are providing support that can help people get to and keep a healthy weight. These activities include:

- Supporting comprehensive cancer control programs that focus on cancer prevention, education, screening, quality of care and survivorship.
- Making it easier to choose healthy food options where people live, work, learn and play.
- Building communities that make it safer and easier for people to be physically active.
- Partnering with business and civic leaders to make community changes that increase healthy eating and active living.

To view the full article, visit

www.cdc.gov/mmwr/volumes/66/wr/mm6639e1.htm?s_cid=mm6639e1_e.

Make sure your cider is pasteurized!

Apple cider consumption tends to increase during the fall and unpasteurized cider can contain disease-causing organisms such as *Cryptosporidium*, *Salmonella*, and *E. coli*. Remind patients to always check the label of apple cider to verify the product is pasteurized before consuming. If it is unclear if the apple cider is pasteurized, ask the location owner or operators.

If someone believes they may have become ill after consuming any food or drink, they can call 1-844-IowaSic. This reporting helps IDPH identify potential outbreaks and helps guide investigations by the Department of Inspection and Appeals' Food and Consumer Safety Bureau.

For more information, visit idph.iowa.gov/cade/foodborne-illness.

In the news: An upbeat mood may boost your flu shot's effectiveness

www.nytimes.com/2017/09/25/well/live/an-upbeat-mood-may-boost-your-flu-shots-effectiveness.html

In the news: Leprosy is not quite yet a disease of the past

www.npr.org/sections/goatsandsoda/2017/09/16/551057795/leprosy-is-not-quite-yet-a-disease-of-the-past

Infographic: The new (ab)normal

www.cdc.gov/nccdphp/dch/multimedia/infographics/newabnormal.htm

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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