# EPI Update for Friday, January 26, 2018 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

#### Items for this week's EPI Update include:

- Significant influenza activity in long-term care facilities, schools
- Influenza B is circulating too, and is covered by vaccine
- Poison control in Iowa receiving calls about Tide Pod challenge
- Falls prevention resources risk increases with icy conditions
- In the news: Opioid addiction: Perspective from a father, clinician and educator
- In the news: We may finally know the cause of polio-like illness paralysing children around the world
- Infographic: Winterize to prevent falls
- Meeting announcements and training opportunities

#### Significant influenza activity in long-term care facilities, schools

So far this season, 48 influenza outbreaks have been reported by long-term care facilities in Iowa. Twelve of these outbreaks began in the last two weeks. Among the outbreaks for which subtyping is available, influenza A(H3) was detected for 31 outbreaks, influenza B Yamagata lineage was identified for two, and influenza A(H1N1)pdm09 was identified for one. IDPH provides information about influenza in long-term care facilities, including CDC guidance for outbreak management, at idph.iowa.gov/influenza/ltc-facilities.

Schools from all regions in the state have reported 10 percent absenteeism recently, with 40 different schools reporting at least once last week. These reports include absences due to illness of any type, but respiratory symptoms were reported most frequently by the majority of schools and many of the schools specifically reported students diagnosed with influenza. For more information about influenza in schools, visit <a href="mailto:idph.iowa.gov/influenza/schools">idph.iowa.gov/influenza/schools</a>.

#### Influenza B is circulating too, and is covered by vaccine

Although over 80 percent of positive rapid influenza test results reported in Iowa this season have been for influenza A, the number and percentage of positive influenza B test results has been slowly increasing since December. Last week, clinical laboratories around Iowa reported 225 influenza B rapid test results, representing 5 percent of all rapid tests reported. All specimens submitted to SHL so far this season that confirmed as influenza B have subtyped as Yamagata lineage.

Those 6 months of age and older should receive an influenza vaccine every year to help reduce the chance of illness and complications from influenza. Influenza vaccine provides protection from two subtypes of influenza A (H3N2 and H1N1) and one or two strains of influenza B, depending on the vaccine given. Trivalent influenza vaccines have a component to protect against influenza B Victoria

lineage and quadrivalent vaccines include both Victoria and Yamagata lineage components.

IDPH tracks influenza subtyping in our weekly influenza report, available at idph.iowa.gov/influenza/reports.

#### Poison control in Iowa receiving calls about Tide Pod challenge

Millions of viewers have recently encountered the "Tide Pod Challenge" on the internet, in which someone posts a video of themselves biting into a laundry detergent pod. The primary risks for teens and adults from the concentrated detergent include chemical burns to the mouth, throat and upper airway, and vomiting or diarrhea if swallowed. Exposure can be life-threatening, especially for toddlers.

Through mid-January, the Iowa Statewide Poison Control Center had received five calls for this exposure - four involving teenagers and one involving an adult. The American Association of Poison Control Centers reported 86 cases nationally in the first three weeks of 2018. Health care providers with questions about the risk of exposure or treatment protocols for cases of suspected laundry packet misuse can call the Poison Help hotline at 800-222-1222. Poison control experts are available 24/7 free of charge.

#### Falls prevention resources - risk increases with icy conditions

Throughout the year, falls are a significant hazard for older adults and those with disabilities and icy outdoor conditions can be especially dangerous. There are several steps that can be taken to reduce the risk of falls due to icy conditions. Some ideas include proper selection of footwear, using flashlights and carrying kitty litter to distribute onto icy surfaces prior to walking on them. Screening tools for falls risk are available for older adults and there are many evidence-based falls prevention resources available.

For more information on falls prevention, visit <a href="www.ncoa.org/healthy-aging/falls-prevention/">www.ncoa.org/healthy-aging/falls-prevention/</a>.

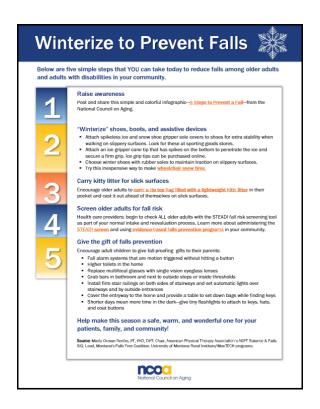
### In the news: Opioid addiction: Perspective from a father, clinician and educator

www.ada.org/en/publications/ada-news/viewpoint/my-view/2018/january/opioid-addiction

In the news: We may finally know the cause of polio-like illness paralysing children around the world

<u>sciencealert.com/mysterious-polio-like-illness-paralyses-children-cause-enterovirus-d68-acute-flaccid-myelitis</u>

Infographic: Winterize to prevent falls



To view in full size, visit www.ncoa.org/resources/winterize-to-prevent-falls/.

## **Meeting announcements and training opportunities**None

#### Have a healthy and happy week!

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