

Epi Update for Friday, November 22, 2024

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services

Items for this week's Epi Update include

- **First case of clade I mpox diagnosed in the United States**
- **Turkey preparation safety tips**
- **Infographic: If your child is prescribed antibiotics, give them exactly how they were prescribed.**
- **Meeting announcements and training opportunities**

First case of clade I mpox diagnosed in the United States

Per a CDC Health Advisory, on November 15 the California Department of Public Health confirmed the first reported case of clade I mpox in the United States. This individual had recently traveled to areas experiencing clade I mpox transmission. Consistent with other recent clade I mpox cases, the patient has relatively mild illness and is recovering. Investigation into potential contacts is ongoing.

Mpox transmission in endemic countries typically occurs via exposure to infected wildlife with subsequent person-to-person spread via close contact (including intimate, sexual, or household contact) with a person with mpox, or direct contact with infectious respiratory secretions (e.g., snot, mucus) or contaminated objects (e.g., bedding).

Mpox has two distinct genetic clades: clade I is endemic to some countries in Central Africa, and clade II is historically endemic to some countries in West Africa. Clade I and clade II mpox present similarly, but clade I has historically caused higher numbers of severe illnesses than clade II. As with clade II mpox, clinical management of clade I mpox is based on the severity of illness at diagnosis and the potential for severe or prolonged mpox.

About 12,000 confirmed cases of clade I mpox and at least 47 deaths have been reported in Central and Eastern African countries in 2024. These countries include Burundi, Central African Republic, Democratic Republic of the Congo, Republic of the Congo, Rwanda, and Uganda. Data from affected countries indicate that a large proportion of clade I mpox cases among adults were associated with heterosexual contact. Transmission to close contacts within households, including to children, also has been reported.

Travel-associated clade I mpox cases have also been reported in Germany (1), India (1), Kenya (17), Sweden (1), Thailand (1), the United Kingdom (UK) (4), Zambia (1), and Zimbabwe (2) so far in 2024, and no onward spread has been reported except to close household contacts in Kenya and the UK.

Clade II recently caused a worldwide outbreak that also impacted the U.S (including Iowa) beginning in 2022. Clade II cases continue to spread at low levels in many countries around the world, including the U.S.

Iowa's State Hygienic Laboratory (SHL) can test for mpox. No pre-approval is required for testing at SHL.

For more information about mpox, including outbreak updates, visit www.cdc.gov/mpox/index.html.

For test request forms and specimen guidelines for mpox testing at SHL, visit shl.uiowa.edu/diagnostic-and-clinical-testing.

Turkey preparation safety tips

Turkey is the cornerstone of many Thanksgiving gatherings across Iowa. Before you set out to prepare your feast, take a moment to review these food safety tips for turkey preparation:

- Turkey should be thawed in the refrigerator or cold water. Thawing on the counter or in hot water can leave the outer layer within the danger zone temperature of 40 - 140F where bacteria can multiply, despite the center remaining frozen.
- Use a food thermometer inserted into the thickest part of the breast, the innermost part of the wing, and innermost part of the thigh to ensure all three are at least 165F.
- Never place cooked food or fresh produce on a plate, cutting board, or dish that held raw turkey.
- Refrigerate leftovers within two hours of cooking. Reheat leftover to 165F and eat them within a few days. Freeze leftovers to store them longer.

For more turkey preparation safety tips, visit www.cdc.gov/food-safety/foods/holiday-turkey.html.

Infographic: If your child is prescribed antibiotics, give them exactly how they were prescribed.



To view in full size, visit

content.govdelivery.com/attachments/IACIO/2024/11/14/file_attachments/3071008/5.png.

Meeting announcements and training opportunities

Iowa's State Hygienic Laboratory (SHL) will be hosting a *Townhall Discussion on Wastewater Surveillance in Iowa* on Wednesday, December 4 from 3 - 4 PM. Participants will learn about the statewide vision on wastewater testing, how testing results are being used at the local level, how to interpret wastewater PCR and sequencing results, and increasing weekly sample collections. The intended audience of this session are laboratorians, local public health officials, wastewater treatment plant directors, supervisors, and collection staff. To register, visit https://uiowa.zoom.us/webinar/register/WN_zu0flmXIQcSMrOX3hQJz0w#/registration.

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