

# Epi Update for Friday, July 14, 2023

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

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Items for this week's Epi Update include

- **Locally acquired malaria cases in Florida and Texas**
- **Hosting an event with animals? Reduce the risk of zoonotic disease exposures**
- **Stay safe in the heat**
- **Infographic: Beat the heat - Protect others**
- **Meeting announcements and training opportunities**

## Locally acquired malaria cases in Florida and Texas

CDC recently issued a HAN advisory describing locally acquired malaria cases in Florida and Texas. Locally acquired mosquito-borne malaria has not occurred in the U.S. since 2003, when eight cases were identified in Palm Beach County, FL. No cases of locally acquired malaria have been identified in Iowa.

Clinical manifestations of malaria are non-specific and include fever, chills, headache, myalgias, and fatigue. Nausea, vomiting, and diarrhea may also occur. Symptoms usually begin 10 days to four weeks after infection, although a person may become ill as early as seven days or as late as one year after infection. If not treated promptly, malaria may progress to severe disease in which mental status changes, seizures, renal failure, acute respiratory distress syndrome, and coma may occur. Malaria in pregnant people is associated with high risks of both maternal and perinatal morbidity and mortality.

Clinicians should consider malaria in any person with a fever of unknown origin who has travelled to areas with recent locally acquired malaria, whether the destination is international or within the U.S.

To view the full CDC HAN advisory, visit [emergency.cdc.gov/han/2023/han00494.asp](https://emergency.cdc.gov/han/2023/han00494.asp).

## Hosting an event with animals? Reduce the risk of zoonotic disease exposures

The National Association of State Public Health Veterinarians (NASPHV) recently released their *Compendium of Measures to Prevent Disease Associated with Animals in Public Settings, 2023*. The *Compendium* provides standardized recommendations for public health officials, veterinarians, animal venue operators, animal exhibitors, farm visitor hosts, and others concerned with disease control and minimizing risks associated with animals in public settings.

These recommendations are especially timely during fair season in Iowa.

The *Compendium* also features appendices that can serve as stand-alone handouts. Notable examples include *Appendix 2: Animals in Public Settings: Guidelines for Venue Operators and Staff Members*; *Appendix 3: Hand-Washing Recommendations*; and *Appendix 4: Guidelines for Animals in School and Child-Care Settings*. A toolkit is also available that includes signs, fliers, and checklists as examples of educational resources that stakeholders can use to encourage implementation of the principles outlined in the *Compendium*.

To view the *Compendium* and the toolkit, visit [nasphv.org/documentsCompendiumAnimals.html](https://nasphv.org/documentsCompendiumAnimals.html).

## Stay safe in the heat

Whether you are participating in the upcoming RABRAI festivities, working or exercising outdoors, or spending time outside this summer for other reasons, it is important to take steps to prevent heat-related illness. A very high body temperature can damage the brain and other vital organs. Some health conditions can make it harder for the body to stay cool in hot weather. These include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use.

Here are some tips to follow when temperatures are high:

- Get plenty to drink: Drink more water, juice, and sports drinks. Avoid caffeine and alcohol.
- Stay cool indoors: Stay in an air-conditioned area. A cool shower or bath is also a good way to cool off.
- Wear light clothing and sunscreen: Use sunscreen of SPF 15 or higher and follow package directions.
- Schedule outdoor activities carefully: Be less active during the hottest part of the day.
- Pace yourself: Start slowly and take frequent breaks in a cool or shady area.
- Use a buddy system: Check in on friends and family who are elderly or have health conditions.

If your doctor limits the amount of fluid you drink, or if you take water pills, ask how much you should drink when the weather is hot. If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.

For full CDC guidance related to heat, visit [www.cdc.gov/nceh/features/extremeheat/index.html](http://www.cdc.gov/nceh/features/extremeheat/index.html).

## Infographic: Beat the heat - Protect others



To view in full size, visit [www.cdc.gov/disasters/extremeheat/images/infographics/eh-01-508.jpg](http://www.cdc.gov/disasters/extremeheat/images/infographics/eh-01-508.jpg).

## Meeting announcements and training opportunities

The Great Plains Tribal Epidemiology Center (GPTEC) is hosting the GPTEC Nebraska and Iowa Combined Statewide Site Visit on Tuesday, August 15, from 9 AM – 5 PM at the Hilton Omaha Hotel.

Registration ends **today**. For more information and to register, visit

[www.eventbrite.com/e/nebraska-iowa-combined-statewide-site-visit-tickets-657019933307](http://www.eventbrite.com/e/nebraska-iowa-combined-statewide-site-visit-tickets-657019933307).

**Have a healthy and happy week!**

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