

Epi Update for Friday, May 30, 2025

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services (Iowa HHS)

Items for this week's Epi Update include

- Increased pertussis activity in Iowa
- Heat-related illness trends in Iowa, prevention tips
- Infographic: Make a healthy splash!

Increased pertussis activity in Iowa

Cases of pertussis have increased over recent weeks in Iowa. Health care providers should be aware of increased pertussis activity and consider pertussis in patients that present with a cough that cannot be explained by another reason. The recommended test for pertussis is a nasopharyngeal (NP) swab tested by PCR. Patients should be recommended to stay home while pertussis tests are pending.

Pertussis is a reportable disease in Iowa, and each case is followed-up individually by local public health partners. Patients are recommended to stay home until they are no longer infectious - generally for 21 days after cough onset or until completion of five days of appropriate antibiotic treatment. Post-exposure antibiotic prophylaxis is also recommended for all household contacts and select high-risk community contacts.

The best way to prevent pertussis is through vaccination, though protection may wane over time. CDC recommends pertussis vaccines for infants and children, adolescents, and pregnant women. CDC also recommends a dose of pertussis vaccine for adults who didn't receive one either as an adolescent or adult.

For more information about pertussis, visit

hhs.iowa.gov/center-acute-disease-epidemiology/epi-manual/reportable-diseases/pertussis

Heat-related illness trends in Iowa, prevention tips

Iowa HHS epidemiologists used syndromic surveillance data to analyze multi-year patterns of heat-related emergency department visits in Iowa from January 2022 to May 2025. Heat-related incidents in Iowa were found to generally begin to increase in May and reach their highest levels in July or August.

Heat-related illnesses have already started to rise this year in Iowa. Risk factors include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use.

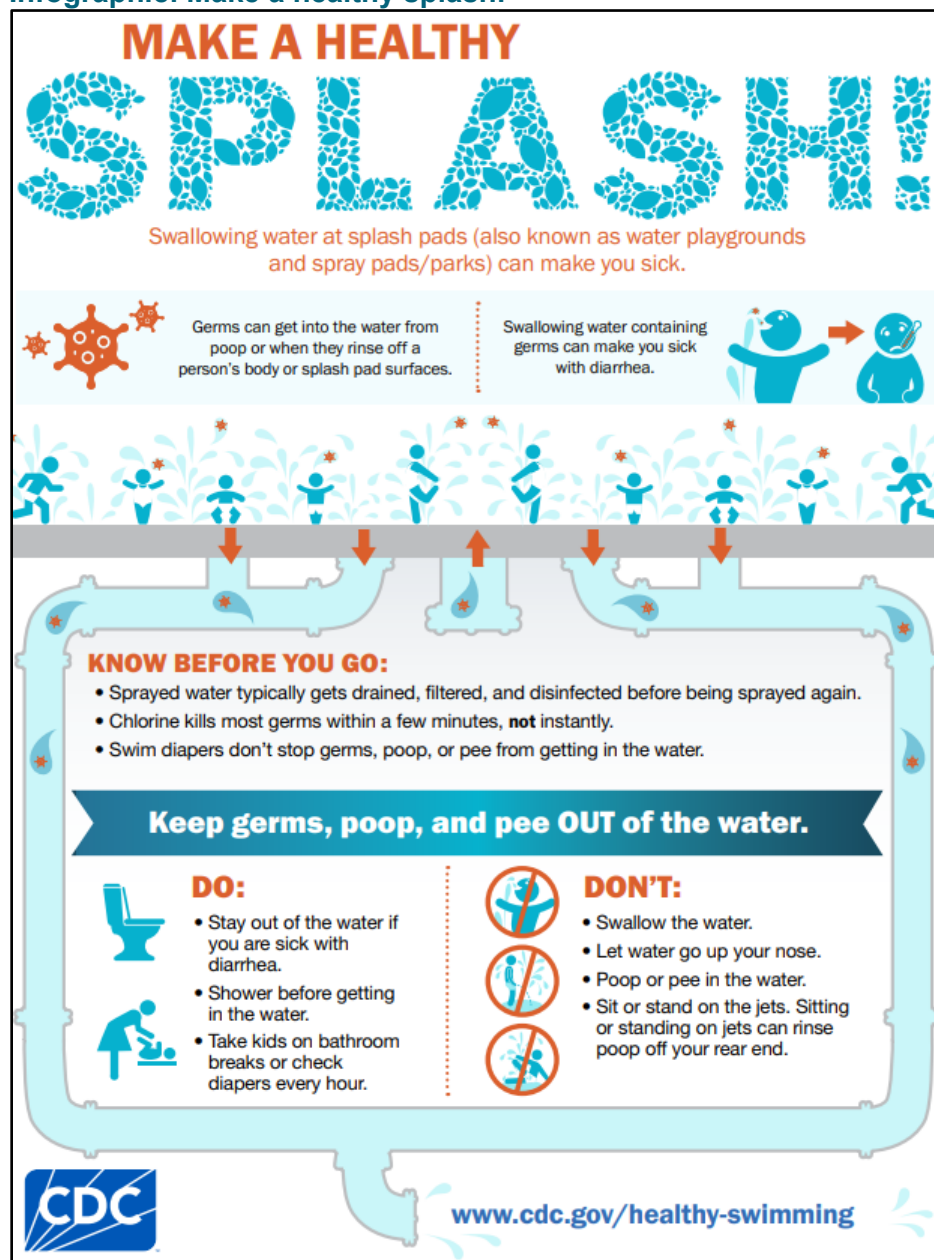
Here are some tips to follow when temperatures are high:

- Get plenty to drink: Drink more water. Avoid caffeine and alcohol.
- Stay cool indoors: Stay in an air-conditioned area. A cool shower or bath is also a good way to cool off.
- Wear light clothing and sunscreen: Use sunscreen of SPF 15 or higher and follow package directions.
- Schedule outdoor activities carefully: Be less active during the hottest part of the day.
- Pace yourself: Start slowly and take frequent breaks in a cool or shady area.
- Use a buddy system: Check in on friends and family who are elderly or have health conditions.

If your doctor limits the amount of fluid you drink, or if you take water pills, ask how much you should drink when the weather is hot.

For full CDC guidance related to heat, visit www.cdc.gov/heat-health/about/index.html.

Infographic: Make a healthy splash!



To view in full size, visit www.cdc.gov/healthy-swimming/media/pdfs/2025/04/359524-A_IG_MakeASplash.pdf.

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