

EPI Update for Friday, January 5, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza widespread in Iowa, antiviral reminder**
- **Type F infant botulism - very rare, but cases in Iowa**
- **Many hep C cases don't get confirmatory testing**
- **In the news: *Salmonella* Infection Linked to Rattlesnake Pills**
- **In the news: CRISPR put to work to save chocolate**
- **Infographic: Cover your cough**
- **Meeting announcements and training opportunities**

Influenza widespread in Iowa, antiviral reminder

Influenza activity and geographic spread in Iowa are increasing significantly and 21 influenza outbreaks in long-term care facilities have been investigated so far this season. Outpatient visits for influenza-like illness were higher last week than last season's peak, and about 25 percent of the over 2000 rapid flu tests done last week were positive for influenza. SHL confirmed influenza in 131 of 158 samples sent to them last week; this is higher than last season's peak week. Influenza A(H3) has been the predominant strain this season, accounting for 390 of 502 (78%) positive results.

Seasons when A(H3N2) virus pre-dominate are associated with high levels of hospitalizations and deaths among all ages, but especially the elderly and very young children. Thus, it is important to use antiviral medications, both for treating and preventing influenza. Antiviral treatment is recommended to start as early as possible for any patient with confirmed or suspected influenza who is hospitalized, has severe complicated or progressive illness, or is at high risk for influenza complications. Influenza antiviral medication can also be used as post-exposure prophylaxis in certain situations, such as during influenza outbreaks in long-term care facilities.

For more information on antiviral use for influenza, visit www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm.

To view the IDPH press release, visit idph.iowa.gov/News/ArtMID/646/ArticleID/158197/Flu-Deaths-Rise-in-Iowa-1518.

Type F infant botulism - very rare, but cases in Iowa

A study of recent cases of Type F infant botulism, including three in Iowa, has been published. Only 18 cases have ever been reported in the U.S. and Iowa is tied with California for reporting the most cases (3). Type F infant botulism is generally more severe than infant botulism caused by more common types, and occurs earlier in infants. No exposure source for Type F infant botulism has ever been identified, despite intensive investigations.

If you suspect a case of infant botulism, please contact IDPH immediately! Human botulism immune globulin is available through IDPH and CDC to treat the most common types of infant botulism (though it is not effective for Type F infant botulism). Infants with Type F infant botulism can be treated with equine-derived adult heptavalent (A–G) botulism antitoxin (after consultations with national experts).

To view the article, visit academic.oup.com/cid/article/66/suppl_1/S92/4780427.

Many hep C cases don't get confirmatory testing

In 2016, 2,287 lowans were diagnosed with hepatitis C virus (HCV), but 30 percent did not have a confirmatory (i.e., RNA) test to identify chronic infection. These confirmatory tests are essential to identify patients with chronic infections, who need to discuss treatment options with their health care provider.

An estimated 15 to 25 percent of people with HCV antibodies may clear the virus spontaneously. Thus, CDC recommends that a HCV RNA confirmatory test be done when a patient has a reactive antibody result. IDPH is starting to follow-up with providers of patients who are reported with HCV without evidence of a confirmatory result. To view an algorithm for HCV confirmatory testing, visit www.cdc.gov/hepatitis/hcv/pdfs/hcv_flow.pdf. Detailed guidance for clinicians and laboratorians on testing for HCV can be found at www.cdc.gov/mmwr/pdf/wk/mm62e0507a2.pdf.

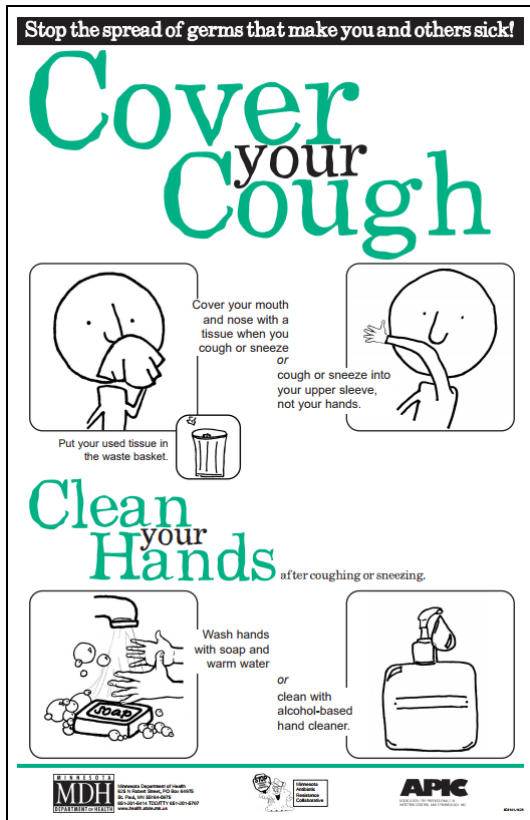
In the news: *Salmonella* Infection Linked to Rattlesnake Pills

www.cdc.gov/media/releases/2017/s1219-salmonella-rattlesnake-pills.html

In the news: CRISPR put to work to save chocolate

news.berkeley.edu/story_jump/crispr-put-to-work-to-save-chocolate-from-devastation/

Infographic: Cover your cough



The poster is also available in the following languages: Amharic, Arabic, Bengali, Burmese, Chinese, French, Hebrew, Hindi, Hmong, Karen, Khmer, Lao, Nepali, Oromo, Portuguese, Russian, Somali, Spanish, Tagalog and Vietnamese.

To view in full size and in other languages, visit www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/gen/genposter.html.

Meeting announcements and training opportunities

MMWR is expanding its offering of continuing education activities (for doctors, nurses, pharmacists, veterinarians and more) on a monthly basis. To access current and future MMWR CME activities, visit www.cdc.gov/mmwr/cme/medscape_cme.html.

Have a healthy and happy week, and 2018!
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