

# Epi Update for Monday, April 28, 2025

## CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

### Iowa Department of Health and Human Services (Iowa HHS)

Items for this week's Epi Update include

- Neisseria meningitidis reporting
- It's wildflower season Get out and explore!
- In The News: Whooping cough cases have doubled in a year, CDC data shows
- Infographic: Health benefits of physical activity for adults 65 and older

#### Neisseria meningitidis reporting

Identification of invasive *Neisseria meningitidis* is immediately reportable in Iowa. The two most common syndromes associated with invasive meningococcal disease are meningitis and septicemia.

Invasive *N. meningitidis* is defined as identification of the bacteria from a normally sterile site. Common specimen sites that indicate invasive disease include blood and cerebrospinal fluid (CSF), but can include other areas of the body. Identification is often in the form of a positive PCR test, isolation of *N. meningitidis* via culture, or observing gram negative diplococci via gram stain.

Common non-sterile specimen sites include nasal or throat swabs and sputum. Identification of *N. meningitidis* from these specimens is not reportable.

If you suspect a patient may have *N. meningitidis* or have questions regarding whether or not a specimen was collected from a sterile site, contact CADE immediately at 800-362-2736 (during business hours) or 515-323-4360 (outside business hours).

For more information about *N. meningitidis*, including symptoms, treatment, and more, visit www.cdc.gov/meningococcal/hcp/clinical/index.html.

#### It's wildflower season - Get out and explore!

It is wildflower season in Iowa, and what better way to get some exercise, improve mental health, and reduce stress than spending some time outdoors!

Wildflowers bloom relatively early in spring, but thankfully lowa DNR publishes a weekly *Wildflower Bloom Report* through mid-May that can help you spot these secretive blooms! Multiple species are currently in full bloom throughout lowa.

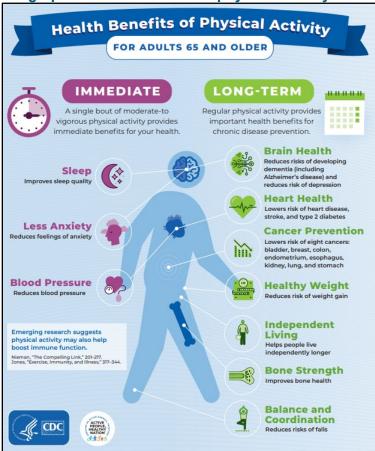
Don't forget to apply sunscreen every two hours, use insect repellent, and check for ticks after your adventure.

To view the Iowa DNR *Wildflower Bloom Report*, visit <a href="https://www.iowadnr.gov/programs-services/forestry-resources/woodland-wildflowers-reports">www.iowadnr.gov/programs-services/forestry-resources/woodland-wildflowers-reports</a>.

In The News: Whooping cough cases have doubled in a year, CDC data shows abcnews.go.com/Health/whooping-cough-cases-doubled-year-cdc-data-shows/story?id=121118803



### Infographic: Health benefits of physical activity for adults 65 and older



To view in full size, visit www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html.

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