

Epi Update for Monday, July 1, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- **CDC: Increased risk of dengue in U.S.**
- **4th of July safety**
- **Infographic: Protect against mosquito bites when traveling**
- **Meeting announcements and training opportunities**

CDC: Increased risk of dengue in U.S.

CDC recently issued a Health Advisory regarding increased risk of dengue virus infection in the U.S. in 2024. A record-breaking number of dengue cases have been reporting worldwide so far in 2024. Through June 24, countries in the Americas reported more than 9.7 million dengue cases, twice as many as in all of 2023.

In the U.S., Puerto Rico has declared a public health emergency in response to their nearly 1,500 dengue cases, and 745 cases among U.S. travelers have been identified so far this year. In addition, Hillsborough County, Florida recently reported a confirmed case of locally-acquired dengue.

In the setting of increased global and domestic dengue, health care providers should take steps including:

- Have increased suspicion of dengue among people with fever who have been in areas with frequent or continuous dengue transmission within 14 days before illness onset
- Order appropriate diagnostic tests for acute dengue infection: RT-PCR and IgM antibody tests, or non-structural protein 1 [NS1] antigen tests and IgM antibody tests
- Promote mosquito bite prevention measures among people visiting areas with frequent or continuous dengue transmission

Dengue is a reportable disease in Iowa, and cases are followed-up individually by local public health partners.

To view the full CDC HAN, visit emergency.cdc.gov/han/2024/han00511.asp.

4th of July safety

This 4th of July, make sure to remember the following tips to celebrate safely:

- Stay hydrated and cool. Make sure to drink plenty of fluids.
- Choose a sunscreen with SPF 15 or higher. Reapply every two hours, more often if you are swimming.
- Closely supervise children around fireworks. Do not light fireworks near people or houses. Keep a bucket of water nearby to extinguish fireworks that don't go off or in case of fire.
- Never leave perishable food out for more than two hours. If the temperature is above 90 °F, perishable food should not be left out more than one hour.

Infographic: Protect against mosquito bites when traveling

MOSQUITO BITE PREVENTION

PROTECT AGAINST MOSQUITO BITES WHEN TRAVELING

Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

Protect yourself and your family from mosquito bites. Here's how:

Use Environmental Protection Agency (EPA)-registered insect repellent

Active Ingredient
Higher percentages of active ingredient provide longer protection
DEET
Picaridin (known as KBR 3023 and Icaridin outside the US)
IR3535
Oil of lemon eucalyptus (OLE)
Para-menthane-diol (PMD)
2-undecanone

Find the insect repellent that's right for you by using EPA's search tool*.

* The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

Use only an EPA-registered insect repellent

- Consider bringing insect repellent with you.
- Always follow the product label instructions.
- Reapply insect repellent every few hours.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- For more information: www2.epa.gov/insect-repellents

Natural insect repellents not registered with EPA

- In the United States, the EPA has not evaluated for effectiveness most of the commonly known natural insect repellents.
 - Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint and peppermint oil, pure oil of lemon eucalyptus, soybean oil.
 - CDC recommends that you use an insect repellent containing an active ingredient shown to be both safe and effective.

To view in full size, visit www.cdc.gov/mosquitoes/pdfs/MosquitoBitePreventionTravelers_508.pdf.

Meeting announcements and training opportunities

Join Iowa HHS on July 10 at 12 noon for a free webinar, *Care of Medical Devices and Surgical Instruments Outside the Sterile Processing Department*. Presenters will outline steps to be taken prior to disinfection of medical devices or sterilization of surgical instruments in a sterile processing department to ensure effective reprocessing for use on the next patient. This webinar will discuss the Spaulding classification for medical equipment decontamination, identify methods of medical device disinfection and surgical instrument sterilization, describe care of contaminated devices and instruments outside of the sterile processing department, explain how to transport medical devices and surgical instruments, and describe a process for decontamination of specialty equipment used in off-site settings. Continuing education credits will be available. To register, visit ecri.zoom.us/webinar/register/WN_agpavHPFRjuF8ZJIHKGNnA#/registration.

Have a healthy and happy week!
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