

# Epi Update for Friday, September 8, 2023

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

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Items for this week's Epi Update include

- **Increased RSV activity in Southeastern U.S., new prevention tools to protect risk groups**
- **Iowa HHS and SHL present *Annual Respiratory Virus Surveillance Webinar***
- **Infographic: Do your part – Slow the spread of germs**
- **Meeting announcements and training opportunities**

## **Increased RSV activity in Southeastern U.S., new prevention tools to protect risk groups**

CDC has issued a HAN alert notifying health care providers and the public of increased respiratory syncytial virus (RSV) activity in the southeastern United States in recent weeks. Historically, regional increases have signaled the start of the national RSV season within the following few months. RSV is a common respiratory virus that usually causes mild, cold-like symptoms, but may cause severe disease in infants, young children, and older adults.

RSV activity is currently low in Iowa, with less than 1% of tests reported as positive on the Iowa Respiratory Virus Survey. RSV activity peaked earlier in the respiratory season during 2021 and 2022 (August – November) compared to pre-COVID seasons (December – February).

Several new RSV prevention options are available for the 2023-24 respiratory season that clinicians should be prepared to implement. Monoclonal antibody products (e.g., nirsevimab) are available to protect infants and young children at higher risk for severe RSV disease. Two new vaccines are also now available to reduce the risk of severe disease among older adults.

To view the full CDC HAN, visit [emergency.cdc.gov/han/2023/han00498.asp](https://emergency.cdc.gov/han/2023/han00498.asp).

For more information about RSV treatment and vaccines, visit [www.cdc.gov/rsv/clinical/index.html](https://www.cdc.gov/rsv/clinical/index.html).

## **Iowa HHS and SHL present *Annual Respiratory Virus Surveillance Webinar***

In April, Iowa HHS added COVID-19 information to the *Iowa Respiratory Virus Surveillance Report*. The *Report* now tracks the activity of several different viruses including influenza, COVID-19, rhinovirus/enterovirus, parainfluenza, adenovirus, RSV, and non COVID-19 coronaviruses, as well as general influenza-like illness and outbreaks.

Each fall, Iowa HHS and SHL host the *Annual Respiratory Virus Surveillance Webinar*. This year's webinar will take place on Wednesday, October 11 from 10 AM – 11:15 AM. Intended audiences include local public health, health care providers, infection control staff, laboratorians, school nurses, long-term care facilities, and others involved in respiratory virus surveillance. Iowa HHS and SHL staff will review the 2022-23 respiratory virus season, describe respiratory virus surveillance for 2023-24, provide updated immunization recommendations, outline Iowa's strategy for respiratory virus surveillance testing, and discuss guidance for long-term care outbreak response and antiviral use. To register, visit [us02web.zoom.us/webinar/register/WN\\_8Z1aVgNZRTmz-Pb7L99cMA](https://us02web.zoom.us/webinar/register/WN_8Z1aVgNZRTmz-Pb7L99cMA).

To view the *Iowa Respiratory Virus Surveillance Report*, visit [hhs.iowa.gov/influenza/reports](https://hhs.iowa.gov/influenza/reports).

## Infographic: Do your part – Slow the spread of germs



To view in full size, visit [www.cdc.gov/nonpharmaceutical-interventions/pdf/slow-spread-germs-item1.pdf](http://www.cdc.gov/nonpharmaceutical-interventions/pdf/slow-spread-germs-item1.pdf).

### Meeting announcements and training opportunities

The number of people in the U.S. receiving home health care is predicted reach 27 million by 2050. Acutely ill patients who receive health care services at home face infection risks due to unsanitary conditions, patient- or family-management of complex care issues, and increased use of home medical devices. Infection prevention and control principles should be used to assess infection risk and develop infection prevention strategies. Join Iowa HHS for a free webinar, *Infection Prevention Best Practices in Home Care Settings*, on September 13, Noon – 1 PM. Continuing education credits are available. To register, visit [ecri.zoom.us/webinar/register/WN\\_oxgE4uzqS-WZA1VGuO3adA](https://ecri.zoom.us/webinar/register/WN_oxgE4uzqS-WZA1VGuO3adA).

### Have a healthy and happy week!

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