

Epi Update for Friday, September 20, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- Sepsis Awareness Month, CDC *Get Ahead of Sepsis* toolkit
- Free COVID-19 at home test kits soon available to order nationwide
- Fall brings increased farm traffic on Iowa roadways
- Infographic: Sepsis – Signs and symptoms

Sepsis Awareness Month, CDC *Get Ahead of Sepsis* toolkit

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Each year in the U.S., more than 1.7 million people develop sepsis, and at least 350,000 Americans die as a result.

September is Sepsis Awareness Month. CDC's *Get Ahead of Sepsis* effort helps educate consumers and health care providers about the importance of early recognition and timely treatment of sepsis, reassessment of antibiotic needs, and prevention of infections.

Detecting sepsis early and starting immediate treatment is often the difference between life and death. Health care professionals are encouraged to:

- know sepsis signs and symptoms to identify and treat patients early.
- act fast if you suspect sepsis. You should immediately evaluate and treat patients who might have sepsis.
- 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

Sepsis is a medical emergency. Protect patients by acting fast.

- Know your facility's existing guidance for diagnosing and managing sepsis.
- Immediately alert the health care professional overseeing care of the patient if it is not you.
- Start antibiotics as soon as possible in addition to other therapies appropriate for the patient. If a specific bacterial cause of sepsis is known, therapy should be targeted to optimize treatment and broad-spectrum antibiotics might not be needed.
- Check patient progress frequently. Treatment requires urgent medical care, usually in an intensive care unit in a hospital, and includes careful monitoring of vital signs and often antibiotics. Early and frequent reassessment of patients with sepsis should be undertaken to determine the appropriate duration and type of therapy

To view the full *Get Ahead of Sepsis* toolkit, visit www.cdc.gov/sepsis/php/toolkit/index.html.

Free COVID-19 at home test kits soon available to order nationwide

Coming at the end of September, U.S. households will be eligible to order four free COVID-19 tests kits from the U.S. Department of Health and Human Services. The tests will detect current COVID-19 variants and can be used through the end of the year.

COVID-19 testing can help you decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

For more information and to order test kits once they become available, visit www.COVIDTests.gov.

Fall brings increased farm traffic on Iowa roadways

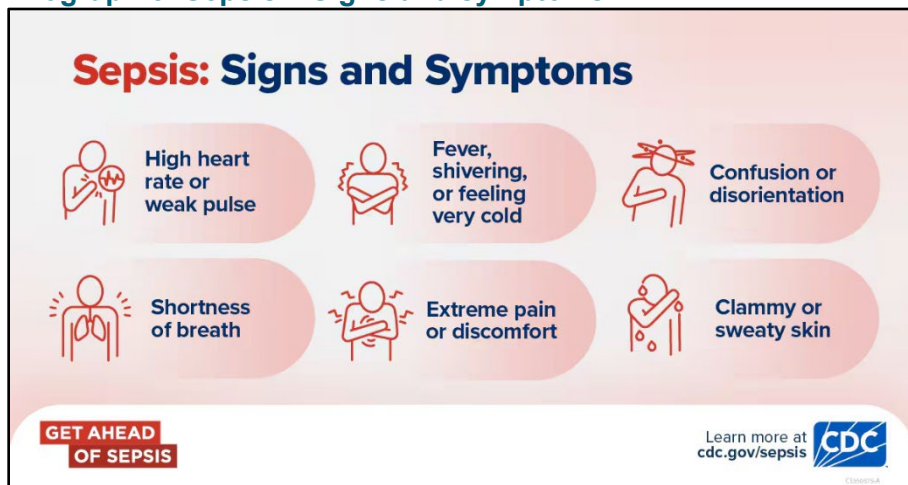
Governor Reynolds recently signed a proclamation allowing vehicles transporting corn, soybeans, hay, straw, silage, stover, fertilizer, and manure on Iowa roadways to be overweight without a permit during the fall harvest season, a proclamation issued seasonally. Farmers moving equipment and transporting their goods to market represents an important part of our state's economy, but it also increases the risk of traffic accidents. The two most likely types of collisions with farm equipment during harvest are left-turn and rear-end collisions.

Left-turn collisions happen when the farm vehicle (such as a combine) is about to make a left turn and the farmer must make a wide turn to successfully align with a gate or small entry road. The motor vehicle behind begins to pass without understanding the farm vehicle was preparing to make a left turn.

Rear-end collisions are common because farm equipment and motor vehicles travel at different speeds. For example, when a car traveling at 55 mph approaches a tractor traveling at 15 mph, the distance between the two vehicles is covered in about five seconds – leaving little time for the motor vehicle to stop.

For more information about sharing the roadway with farm vehicles, visit store.extension.iastate.edu/product/5134.

Infographic: Sepsis – Signs and symptoms



To view in full size, visit www.cdc.gov/sepsis/media/images/GAOS-SMCampaign-SignsSymptoms-FB-thumb.jpg.

Have a healthy and happy week!
Center for Acute Disease Epidemiology
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