

**EPI Update for Friday, March 16, 2018**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Expanded yellow fever vaccination guidelines for travel to Brazil**
- **Geographic spread of influenza reduced to regional**
- **You traveled to a Zika-affected area for spring break. Now what?**
- **More measles cases, exposures identified in the U.S.**
- **In the news: First steps taken for vaccine pills**
- **In the news: A man with a life-threatening heart infection was saved by a virus plucked from a lake**
- **Infographic: Prevent bug bites – What to know before you go!**
- **Meeting announcements and training opportunities**

**Expanded yellow fever vaccination guidelines for travel to Brazil**

Due to an ongoing outbreak of yellow fever in multiple states in Brazil, yellow fever vaccination recommendations for travelers have been temporarily expanded. In addition to areas of Brazil where yellow fever vaccination has been recommended previously, the vaccine is now also recommended for people who are traveling to or living in the following areas of Brazil:

- All of Espirito Santo State
- All of São Paulo State, the city of São Paulo, and all coastal islands
- All of Rio de Janeiro State, including the city of Rio de Janeiro and all coastal islands
- A number of cities in Bahia State

Travelers visiting affected areas who were previously vaccinated for yellow fever may consider getting a booster dose if it has been 10 or more years since they were vaccinated. Yellow fever vaccination should be given at least 10 days before travel and is available at a limited number of clinics in the U.S., so travelers should plan ahead to get the vaccine.

For more information on yellow fever in Brazil, visit [wwwnc.cdc.gov/travel/notices/alert/yellow-fever-brazil](http://wwwnc.cdc.gov/travel/notices/alert/yellow-fever-brazil).

To find a clinic that offers yellow fever vaccination, visit [wwwnc.cdc.gov/travel/yellow-fever-vaccination-clinics/search](http://wwwnc.cdc.gov/travel/yellow-fever-vaccination-clinics/search).

**Geographic spread of influenza reduced to regional**

Most measures of influenza activity in Iowa continue to decrease, and geographic spread is now regional. The proportion of rapid tests reported to IDPH that are positive for influenza A has been decreasing since mid-January, and the proportion of influenza B positive specimens also decreased this week after increasing since December. There were no long-term care influenza

outbreaks during this reporting week, and five schools reported at least 10 percent illness. Influenza mortality remains high, with 20 deaths reported this week for a total of 227 deaths this season.

To view the weekly IDPH influenza report, visit [idph.iowa.gov/influenza/reports](http://idph.iowa.gov/influenza/reports).

### **You traveled to a Zika-affected area for spring break. Now what?**

If you have recently traveled to an area with a risk of Zika:

- Watch for symptoms after you get home. Symptoms include red eyes, fever, joint pain, headache, rash, and muscle pain.
- Call your doctor immediately if you think you have Zika.
- Use insect repellent for 3 weeks after returning to the U.S. during mosquito season.
- Use condoms when you have sex (length of time varies based on situation).

Zika testing is available free of charge for individuals meeting certain criteria at Iowa's State Hygienic Laboratory through consultation with IDPH. For questions about testing, call 515-242-5935.

For more information about preventing the spread of Zika after travel, visit [wwwnc.cdc.gov/travel/page/after-trip](http://wwwnc.cdc.gov/travel/page/after-trip).

For more information on Zika in Iowa, visit [idph.iowa.gov/ehi/zika](http://idph.iowa.gov/ehi/zika).

### **More measles cases, exposures identified in the U.S.**

Within one week of each another, two international travelers infectious with measles exposed individuals at airports in Detroit, Newark, and Memphis. Additionally, three infants with measles were identified in a child care facility in Kansas. These exposures follow recent measles cases reported in the Midwest (described in this newsletter in January) and the large measles outbreak that occurred Minnesota in 2017.

Although no cases of measles have been identified in Iowa for several years, these recent exposures serve as a reminder for health care providers to remain vigilant for patients who may have measles. Such patients include those with a febrile rash illness and cough, coryza, or conjunctivitis who are unvaccinated, have a known measles exposure, or those with international travel/visitors. 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.

For more information about measles, visit [www.cdc.gov/measles/index.html](http://www.cdc.gov/measles/index.html).

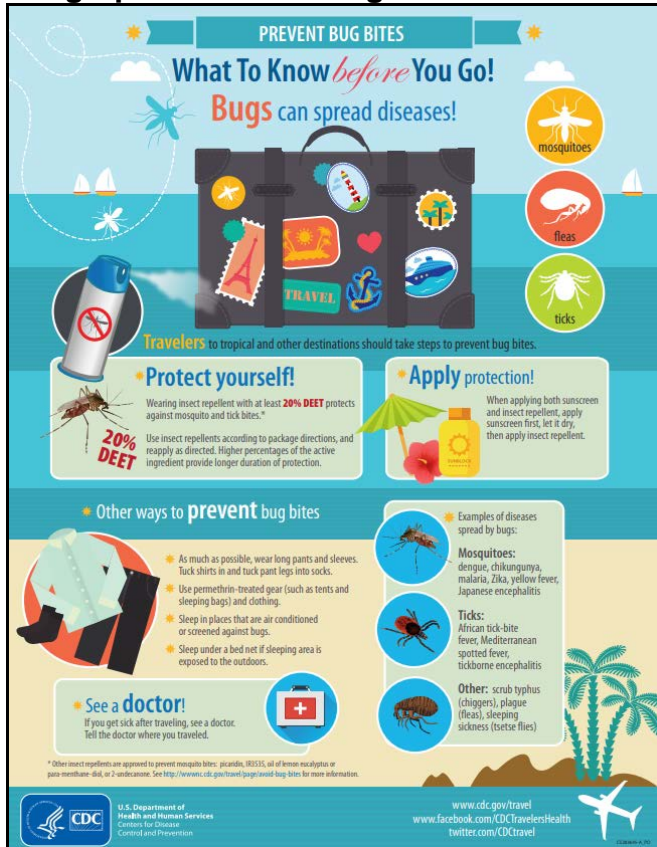
### **In the news: First steps taken for vaccine pills**

[www.bbc.com/news/health-43385777](http://www.bbc.com/news/health-43385777)

## In the news: A man with a life-threatening heart infection was saved by a virus plucked from a lake

[www.livescience.com/61963-virus-found-in-lake-treats-bacterial-infection.html](http://www.livescience.com/61963-virus-found-in-lake-treats-bacterial-infection.html)

### Infographic: Prevent bug bites – What to know before you go!



To view in full size, visit

[wwwnc.cdc.gov/travel/files/prevent-bug-bites-infographic.pdf](http://wwwnc.cdc.gov/travel/files/prevent-bug-bites-infographic.pdf).

### Meeting announcements and training opportunities

IPHA is hosting a pre-conference workshop before the 2018 Iowa Governor's Conference on Public Health titled *Healthy Iowa Communities*.

Objectives include encouraging a broad, multidisciplinary approach to public health through Iowa examples, learning how to review local codes and policies to identify potential barriers and opportunities to community change, and identifying Iowa resources to turn your community's challenges into opportunities. For more information and to register, visit [www.iowapha.org/event-2831990](http://www.iowapha.org/event-2831990).

### Have a healthy and happy week!

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800-362-2736