

EPI Update for Friday, January 19, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Multiple measles cases reported in U.S. Midwest**
- **Influenza activity in Iowa on pace to surpass 2016-17 totals**
- **Save Your Brain quiz for cognitive decline**
- **Three new reports on healthcare associated infections (HAI)**
- **In the news: Best foods to protect your aging brain**
- **In the news: After a debacle, how California became a role model on measles**
- **Infographic: An antibiotic is the wrong tool to treat a virus**
- **Meeting announcements and training opportunities**

Multiple measles cases reported in U.S. Midwest

Two confirmed measles cases recently visited O'Hare International Airport in Chicago, IL while infectious - one on January 9 and the other on January 10. A list of other potential exposure sites in the Chicago area has been released, with dates ranging from January 9 through January 13. For more information about these cases, visit www.dph.illinois.gov/ and view the two related news releases.

Arkansas Health Department of Health has confirmed a case of measles in an ill traveler who also flew from Chicago O'Hare International Airport to Little Rock on January 10. The case exposed people in the University of Arkansas Medical Science's emergency room on January 11. The case traveled from outside of the United States and developed measles symptoms en route.

A confirmed measles case was also reported in a University of Indiana Bloomington student who also visited several local businesses, with possible exposure dates ranging from January 2 through January 6. For more information about this case, visit www.co.monroe.in.us/tsd/Community/HealthDepartment.aspx and view the two related news releases.

There are no cases of measles in Iowa. If you suspect a patient may have measles, please contact IDPH immediately at 800-362-2736 during business hours or 515-323-4360 outside business hours.

Influenza activity in Iowa on pace to surpass 2016-17 totals

Influenza activity continues to increase in Iowa and is widespread for the third week in a row. Several measures of influenza activity are close to or have surpassed last year's peak. Last week there were 203 influenza-related hospitalizations reported, significantly higher than 113 during the 2016-17 peak week. There were 11 influenza outbreaks in long-term care facilities last week, surpassing the 10 reported during last season's peak. Over 70 percent of the

more than 700 positive specimens submitted to the state hygienic lab so far this season have been influenza A (H3).

For more information about influenza in Iowa, visit idph.iowa.gov/influenza.

Save Your Brain quiz for cognitive decline

A new online quiz is available to help older Iowans determine their risk for cognitive decline and what steps to take to reduce that risk. The assessment analyzes diet, physical activity, brain engagement and social interaction, and comes up with a list of things an individual can do to lower their risk for dementia or other forms of cognitive decline. The quiz will be reviewed at least annually to reflect the most up-to-date science.

Alzheimer's disease is the sixth leading cause of death in Iowa and cognitive decline and dementia are often contributing factors in other deaths. IDPH encourages health organizations, community groups and individuals to access and use the online materials; for example, Broadlawns Hospital in Des Moines is using the quiz as part of its dementia risk reduction program.

To take the quiz, visit idph.iowa.gov/save-your-brain.

Three new reports on healthcare associated infections (HAI)

Three national reports have been released that use HAI data reported to NHSN. These reports include an assessment of overall HAI prevention progress since 2006, new national SIRs (benchmarks) calculated under NHSN's new SIR baseline, and a comparison of national SIRs under historical baselines.

- *Healthcare-associated Infections in the United States, 2006-2016: A Story of Progress* is an overall national summary detailing progress made from 2006-2016 on five key infections. To view the report, visit www.cdc.gov/hai/surveillance/data-reports/data-summary-assessing-progress.html.
- *The 2015 National and State Healthcare-associated Infection Data Report* includes individual state and national standardized infection ratios (SIRs) using the new 2015 baseline. To view the report, visit www.cdc.gov/hai/surveillance/data-reports/2015-HAI-data-report.html.
- *National 2015 Standardized Infection Ratios (SIRs) Calculated Using Historical Baselines* is an overview of national HAI prevention progress in acute care and critical access hospitals from 2014-2015 using historical baselines. To view the report, visit www.cdc.gov/hai/surveillance/data-reports/2015-SIR-report.html.

In the news: Best foods to protect your aging brain

www.cbsnews.com/news/best-foods-for-your-aging-brain-to-prevent-alzheimers-and-other-types-of-dementia/

In the news: After a debacle, how California became a role model on measles

www.nytimes.com/2018/01/16/upshot/measles-vaccination-california-students.html

Infographic: An antibiotic is the wrong tool to treat a virus



AN ANTIBIOTIC IS THE WRONG TOOL TO TREAT A VIRUS.

Make sure you use the right tool for the job.

Antibiotics save lives by treating certain infections caused by bacteria, not viruses like colds or flu. When they're not needed, antibiotics won't help you, and the side effects could still hurt you. Ask your doctor when an antibiotic is the right tool for your illness and when it's not.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

BE ANTIBIOTICS AWARE
SMART USE. BEST CARE.

CDC

To view in full size, visit www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU_Print_PSA_Right_Tool_11-10-17-FINAL_508.pdf.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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800-362-2736