

Epi Update for Friday, June 9, 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

- **Marburg outbreaks in Equatorial Guinea and Tanzania declared over**
- **Do you know all the immediately reportable diseases in Iowa?**
- **Recreational water safety**
- **Infographic: Steps for healthy swimming**

Marburg outbreaks in Equatorial Guinea and Tanzania declared over

Two confirmed outbreaks of Marburg Virus Disease (MVD) have been declared over. The outbreak of MVD in Equatorial Guinea ended on June 8th and the outbreak of MVD in Tanzania ended on May 31st. The outbreaks were declared over after two incubation periods passed without a new case being identified. According to CDC, there is no evidence of a link between the Equatorial Guinea and Tanzania outbreaks. No confirmed cases of MVD related to these outbreaks were reported outside Equatorial Guinea and Tanzania.

For more information on MVD outbreaks, visit <https://www.cdc.gov/vhf/marburg/outbreaks/chronology.html>.

Before travelling internationally, it is always a good idea to check CDC's Travelers' Health page, available at www.cdc.gov/travel/.

Do you know all the immediately reportable diseases in Iowa?

There are certain diseases that are required by Iowa Administrative Code [641] Chapter I to be reported to Iowa HHS immediately. The reporting of these diseases allows Iowa HHS to respond to issues that could impact the public's health in a timely manner. To report diseases immediately, call the 24/7 disease reporting hotline at 1-800-362-2736.

The immediately reportable diseases are:

- Anthrax
- Botulism (including infant botulism)
- Cholera
- Diphtheria
- Haemophilus influenzae type B invasive disease
- Measles (rubeola)
- Meningococcal invasive disease
- Plague
- Poliomyelitis
- Rabies, human
- Severe acute respiratory syndrome (SARS)
- Smallpox
- Viral hemorrhagic fever (e.g., Lassa, Marburg, Ebola, Crimean-Congo)
- Yellow Fever

In addition, laboratories are to send an isolate or specimen for the diseases listed below to the State Hygienic Laboratory (SHL) for confirmation and genotyping.

- Shiga toxin-producing E. coli (STEC)
- Haemophilus influenzae type B invasive disease
- Listeria monocytogenes invasive disease
- Meningococcal invasive disease
- Salmonellosis (Salmonella)
- Shigellosis (Shigella)
- Vancomycin intermediate Staphylococcus aureus (VISA) and vancomycin-resistant Staphylococcus aureus (VRSA)

For the list of reportable diseases in Iowa, visit <https://hhs.iowa.gov/CADE/reportable-diseases>.

To order a poster of the table of reportable communicable and infectious diseases, visit <https://hhs.iowa.gov/CADE>.

Recreational water safety

The summer swimming season has begun! Here are some recreational water safety tips to remember as you enjoy the warm weather:

- Don't swim if you have diarrhea. If you have been ill with diarrhea recently, wait until you have been symptom free for at least 24 hours before swimming. It is also recommended to shower before and after swimming.
- Take a break at least every hour. This allows time for bathroom breaks, reapplying sunscreen, and staying hydrated. Change diapers in a bathroom or changing area – not near the pool.
- Don't swallow the water. It can contain germs such as *Cryptosporidium* and *Giardia*, that can cause diarrhea.

For more tips on safe swimming, visit www.cdc.gov/healthywater/swimming/index.html.

Infographic: Steps for healthy swimming



To view in full size, visit www.cdc.gov/healthywater/pdf/swimming/resources/steps-healthy-swimming508c.pdf.

Have a healthy and happy week!

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800-362-2736

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515-281-6801