

Epi Update for Monday, October 21, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- Marburg update: Traveler monitoring
- National *Mycoplasma pneumoniae* activity
- Trick or Treat safety
- Infographic: *Mycoplasma pneumoniae* infection

Marburg update: Traveler monitoring

As of October 15, 62 laboratory confirmed cases and 15 deaths have been reported in the Republic of Rwanda due to an ongoing outbreak of Marburg virus disease (MVD). **No cases of MVD related to this outbreak have been reported in the U.S or other countries outside of the Republic of Rwanda to date.**

Currently, the risk of MVD in the United States is low; however, clinicians should be aware of the potential for imported cases.

On October 15, CDC issued interim recommendations for public health management of travelers arriving in the United States if they have been in Rwanda in the previous 21 days. U.S. bound air travelers will be rerouted through the Chicago O'Hare (ORD), New York (JFK), or Washington-Dulles (IAD) airport where they will undergo entry health screenings. Iowa HHS will receive entry screening forms for travelers who have recently been in Rwanda and received a public health assessment at one of these ports of entry. Iowa HHS, in coordination with local public health departments, will then monitor the returning travelers for development of symptoms for 21 days post departure from Rwanda.

This new screening recommendation is in addition to previous guidelines regarding public health management of U.S.-based health care personnel returning from Rwanda that were posted by CDC on October 11.

CADE epidemiologists are available 24/7 for Marburg consultations by calling 1-800-362-2736.

For the latest updates about the outbreak of Marburg in Rwanda, including travel health notices, visit www.cdc.gov/marburg/situation-summary/index.html.

For more information about travelling to the U.S. from Rwanda, visit www.cdc.gov/marburg/situation-summary/travel-to-the-us.html.

For more information regarding management of U.S.-based health care personnel returning from Rwanda, visit www.cdc.gov/marburg/php/public-health-strategy/management-of-US-based-healthcare-personnel-2024-marburg-outbreak.html.

For more information about airport screening and public health monitoring of travelers entering the U.S from Rwanda, visit www.cdc.gov/marburg/php/public-health-strategy/management-of-travelers-2024-marburg-outbreak.html.

National *Mycoplasma pneumoniae* activity

Mycoplasma pneumoniae infections are common, with an estimated 2 million infections occurring nationally each year. Illness generally presents as chest cold symptoms or pneumonia, but in young children may also include gastrointestinal symptoms. Symptoms can persist for weeks.

There are usually peaks of *M. pneumoniae* every three to seven years. In 2023, *M. pneumoniae* began to re-emerge globally after a prolonged period of low incidence since the start of the COVID-19 pandemic. Infections can occur any time of year, but may be more common in summer and early fall. So far in 2024, CDC has seen an increase in *M. pneumoniae*, including in young children. This differs from previous years in which most infections were observed among older children and adolescents.

Most *M. pneumoniae* infections are self-limiting, but health care providers routinely treat pneumonia caused by *M. pneumoniae* with antibiotics.

For more information about *M. pneumoniae*, visit www.cdc.gov/mycoplasma/index.html.

Trick or Treat safety

Here are some tips for Trick or Treating safely on Halloween or Beggar's Night this year:

- Trick or Treat with a responsible adult.
- Use flame-resistant costumes and ensure proper fit to avoid trip hazards.
- Bring a flashlight and use a glowstick or reflective tape/strips to ensure visibility for vehicles.
- Look both ways when crossing the street, and use sidewalks when possible. Walk, don't run!
- Eat only factory-wrapped treats. If you have any doubt about the safety of a treat, throw it out.
- Keep medications and vitamins out of reach of children to avoid confusion with Halloween treats.

Infographic: *Mycoplasma pneumoniae* infection

***Mycoplasma pneumoniae* Infection**

Mycoplasma pneumoniae is a type of bacteria that can cause several different types of infection including chest colds and pneumonia (lung infection). To best protect yourself and others from these bacteria, practice good hygiene by washing your hands often and covering your mouth when you cough or sneeze.

Signs and Symptoms of Infection

M. pneumoniae cause illness by damaging the lining of the respiratory system (throat, windpipe, and lungs). Once someone becomes infected with the bacteria, symptoms usually appear after 1 to 4 weeks. The most common type of infection is tracheobronchitis, commonly known as a chest cold. Symptoms of a chest cold often include:

- Sore throat
- Fatigue (being tired)
- Fever
- Headache
- Slowly worsening cough that can last for weeks or months

Children younger than 5 years old who get *M. pneumoniae* infection could have different, cold-like symptoms:

- Sneezing
- Stuffy or runny nose
- Sore throat
- Watery eyes
- Wheezing
- Vomiting or diarrhea

Spreads from Person to Person

When someone infected with *M. pneumoniae* coughs or sneezes, they create small respiratory droplets that contain the bacteria. Other people can get infected if they breathe in those droplets. Most people who are exposed for a short amount of time do not get sick. However, it is common for these bacteria to spread between people who live together. If you are sick, be sure to cover your mouth when you cough or sneeze to help prevent spreading the bacteria to others.

Certain People Are at Increased Risk

People of all ages are at risk for getting *M. pneumoniae* infection, but it is most common among young adults and school-aged children.


People living or working in crowded settings are at increased risk. These settings include:


- Schools
- College residence halls
- Military training facilities
- Long-term care facilities
- Hospitals

People with weakened immune systems or those who are recovering from a respiratory illness are at increased risk for getting a more serious illness from this infection.

Treatment for Infection

Most cases of *M. pneumoniae* infection are mild and get better on their own without treatment. Antibiotics are used to treat more serious infections, like pneumonia.





U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/mycoplasma

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To view in full size, visit www.cdc.gov/mycoplasma/media/pdfs/mycoplasma-fact-sheet.pdf.

Have a healthy and happy week!
Center for Acute Disease Epidemiology
800-362-2736