

Epi Update for Monday, July 10, 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

- Tickborne diseases in Iowa
- CDC adopts 2023-2024 ACIP influenza vaccination recommendations
- Splashpad safety
- Infographic: Diarrhea and swimming don't mix

Tickborne diseases in Iowa

Tick bites can transmit several diseases, including the bacterial infection Lyme disease, the most commonly-reported tickborne disease in Iowa. Other tickborne diseases found in Iowa include babesiosis, anaplasmosis, ehrlichiosis, spotted fever group rickettsiosis, and tularemia. These diseases can cause illnesses ranging from mild to severe, up to and including hospitalization or death. In 2022, 191 cases of tickborne diseases were identified among Iowans.

To protect yourself from tickborne illnesses:

- Use Environmental Protection Agency (EPA)- registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

For more information about tickborne diseases, visit

hhs.iowa.gov/cade/vectorborne-illness#Tick-borne%20diseases.

CDC adopts 2023-2024 ACIP influenza vaccination recommendations

CDC's Advisory Committee on Immunization Practices' (ACIP) voted to again recommend annual influenza vaccination for everyone 6 months and older in the U.S. CDC has adopted their recommendations.

The guidance around vaccine administration to egg-allergic patients changed, and the composition of 2023-2024 vaccines has been updated. The guidance remains otherwise unchanged. The new recommendations will be detailed in an MMWR later this summer.

The 2023-2024 season U.S. influenza vaccines will contain an updated influenza A(H1N1)pdm09 component:

- A/Victoria/4897/2022 (H1N1)pdm09-like virus for egg-based vaccines and
- A/Wisconsin/67/2022 (H1N1)pdm09-like virus for cell-based or recombinant vaccines.

For more information, visit www.cdc.gov/flu/spotlights/2022-2023/flu-vaccination-recommendations-adopted.htm.

Splashpad safety

Splashpads are a great way for young children to enjoy the water while reducing the risk of drowning. However, despite not collecting water in the play area as a pool would, splashpads are capable of spreading germs. Depending on the design, water from splashpads may drain into the sewer system or be treated and recirculated.

Here are a few ways to stay safe while enjoying splashpads this summer:

- Stay out of the water if you are sick with diarrhea.
- Shower before getting into the water.
- Do not pee or poop in the water, and do not sit or stand on the water jets.
- Do not swallow the water.

Children should take bathroom breaks and diapers should be checked every hour. Remember, swim diapers do not stop poop or pee from getting into the water.

For more information about splashpad safety from CDC, visit

www.cdc.gov/healthywater/swimming/swimmers/water-play-areas-interactive-fountains.html.

Infographic: Diarrhea and swimming don't mix



To view in full size, visit

www.cdc.gov/healthywater/swimming/images/yearly-events/btn-diarrhea-swimming-dont-mix.gif.

Have a healthy and happy week!

Center for Acute Disease Epidemiology
800-362-2736

Bureau of HIV, STD, and Hepatitis
515-281-6801