



# Epi Update for Friday, April 22, 2022

**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:

- **CDC Alert: Adenovirus and children with acute hepatitis of unknown etiology**
- **Did you know?**
- **Infographic: 8 strategies for a healthy spring**

## **CDC Alert: Adenovirus and children with acute hepatitis of unknown etiology**

CDC has issued a Health Advisory regarding a cluster of children identified with hepatitis and adenovirus infection. In November 2021, clinicians at a children's hospital in Alabama notified CDC of five pediatric patients with significant liver injury, including three with acute liver failure, who also tested positive for adenovirus. All children were previously healthy. None had COVID-19. Case-finding identified four additional pediatric patients with hepatitis and adenovirus infection for a total of nine patients admitted from October 2021 through February 2022; all five that were sequenced had adenovirus type 41 infection identified. In two patients, plasma samples were negative for adenovirus by quantitative PCR, but both patients were positive when retested using whole blood. Two patients required liver transplant; no patients died. A possible association between pediatric hepatitis and adenovirus infection is currently under investigation. Cases of pediatric hepatitis in children who tested negative for hepatitis viruses A, B, C, D, and E were reported earlier this month in the U.K., including some with adenovirus infection.

Clinicians who encounter pediatric patients with hepatitis of unknown etiology should consider adenovirus testing. PCR testing is preferred and may be performed on respiratory specimens, stool or rectal swabs, or blood.

To view the full Health Advisory, visit <https://emergency.cdc.gov/han/2022/han00462.asp>.

## **Did you know?**

Stop HIV Iowa is creating a strategic plan to end the HIV epidemic in Iowa.

Our goal is to make Iowa a place where:

- new HIV diagnoses are rare,
- every person knows their HIV status, and
- all people living with HIV have access to high-quality, comprehensive health and wellness resources.

The strategic plan is our roadmap to a historic goal: reducing the number of HIV diagnoses in Iowa by 75% by 2025 and 90% by 2030. That means reducing HIV diagnoses from approximately 100 in 2020 to fewer than 10 by 2030 - can you imagine?

Learn more at <https://stophiviowa.org>

### Infographic: 8 strategies for a healthy spring

## 8 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

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#### Move More, Sit Less



Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

#### Eat Healthy Foods



Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

**TIP**  
Make half your plate fruits and vegetables and half your grains whole grains.

#### Choose Your Drinks Wisely



Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

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#### Get Enough Sleep



Adults need at least 7 hours of sleep per night.

**DID YOU KNOW?**  
Children aged 6 to 12 need 9-12 hours of sleep per night.  
Teens 13 to 18 need 8-10 hours of sleep per night.

#### Be Sun Safe



Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

**TIP**  
Wear sunglasses that block both UVA and UVB rays for the best protection.

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#### Brush Your Teeth



Brush twice a day with fluoride toothpaste.

#### Don't Use Tobacco



Call 1-800-QUIT-NOW for free support to quit smoking.

#### Learn Your Health History



Talk to your family and your doctor about your family health history.

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Learn more ways to stay healthy and prevent chronic disease at [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease).

To view in full size, visit [www.cdc.gov/chronicdisease/pdf/infographics/healthy-spring-H.pdf](http://www.cdc.gov/chronicdisease/pdf/infographics/healthy-spring-H.pdf).

**Have a healthy and happy week!**

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