

Epi Update for Friday, September 1, 2023

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

IOWA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Items for this week's Epi Update include

- **La Crosse virus case identified in Iowa**
- **September is Sepsis Awareness Month**
- **Infographic: Get ahead of sepsis**
- **Meeting announcements and training opportunities**

La Crosse virus case identified in Iowa

A human case of La Crosse virus has been identified in Iowa. The last case previously identified in Iowa was in 2017. La Crosse virus is spread by mosquitoes. Most people infected with the virus do not have symptoms. However, some may develop severe disease, including encephalitis. Severe disease occurs most often in children under 16 years of age. Most cases occur in the upper Midwestern, mid-Atlantic, and Southeastern states.

The risk of infection can be reduced by preventing mosquito bites:

- Use an insect repellent with DEET, Picaridin, oil of lemon eucalyptus, Para-menthane-diol, 2-undecanone or IR3535. Insect repellent lowers the risk of mosquito bites.
 - Always read and follow label directions. Consult with a health care provider if you have questions when using these types of products on children.
 - Oil of lemon eucalyptus and Para-menthane-diol should not be used on children younger than 3 years, and DEET should not be used on infants younger than 2 months.
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Wear long-sleeved shirts, pants, shoes and socks outdoors.
- Clear standing water from around your home where mosquitos reproduce.
- Look for standing water in buckets, cans, pool covers, used tires, pet water dishes, etc.

For more information about La Crosse virus, visit www.cdc.gov/lac.

September is Sepsis Awareness Month

Sepsis is the body's extreme response to an infection, and is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Most cases of sepsis start before a patient goes to the hospital. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, death.

The following groups are at highest risk for sepsis:

- adults 65 or older
- people with weakened immune systems
- people with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- people with recent severe illness or hospitalization, including severe COVID-19
- people who survived sepsis
- children younger than one

A person with sepsis may have one or more of the following signs and symptoms:

- high heart rate or weak pulse (low blood pressure)
- fever, shivering, or feeling very cold
- confusion or disorientation
- shortness of breath
- extreme pain or discomfort
- clammy or sweaty skin

What can health care professionals do?

- Know sepsis signs and symptoms to identify and treat patients early.
- ACT FAST if you suspect sepsis.
 - Research shows that rapid, effective sepsis treatment includes giving appropriate treatment, including antibiotics, and maintaining blood flow to organs by administering IV fluids.
- Prevent infections by following infection control practices (e.g., hand hygiene, appropriate catheter management) and ensuring patients receive recommended vaccines.
- Educate patients and their families about:
 - preventing infections
 - keeping cuts and wounds clean and covered until healed
 - managing chronic conditions
 - recognizing early signs and symptoms of worsening infection and sepsis
 - seeking immediate care if signs and symptoms are present
- Utilize CDC's *Hospital Toolkit For Adult Sepsis Surveillance*.
 - Track health care facility-level sepsis incidence and outcomes.
 - Evaluate the effectiveness of sepsis prevention, early recognition, and treatment programs.

To view CDC's *Hospital Sepsis Program Core Elements*, visit www.cdc.gov/sepsis/pdfs/sepsis-core-elements-H.pdf.

For more information, visit the CDC sepsis page at www.cdc.gov/sepsis/education/index.html.

Infographic: Get ahead of sepsis



To view in full size, visit www.cdc.gov/sepsis/images/sepsis-chain-reaction-fb1.gif.

Meeting announcements and training opportunities

Registration is now open for the Iowa HHS *Epidemiology & Prevention of Vaccine-Preventable Diseases Course*. This live, two-day course provides a review of immunization, vaccine-preventable diseases, and respective vaccines. The course will provide up-to-date information from ACIP, including best practices, vaccine recommendations, vaccine safety, and current issues. The training is designed for a diverse field of health care professionals, including nurses, nurse practitioners, pharmacists, medical assistants, public health staff, physicians, physician assistants, medical and nursing students, and more. Continuing Education will be offered. To register, visit www.regcytes.extension.iastate.edu/pinkbook/register/.

Have a healthy and happy week!

Center for Acute Disease Epidemiology
800-362-2736

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