

Epi Update for Friday, September 29, 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

- **Rhinovirus, other enterovirus activity signals respiratory virus season - Steps to stay healthy**
- **Iowa HHS Annual Respiratory Virus Surveillance Webinar – Registration Link Change**
- **Infographic: Rabies control in the United States**
- **Meeting announcements and training opportunities**

Rhinovirus, other enterovirus activity signals respiratory virus season - Steps to stay healthy

The *Iowa Respiratory Survey* showed a rising trend in rhinovirus and non-polio enteroviruses, reaching a seasonal high at nearly 32% for the week ending September 16.

Rhinoviruses are part of the same virus group as non-polio enteroviruses and are the most frequent cause of the common cold. Most rhinovirus infections are mild, but they can cause severe illness, especially in people with weakened immune systems, chronic respiratory or other underlying medical conditions. Rhinoviruses occur year-round, but tend to rise in spring and early fall when many other respiratory viruses circulate, such as influenza and RSV. This combination of circulating viruses can strain a person's immune system and stress health care systems.

Fortunately, there are many things a person can do to prevent getting or spreading these respiratory viruses:

- Stay home when sick and practice respiratory hygiene to reduce transmission.
 - Wash your hands often with soap and water for 20 seconds.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick, and when you are sick.
 - Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands.
 - Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Contact a health care provider immediately if you or your child has trouble breathing or has a sudden onset of limb weakness.
- Stay up-to-date with all recommended vaccines.

Health care providers can reinforce prevention strategies through education, recommending vaccines for all eligible persons, and considering testing patients with respiratory illness. Important vaccines include influenza and COVID-19, which are recommended for all eligible persons 6 months and older. RSV vaccines can also now be considered for patients 60 and over.

For more information about rhinoviruses, visit www.cdc.gov/ncird/rhinoviruses-common-cold.html.

For more information about enteroviruses, visit www.cdc.gov/non-polio-enterovirus/index.html.

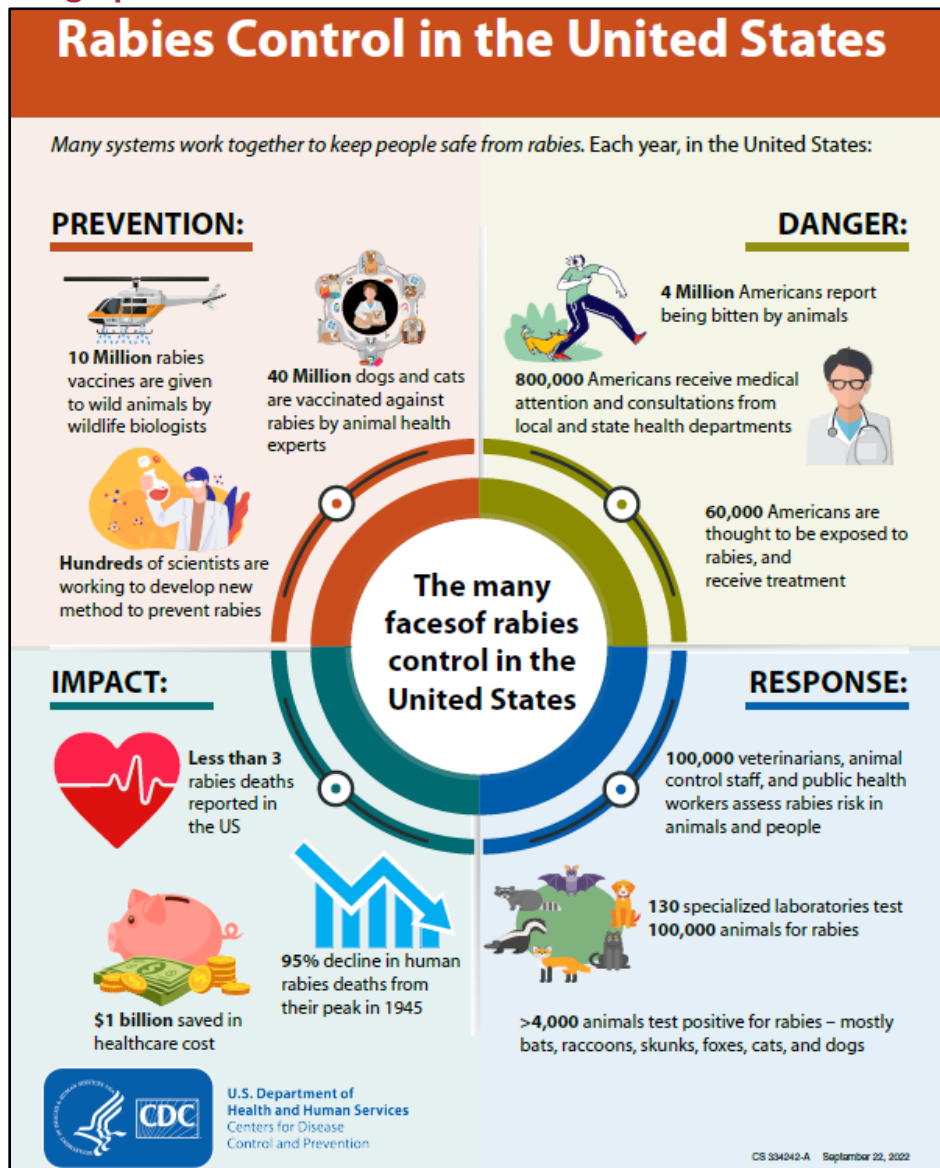
Iowa HHS Annual Respiratory Virus Surveillance Webinar – Registration Link Change

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.

Please note - Below is an updated registration link, different than previously advertised. Iowa HHS will be switching zoom accounts starting October 1. If you previously registered for the webinar using the old link, please click the link below to register again. We apologize for the inconvenience.

To register, visit www.zoomgov.com/webinar/register/WN_HDcdIYKoTuKJ56PWvHNjvA.

Infographic: Rabies control in the United States



To view in full size, visit www.cdc.gov/worldrabiesday/pdfs/Rabies-Control-Infographic-508.pdf.

Meeting announcements and training opportunities

Iowa HHS is hosting a free webinar, *Infection Prevention and Control Best Practices: Food Services Staff in Health Care Settings*, on October 11 from Noon – 1 PM. CDC estimates that foodborne viruses cause approximately 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths annually in the United States. Food safety vigilance is more demanding than ever because germs are evolving and becoming more widespread. Foodborne illnesses occur when food is mishandled or improperly stored. Understanding how to properly handle and prepare food and nutrition products is vital for food services personnel, especially in health care settings where there is a high number of ill and at-risk people. Continuing education credits are available. To register, visit ecri.zoom.us/webinar/register/WN_IzeRhDwCRqSo82n4CarHtw.

Have a healthy and happy week!

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