



Epi Update for Monday, July 18, 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:

- **Monkeypox update**
- **Know the risks for legionellosis, including warmer temperatures and diluted windshield wiper fluid**
- **HIV pre-exposure prophylaxis (PrEP) celebrates 10 years**

Monkeypox update

Cases of monkeypox continue to be identified in countries that don't normally report monkeypox, with the highest case counts occurring in Europe, Canada, and the U.S. As of July 15, 12,556 cases have been identified in 68 countries. A total of 1,814 cases have been identified in the U.S., with New York (489), California (266), and Illinois (174) reporting the most cases. A total of 3 cases have been identified in Iowa.

Gay, bisexual, and other men who have sex with men make up a high number of cases. However, anyone who has been in close contact with someone who has monkeypox is at risk.

Clinicians should be alert to patients presenting with a new characteristic rash or if the patient meets epidemiologic criteria and there is a high clinical suspicion for monkeypox. The rash associated with monkeypox can be confused with other rashes encountered in clinical practice including herpes, syphilis, and varicella. Patients co-infected with monkeypox and other infectious agents (e.g., varicella zoster, herpes, syphilis) have been reported. Clinicians should therefore have monkeypox on their differential diagnosis when presented with an STI-associated or STI-like rash, even if it is localized and not (yet) diffuse.

Clinicians must report suspected monkeypox cases to IDPH as soon as monkeypox is suspected and prior to collecting specimens. IDPH will consult with CDC and SHL to determine the need and plan for laboratory testing.

- Contact IDPH by calling 515-242-5935 during business hours or 515-323-4360 outside of business hours.
- Contact SHL by calling 319-335-4500 or 1-800-421-4692.

For more information about the ongoing outbreak, including clinical characteristics of monkeypox lesions, visit www.cdc.gov/poxvirus/monkeypox/response/2022/index.html.

Know the risks for legionellosis, including warmer temperatures and diluted windshield wiper fluid

Legionellosis cases have increased in Iowa, as they generally do in the summer, with 19 confirmed and 3 pending cases reported this year. Legionellosis refers to one of two respiratory diseases caused by *Legionella* bacteria: Legionnaires' disease and Pontiac fever. *Legionella* bacteria can be found in natural, freshwater environments, but generally not in high enough amounts to cause disease. However, when *Legionella* enters a water system that does not have adequate temperature and disinfectant levels it can grow to amounts that are more likely to cause disease if aerosolized through devices such as cooling towers, hot tubs, and fountains. Certain groups are more at risk, including current or former smokers, those with weakened immune systems, persons over 50 years of age, and those with chronic disease.

Health care providers and local public health partners can help identify and prevent legionellosis by asking about exposures to common sources of infection and providing education about prevention. In addition to cooling towers, hot tubs, and fountains, other common sources of aerosolized water include showers and respiratory equipment that does not use sterile water or is not cleaned regularly. Other risk factors include overnight travel, health care visits, and living in a congregate setting in the two weeks prior to illness onset. Investigation of potential causes of legionellosis should include the date respiratory symptoms began as well as details about potential sources (e.g., dates, address, room or floor numbers).

Another potential source of legionellosis can be a concern for commercial vehicle operators that spend many hours in the vehicle. *Legionella* can grow in a vehicle's windshield wiper fluid tank, particularly if the tank is filled or diluted with water. Commercial vehicle operators can lower their risk by using only full-strength windshield cleaner fluid instead of water. This will decrease the risk of growth and spread of *Legionella*. Closing the cab windows while using windshield washer fluid may also prevent driver exposure to the bacteria.

For more information about *Legionella*, including *Legionella* in windshield wiper fluid, visit www.cdc.gov/legionella/about/prevention.html or <https://blogs.cdc.gov/niosh-science-blog/2022/05/10/legionnaires-truckers/>.

HIV pre-exposure prophylaxis (PrEP) celebrates 10 years

July 16 marked the 10th anniversary of FDA's approval of the first HIV pre-exposure prophylaxis (PrEP) method in the U.S. Over the past decade, PrEP has become a vital tool in the effort to reduce new HIV transmissions and end the HIV epidemic. In recent years the options available for use as PrEP have also grown to include expanded options for oral dosing as well as a new long-acting injectable medication.

To better support Iowa prescribers wishing to provide PrEP options to their patients, the Bureau of HIV, STD, and Hepatitis at IDPH has synthesized CDC's *PrEP Clinical Practice Guidelines* into printable prescriber materials available at www.prepiowa.org/provider. Please review these updated materials and share this information with prescribers in your networks to ensure that all Iowans who may benefit from PrEP will have access to the method most appropriate for them.

Have a healthy and happy week!

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515-281-6801