

# Epi Update for Friday, October 11, 2024

## CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

### Iowa Department of Health and Human Services

Items for this week's Epi Update include

- **Stay vigilant for measles, MN outbreak update**
- **CDC Travel Health Notice due to Marburg in Rwanda**
- **In the news: Jacks and the Green Sprouts recalls alfalfa and alfalfa onion sprouts because of possible health risk**
- **Infographic: Preventing measles before and after travel**

#### **Stay vigilant for measles, MN outbreak update**

As of October 10, 52 cases of measles including 12 hospitalizations have been identified in Minnesota as part of an ongoing outbreak that started in May 2024. Most cases have been unvaccinated children in the Twin Cities metro area. No cases of measles have been identified in Iowa in 2024.

Measles is characterized by a prodrome of fever, cough, coryza, and conjunctivitis (the three "C"s), followed by a maculopapular rash that spreads from the head to the trunk to the lower extremities. Consider measles in patients presenting with febrile rash illness and clinically compatible measles symptoms, especially if the person recently traveled internationally or was exposed to a person with febrile rash illness.

Health care providers who suspect measles should immediately notify CADE while the patient is still at the health care facility by calling 515-242-5935 during business hours or 515-323-4360 after hours.

Health care providers should also routinely evaluate patient vaccination status and promote measles containing vaccines (MMR or MMRV) for patients who do not have presumptive evidence of immunity.

For more information about measles, visit

[hhs.iowa.gov/center-acute-disease-epidemiology/epi-manual/reportable-diseases/measles](https://hhs.iowa.gov/center-acute-disease-epidemiology/epi-manual/reportable-diseases/measles).

For more information about the ongoing measles outbreak in Minnesota, visit

[www.health.state.mn.us/diseases/measles/update.html](http://www.health.state.mn.us/diseases/measles/update.html).

#### **CDC Travel Health Notice due to Marburg in Rwanda**

CDC has issued a Level 3 Travel Health Notice for the Republic of Rwanda, which includes a recommendation for people traveling to Rwanda to reconsider nonessential travel. The notice is in response to 56 confirmed cases of Marburg virus disease (MVD) in hospitals around the country, including 12 deaths. Most of the people infected are health workers, particularly those who work in intensive care units. This is Rwanda's first Marburg outbreak. Currently, there are no cases of Marburg in the U.S. and the risk in the U.S. is low.

Health care providers should include MVD in the differential diagnosis for an ill person who has been to an area with an active MVD outbreak in the past 21 days and has compatible symptoms (e.g., fever, headache, muscle and joint pain, fatigue, loss of appetite, gastrointestinal symptoms, or unexplained bleeding). Health care providers who suspect a patient may have MVD should place the patient in a private room with a private bathroom and contact CADE immediately at 515-242-5935 during business hours or 515-323-4360 after hours.

For more information about Marburg, including updates about the ongoing outbreak in Rwanda, visit

[www.cdc.gov/marburg/index.html](https://www.cdc.gov/marburg/index.html).

## In the news: Jacks and the Green Sprouts recalls alfalfa and alfalfa onion sprouts because of possible health risk


[www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/jacks-and-green-sprouts-recalls-alfalfa-and-alfalfa-onion-sprouts-because-possible-health-risk](http://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/jacks-and-green-sprouts-recalls-alfalfa-and-alfalfa-onion-sprouts-because-possible-health-risk)

### Infographic: Preventing measles before and after travel

#### PREVENTING MEASLES BEFORE AND AFTER TRAVEL

Measles can be dangerous, especially for babies and young children. Severe measles can lead to hospitalization and even death.

Measles is still common in many parts of the world. Anyone who is not fully vaccinated against measles and travels internationally is at risk.



**The only way to protect against this disease is to get the measles, mumps, and rubella (MMR) vaccine.**

#### WHAT TO DO BEFORE INTERNATIONAL TRAVEL

1. **Talk to your doctor, nurse, or clinic** to make sure everyone is protected against measles.
2. **Get the vaccine at least 2 weeks** before you leave.
  - o Babies 6 through 11 months old should get a dose of the MMR vaccine.
  - o Everyone 12 months and older (including adults) should get 2 total doses before travel.
    - If you haven't been vaccinated before, get the 1st dose right away. You can get the 2nd dose 28 days later.
    - If you've gotten 1 dose before, get a 2nd dose before travel.
3. Even if your trip is less than 2 weeks away, you can still get 1 dose of the MMR vaccine.

#### WHAT TO DO AFTER INTERNATIONAL TRAVEL

1. **Watch for measles symptoms for 3 weeks** after you return. Measles is **very contagious** and can spread to others quickly.
2. **Call the doctor or clinic RIGHT AWAY if:**
  - a. You think you or your child have been exposed to measles.
  - b. You or your child gets sick with a rash and fever. Tell your doctor where you traveled, and if your child got the MMR vaccine.
3. **Avoid contact if sick.** People can spread measles from 4 days before a rash develops through 4 days after the rash appears.

**LEARN MORE**

<https://www.cdc.gov/measles/travel/index.html>

To view in full size, visit [www.cdc.gov/measles/media/pdfs/2024/07/English-image\\_Measles-Before-After-Travel\\_Fact-Sheet\\_073124\\_cleared.pdf](http://www.cdc.gov/measles/media/pdfs/2024/07/English-image_Measles-Before-After-Travel_Fact-Sheet_073124_cleared.pdf).

**Have a healthy and happy week!**  
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