



Epi Update for Friday, June 11, 2021

Office of the Public Health Medical Director
Center for Acute Disease Epidemiology (CADE)
Bureau of HIV, STD, and Hepatitis

Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- Shiga toxin-producing *E. coli* complications, prevention
- Input requested – Iowa Health Assessment Survey
- Tick bite prevention
- In the news: Officials confirm Michigan's first human case of a deadly hantavirus
- In the news: FDA says to avoid eating cicadas 'if you're allergic to seafood'
- Infographic: 5 things to do right after visiting animals

Shiga toxin-producing *E. coli* complications, prevention

E. coli is found in the gut of humans and animals, but some types can cause illness. One type, Shiga toxin-producing *E. coli* (STEC), is a reportable disease in Iowa. STEC is spread by contaminated food, animal contact, or from person to person. Cases are followed-up by public health to help identify common sources and to limit spread from infected people to others. Symptoms of STEC infections include stomach cramps, diarrhea (often bloody), and vomiting.

Most people with STEC infections get better within a week. There are some studies that show giving antibiotics to patient with STEC infections might increase the risk of developing a complication that affects kidney function, called hemolytic uremic syndrome (HUS). About 5 to 10% of those diagnosed with STEC will develop HUS about seven days after symptom onset, often after diarrhea is improving. HUS is most common in younger children.

Tips to prevent STEC infections include:

- Wash hands thoroughly after using the bathroom and before preparing or eating food.
- Wash hands after contact with animals or their environments (farms, petting zoos, etc.)
- Cook meat thoroughly, and check the temperature with a thermometer. For example, ground beef should be cooked to a temperature of at least 160° F.
- Avoid raw milk and unpasteurized dairy products or juices (like fresh apple cider).
- Avoid swallowing water when swimming in non-chlorinated water such as lakes, ponds, streams, swimming pools, and backyard “kiddie” pools.
- Prevent cross contamination in food preparation areas by thoroughly washing hands, counters, cutting boards, and utensils after they touch raw meat.

For more information about Shiga toxin-producing *E. coli*, visit idph.iowa.gov/cade/disease-information/ecoli.

Input requested – Iowa Health Assessment Survey

IDPH is asking for public input for Healthy Iowans 2022-2026: A State Health Assessment of Iowa. Through an online survey, Iowans will be able to select up to three areas that they believe are most important to the health and well-being of Iowans and our communities.

To fully understand the diversity of health needs and priorities in the state, IDPH encourages all Iowans to participate in the survey.

To complete the survey, visit tinyurl.com/IDPHsurvey.

Tick bite prevention

In 2020, over 270 tick-borne disease cases were identified in Iowa. The majority of these cases were Lyme disease. However, cases of anaplasmosis/ehrlichiosis, babesiosis, and Rocky Mountain spotted fever were also reported, highlighting the range of diseases ticks in Iowa can spread.

Ticks are generally found near the ground in brushy or wooded areas. Ticks cannot jump or fly. Instead, these insects climb tall grasses or shrubs and wait for a potential host to brush against them. When this happens, they climb onto the host and seek a place on the skin for attachment.

To avoid tick bites:

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5 percent permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

For more information about tick-borne diseases in Iowa, visit idph.iowa.gov/cade/vectorborne-illness.

In the news: Officials confirm Michigan's first human case of a deadly hantavirus

www.usatoday.com/story/news/health/2021/06/09/sin-nombre-hantavirus-michigan-what-know/7588886002/

In the news: FDA says to avoid eating cicadas 'if you're allergic to seafood'

www.cnn.com/2021/06/02/health/dont-eat-cicadas-fda/index.html

Infographic: 5 things to do right after visiting animals



To view in full size, visit

www.cdc.gov/healthypets/pdfs/publications/5-things-to-do-right-after-visiting-animals-P.pdf.

Have a healthy and happy week!

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