

# Epi Update for Friday, February 2, 2024

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

- **Malaria cases among Iowa travelers highlight need for prophylaxis, prevention**
- **MMWR: Surveillance for acute flaccid myelitis in the United States, 2018 – 2022**
- **Delivery and takeout food safety**
- **Partner spotlight: SHL wastewater testing dashboard**
- **Infographic: Prevent food poisoning**
- **Meeting announcements and training opportunities**

## **Malaria cases among Iowa travelers highlight need for prophylaxis, prevention**

The U.S. reports about 2,000 cases of malaria each year. In 2023, 33 malaria cases were reported in Iowa. All cases were in individuals who traveled to or were from international areas where malaria transmission occurs.

Clinicians should discuss travel plans with patients, prescribe a CDC-recommended malaria chemoprophylaxis regimen, and discuss mosquito bite prevention for those traveling to an international area with malaria. Patients should also be encouraged to adhere to regimen before, during, and after travel.

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 United States. 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.

For more information about malaria prophylaxis, visit [www.cdc.gov/malaria/travelers/drugs.html](http://www.cdc.gov/malaria/travelers/drugs.html).

## **MMWR: Surveillance for acute flaccid myelitis in the United States, 2018 - 2022**

Acute flaccid myelitis (AFM) is a serious neurologic condition that has been associated with enterovirus-D68 (EV-D68) infection. Biannual increases in cases were observed in the United States during 2014, 2016, and 2018. Nationally since 2018, AFM cases have remained low (28 - 47 cases per year). This includes during 2022, when an increase in EV-D68 respiratory disease was observed.

Compared to the most recent peak year (2018), fewer cases during 2019–2021 had upper limb involvement, prodromal respiratory or febrile illness, or cerebrospinal fluid pleocytosis, and more were associated with lower limb involvement. It is unclear why EV-D68 circulation in 2022 was not associated with an increase in AFM cases. Current trends do not indicate when the next increase of AFM might be expected. Nonetheless, clinicians should be alert to the possibility of AFM among children with acute flaccid limb weakness.

Two cases of AFM were reported in Iowa in 2018, and one in 2021. Since then, no additional cases have been identified in Iowa. Clinicians should report suspected cases of AFM (sudden onset flaccid limb weakness) to CADE at 515-242-5935.

To view the full MMWR, visit [www.cdc.gov/mmwr/volumes/73/wr/mm7304a1.htm?s\\_cid=mm7304a1\\_w](http://www.cdc.gov/mmwr/volumes/73/wr/mm7304a1.htm?s_cid=mm7304a1_w).

For more information about AFM, visit [www.cdc.gov/acute-flaccid-myelitis/index.html](http://www.cdc.gov/acute-flaccid-myelitis/index.html).

### **Delivery and takeout food safety**

Here are a few food safety tips to remember before your next delivery or takeout meal:

- Follow the two-hour rule. Bacteria can multiply rapidly in foods left out for more than two hours.
- Keep hot foods hot (140 F or above) and cold foods cold (40 F or below). Quickly store leftovers in the refrigerator in small, shallow containers.
- Leftovers are generally safe for three to four days in the refrigerator. Reheat leftovers to 165 F, as measured by a food thermometer. When in doubt, throw it out!
- Wash your hands for at least 20 seconds before handling food for others and before eating.

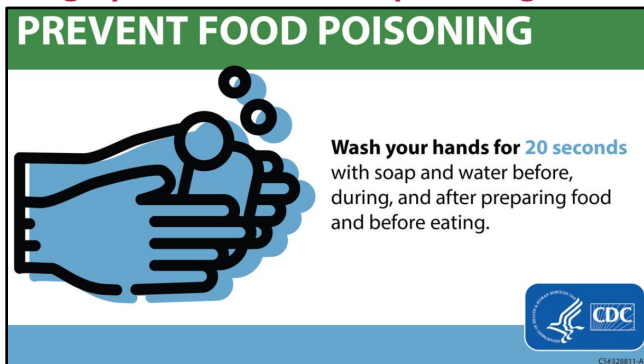
For more food safety tips ahead of Super Bowl Sunday, visit

[www.usda.gov/media/press-releases/2024/01/29/dont-let-delivery-and-takeout-foods-fumble-your-super-bowl](http://www.usda.gov/media/press-releases/2024/01/29/dont-let-delivery-and-takeout-foods-fumble-your-super-bowl).

### **Partner spotlight: SHL wastewater testing dashboard**

[public.tableau.com/app/profile/alankar.kampoowale/viz/WastewaterPCRDashboardWWTP-Public/WastewaterTestingbyServiceArea](https://public.tableau.com/app/profile/alankar.kampoowale/viz/WastewaterPCRDashboardWWTP-Public/WastewaterTestingbyServiceArea)

### **Infographic: Prevent food poisoning**



To view in full size, visit [www.cdc.gov/foodsafety/images/comms/prevent-food-poisoning/WashHands\\_Twitter.jpg](http://www.cdc.gov/foodsafety/images/comms/prevent-food-poisoning/WashHands_Twitter.jpg).

### **Meeting announcements and training opportunities**

Iowa HHS is hosting the *Iowa Antimicrobial Stewardship Summit* on March 28 at the Gateway Hotel and Conference Center in Ames, IA. This summit will highlight the importance of antimicrobial stewardship and focus on implementation strategies to promote facility-wide incorporation and improved antimicrobial use and patient outcomes for both humans and animals. Objectives include discussing antimicrobial stewardship principles and implementation strategies in the One Health era, identifying the roles and responsibilities of the multidisciplinary team involved in antimicrobial stewardship within multiple health care and veterinary settings, and describing how to utilize antimicrobial stewardship tools to promote the appropriate use of antimicrobials and improve patient outcomes for both humans and animals as well as reduce risks to the environment. For more information and to register, visit [www.regcytes.extension.iastate.edu/antimicrobial/](http://www.regcytes.extension.iastate.edu/antimicrobial/).

**Have a healthy and happy week!**

Center for Acute Disease Epidemiology  
800-362-2736

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