

Epi Update for Thursday, December 22, 2022

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)
BUREAU OF HIV, STD, AND HEPATITIS

IOWA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Items for this week's Epi Update include

- **Meningococcal disease cases identified in Iowa**
- **Updated guidelines regarding COVID-19 therapeutics for treatment and prevention**
- **Holiday leftover food safety, CDC video**
- **Infographic: Cook meat and eggs to safe internal temperatures**

Meningococcal disease cases identified in Iowa

Meningococcal disease refers to illnesses caused by *Neisseria meningitidis*. The two most common types of meningococcal infections are meningitis and septicemia. Both types of infections are very serious and can be deadly in a matter of hours.

Iowa HHS and local public health partners have investigated multiple cases of meningococcal disease over the last several weeks. During most years, zero or one case of meningococcal disease is reported in Iowa.

Common symptoms of meningococcal meningitis include fever, headache, and stiff neck and may be accompanied by nausea, vomiting, photophobia, and/or altered mental status. Babies may not have classic symptoms and instead may be slow or inactive, irritable, vomiting, feeding poorly, or have a bulging anterior fontanelle.

Meningococcal septicemia symptoms may include fever, fatigue, vomiting, cold hands/feet, severe aches/pain in the muscles, joints, chest, or abdomen, rapid breathing, diarrhea, and/or in later stages a dark purple rash.

Health care providers should remain vigilant for cases of meningococcal disease. Identification of *N. meningitidis* from a normally sterile site is immediately reportable in Iowa. Common examples include blood and cerebrospinal fluid (CSF), but can include other areas of the body. If you suspect a patient may have meningococcal disease, contact CADE immediately at 515-242-5935 (during business hours) or 515-323-4360 (outside business hours).

For more information about *N. meningitidis*, visit www.cdc.gov/meningococcal/about/index.html.

Updated guidelines regarding COVID-19 therapeutics for treatment and prevention

CDC has issued a Health Alert Network (HAN) message to emphasize that the majority of Omicron sublineages circulating in the U.S. have reduced susceptibility to the monoclonal antibody, bebtelovimab and the monoclonal antibody combination, cilgavimab and tixagevimab (Evusheld™).

Antiviral therapeutics for the treatment of COVID-19, ritonavir-boosted nirmatrelvir (Paxlovid™), remdesivir (Veklury®), and molnupiravir (Lagevrio™), retain activity against currently circulating Omicron sublineages. These medications can prevent severe disease, hospitalization, and death and are widely available but have been underused.

To view the full HAN message, visit emergency.cdc.gov/han/2022/han00483.asp.

For full COVID-19 treatment guidelines, visit www.covid19treatmentguidelines.nih.gov/management/.

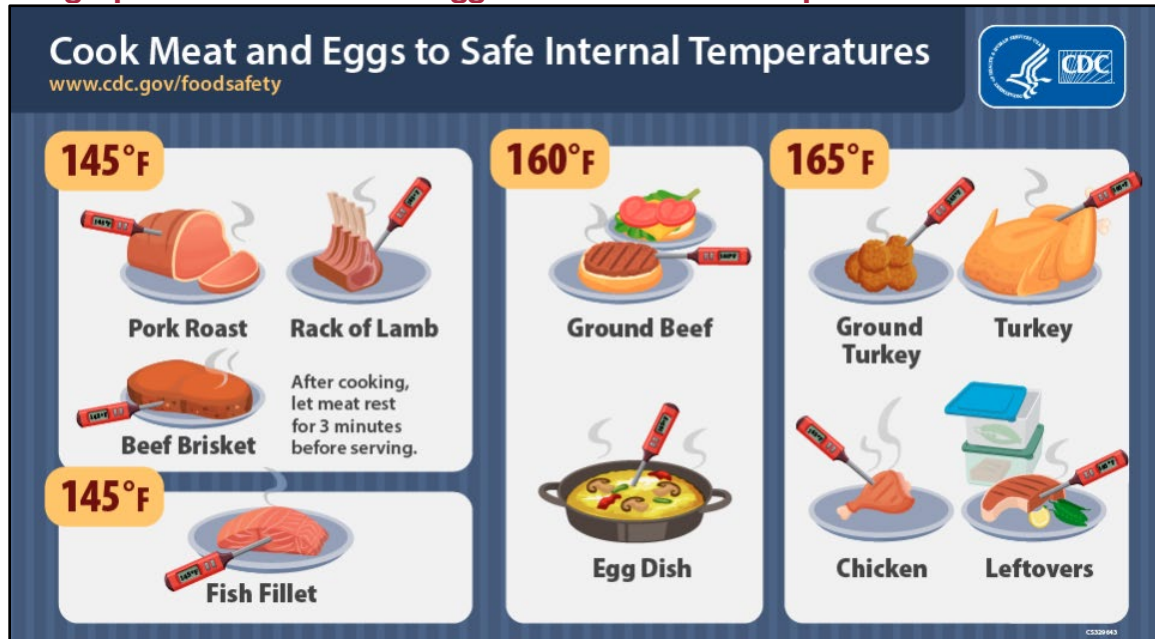
Holiday leftover food safety, CDC video

CDC has released a newly updated video about keeping you and your family safe from food poisoning.

Always make sure to cook your holiday dishes to a safe internal temperature to kill germs, and refrigerate all leftovers promptly. Perishable foods should be refrigerated within 2 hours of being cooked or within 1 hour if the food is exposed to outdoor temperatures above 90°F.

To watch the video, visit www.youtube.com/watch?v=siq2P04nHXM.

Infographic: Cook meat and eggs to safe internal temperatures



To view in full size, visit www.cdc.gov/foodsafety/ten-dangerous-mistakes.html.

Have a healthy and happy week!

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515-281-6801

NOTE: Due to the holidays, there will be no Epi Update released on December 30.