Public Health
IOWA HHS

Epi Update for Friday, March 3, 2023

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

- **Large measles exposure in Kentucky. Suspect measles in a patient? Contact CADE.**
- **CDC: Increase in extensively drug-resistant shigellosis in the U.S.**
- **Infographic: Evaluating patients for possible measles**
- **Meeting announcements and training opportunities**

Large measles exposure in Kentucky. Suspect measles in a patient? Contact CADE.

CDC has released a HAN message announcing that Kentucky Department for Public Health identified a confirmed case of measles that attended a large religious gathering while infectious on February 17–18 at Asbury University in Wilmore, Kentucky. An estimated 20,000 people attended the gathering from Kentucky, other states, and other countries, and an undetermined number of these people may have been exposed. It is unknown if any Iowans were exposed at the gathering.

Health care providers who suspect a patient may have measles should immediately contact CADE while the patient is still at the health care facility. Public health can help coordinate specimen collection, transport, and testing at SHL with a faster turnaround time than reference laboratories. This aids in prompt diagnosis of the patient and allows for a timely public health response, if necessary.

Health care providers who suspect a patient may have measles should contact CADE at 515-242-5935 during business hours or 515-323-4360 after hours.

For more information about measles, visit hhs.iowa.gov/cade/disease-information/measles.

To view the full CDC health alert network message, visit emergency.cdc.gov/han/2023/han00488.asp.

CDC: Increase in extensively drug-resistant shigellosis in the U.S.

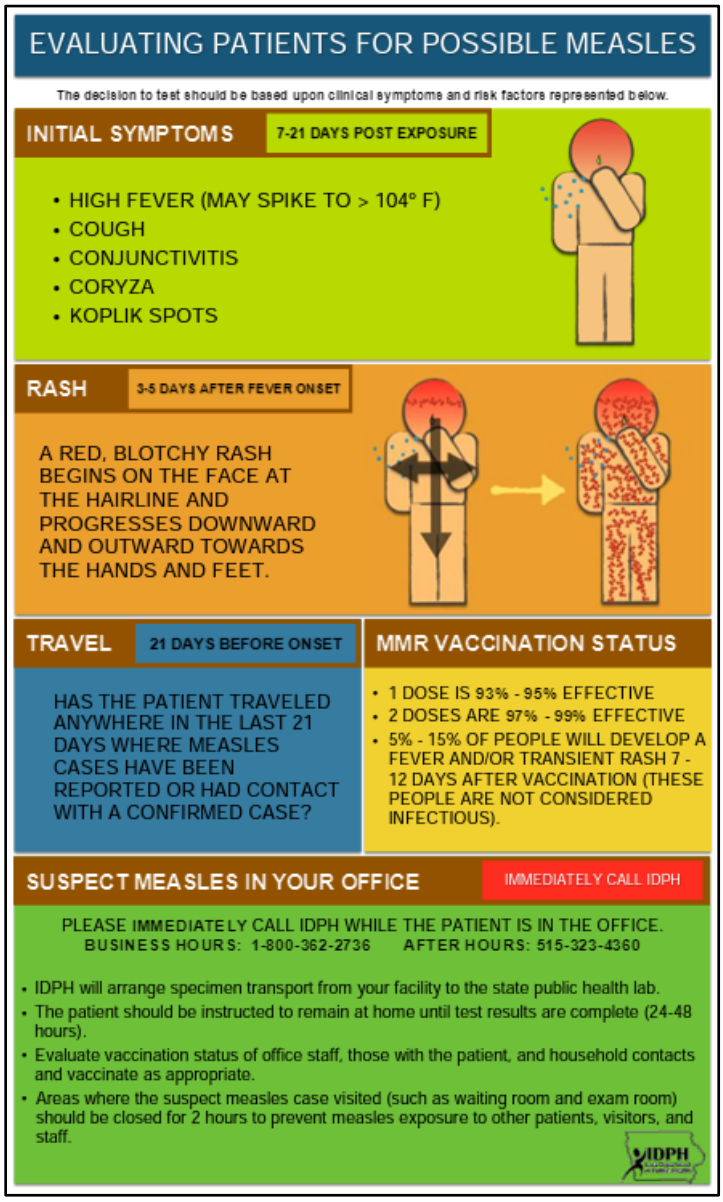
CDC has released a HAN alert regarding a national increase in extensively drug-resistant (XDR) *Shigella* infections (shigellosis). In 2022, about 5% of *Shigella* infections reported to CDC were caused by XDR strains, compared with 0% in 2015. Clinicians treating patients infected with XDR strains have limited antimicrobial treatment options. XDR *Shigella* is easily transmissible and can spread antimicrobial resistance genes to other enteric bacteria. Health care professionals should be vigilant about suspecting XDR *Shigella* infections, and cases can be reported to CADE at 515-242-5935.

Shigellosis is an acute enteric infection that usually causes inflammatory diarrhea that can be bloody and may also lead to fever, abdominal cramping, and tenesmus. Infections are generally self-limiting; however, antimicrobial treatment may be indicated to prevent complications or shorten the duration of illness.

CDC defines XDR *Shigella* bacteria as strains that are resistant to all commonly recommended empiric and alternative antibiotics — azithromycin, ciprofloxacin, ceftriaxone, trimethoprim-sulfamethoxazole (TMP-SMX), and ampicillin. Currently, there are no data from clinical studies of treatment of XDR *Shigella* to inform recommendations for optimal antimicrobial treatment. As such, CDC does not have recommendations for optimal antimicrobial treatment of XDR *Shigella* infections.

To view the full HAN, visit emergency.cdc.gov/han/2023/han00486.asp.

Infographic: Evaluating patients for possible measles



To view in full size, visit hhs.iowa.gov/sites/default/files/portals/1/userfiles/79/documents/measles%20for%20clinicians.pdf.

Meeting announcements and training opportunities

Has the best way to prevent infections in health care settings really been around since the 1800s? Yes! Hand hygiene became standard practice for surgeons in the 1800s, with WHO now recognizing it as the single most effective measure to reduce the spread of infections. Hand hygiene also is the simplest and least expensive means of reducing health care-associated infections and antimicrobial resistance. To improve hand hygiene compliance among healthcare workers, accurate observations and constructive feedback are crucial. Join Iowa HHS on March 8 at 12:00 noon for a free "*Hand Hygiene Basics*" webinar. You will learn how to describe the importance of hand hygiene in preventing healthcare-associated infections, define how and when to perform hand hygiene, discuss opportunities to provide feedback on compliance, explain how to overcome barriers to compliance, and identify opportunities to integrate hand hygiene into a culture of safety. One hour of continuing education credits are available. To register, visit ecri.zoom.us/webinar/register/WN_Wrwfh9GWT12Ele0Q4GLmBg.

Have a healthy and happy week!

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