



**Epi Update for Friday, August 3, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Iowa reports first West Nile death of 2018**
- ***Cyclospora* outbreak update**
- **CDC foodborne outbreak surveillance summary, U.S., 2009-2015**
- **National Immunization Awareness Month**
- **In the news: They ate raw centipedes and then the headaches began**
- **In the news: Central African Republic - 29 cases of monkeypox detected since March**
- **Infographic: 7 things to consider when communicating about health**
- **Meeting announcements and training opportunities**

Iowa reports first West Nile death of 2018

IDPH has announced the first reported 2018 Iowa death associated with West Nile virus in an elderly adult (81+ years of age) from Central Iowa. A second case of human West Nile virus infection has also been reported in a Palo Alto County adult (61 to 80 years of age) male who has recovered.

Iowans should take the following steps to reduce the risk of West Nile virus:

- Use insect repellent with DEET, Picaridin, oil of lemon eucalyptus, or IR3535. Always read the repellent label and consult with a health care provider if you have questions when using these types of products for children. For example, oil of lemon eucalyptus should not be used on children under 3 years of age and DEET should not be used on children less than 2 months of age.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts, pants, shoes and socks outdoors whenever possible.
- Eliminate standing water around the home because that's where mosquitoes lay eggs. Empty water from buckets, cans, pool covers and pet water dishes. Change water in bird baths every three to four days.

In 2017, 12 Iowans were diagnosed with West Nile virus and two Iowans died. For more information on mosquito and tick transmitted diseases in Iowa, visit www.idph.iowa.gov/cade/vectorborne-illness.

Cyclospora outbreak update

As of August 1, 286 cases of *Cyclospora* from 15 states (including Iowa) have reportedly consumed salads from McDonald's. On July 26, FDA completed analysis of an unused package of romaine lettuce and carrot mix distributed to McDonald's by the Fresh Express processor in Streamwood, IL. The analysis confirmed the presence of *Cyclospora* in that mix.

So far this year, 176 cases of *Cyclospora* have been reported in Iowa, including 80 linked to the multistate outbreak associated with salads sold at McDonald's.

For more information about the outbreak, visit

www.cdc.gov/parasites/cyclosporiasis/outbreaks/2018/b-071318/index.html.

CDC foodborne outbreak surveillance summary, U.S., 2009–2015

Known foodborne disease agents are estimated to cause approximately 9.4 million illnesses each year in the U.S. During 2009–2015, 5,760 outbreaks were reported that resulted in 100,939 illnesses, 5,699 hospitalizations, and 145 deaths. Norovirus (38%) and *Salmonella* (30%) were the most common causes of outbreaks. Outbreaks caused by *Listeria*, *Salmonella* and Shiga toxin-producing *E. coli* (STEC) were responsible for 82% of hospitalizations and 82% of deaths reported. The food categories responsible for the most outbreak-associated illnesses were chicken, pork and seeded vegetables. Multistate outbreaks comprised only 3% of all outbreaks, but accounted for 11% of illnesses, 34% of hospitalizations and 54% of deaths.

To view the full surveillance summary, visit

www.cdc.gov/mmwr/volumes/67/ss/ss6710a1.htm?s_cid=ss6710a1_e.

National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM), celebrating the benefits of vaccination and promoting the important role of immunizations in preventing disease across the lifespan. NIAM is sponsored by the National Public Health Information Coalition (NPHIC).

This year's themes include:

- July/August - Back to School: Ready for school? Make sure those vaccines records are up to date!
- August 5-11 - Pregnant Women: Protect yourself and pass protection on to your baby
- August 12-18 - Babies and Young Children: A healthy start begins with on-time vaccination

- August 19-25 - Preteens and Teens: Ensure a healthy future with vaccines
- August 26-31 - Adults: Vaccines are not just for kids

NIAM resources and a toolkit are available at www.nphic.org/niam.

In the news: They ate raw centipedes and then the headaches began
www.cnn.com/2018/07/31/health/rat-lungworm-centipedes-study/index.html

In the news: Central African Republic - 29 cases of monkeypox detected since March
outbreaknewstoday.com/central-african-republic-29-cases-of-monkeypox-detected-since-march-63422/

Infographic: 7 things to consider when communicating about health



To view in full size, visit www.cdc.gov/phpr/infographics/communicatinghealth.htm.

Meeting announcements and training opportunities
 None

Have a healthy and happy week!
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