

Epi Update for Monday, June 23, 2025

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services (Iowa HHS)

Items for this week's Epi Update include

- Iowa measles updates web page
- Preventing *Cryptosporidium* and *Giardia* while swimming
- Staying safe on the water this summer
- In the literature: Notes from the Field - Primary amebic meningoencephalitis associated with nasal irrigation using water from a recreational vehicle, Texas, 2024
- Infographic: Help protect your liver from hepatitis

Iowa measles updates web page

Health care providers are urged to stay informed on measles activity in Iowa by regularly visiting the Iowa HHS CADE disease information page and clicking + to expand the measles menu. This page is updated weekly with current measles case counts, locations of concern, and public health guidance.

To view the web page visit hhs.iowa.gov/center-acute-disease-epidemiology/disease-information or



Preventing *Cryptosporidium* and *Giardia* while swimming

The summer swimming season has begun! Proper chlorine levels in recreational water kill most germs quickly, but *Giardia* can survive for 45 minutes in properly chlorinated pools and water playgrounds, and *Cryptosporidium* can survive for more than seven days.

Here are some recreational water safety tips to remember as you enjoy the warm weather:

- Don't swim if you have diarrhea. If you have been ill with diarrhea recently, wait until you have been symptom free for at least 24 hours before swimming. It is also recommended to shower before and after swimming.
- Take a break at least every hour. This allows time for bathroom breaks, reapplying sunscreen, and staying hydrated. Change diapers in a bathroom or changing area - not near the pool.
- Don't swallow the water. It can contain germs such as *Cryptosporidium* and *Giardia*, that can cause diarrhea.

For more tips on safe swimming, visit www.cdc.gov/healthywater/swimming/index.html.

Staying safe on the water this summer

Iowa lakes and rivers are becoming busy with paddlers, boaters, and swimmers. Water is refreshing and fun, but it is essential to know how to stay safe in and around water to prevent accidental drownings.

Rivers are dynamic systems that change with high flows and have obstacles hidden just beneath the water surface. Iowa rivers can have sudden drop-offs, holes, submerged shelves, foot holds, and rock ledges. Current strength is often deceiving, even for strong swimmers.

Follow these tips and precautions to stay safe while having fun on the water this summer:

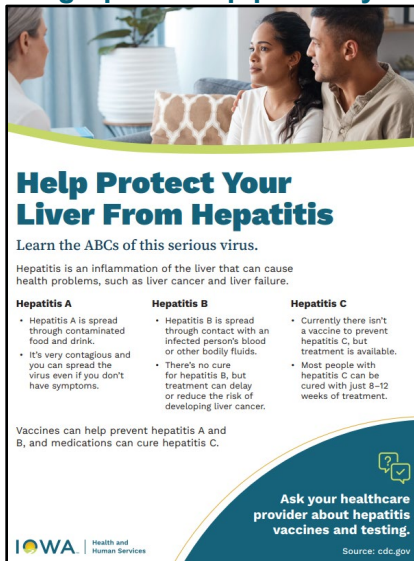
- Swim with a buddy.
- Always wear a life jacket. Make sure kids wear their life jackets before getting in the water.
- Keep a close eye on others, especially children. Assign a designated adult to watch over children, and never assume someone else is watching them. Be close enough to touch the child at all times. Even in ankle deep water, the current can be strong enough to sweep you off your feet and into deeper water.
- Learn how to perform CPR. If you are already certified, learn the latest techniques and refresh your skills by recertifying. Check with your local hospital, workplace, or doctor's office for training opportunities.

For information on drowning prevention from CDC, visit www.cdc.gov/drowning/prevention/index.html.

In the literature: Notes from the Field - Primary amebic meningoencephalitis associated with nasal irrigation using water from a recreational vehicle, Texas, 2024

www.cdc.gov/mmwr/volumes/74/wr/mm7419a4.htm

Infographic: Help protect your liver from hepatitis



To view in full size, visit content.govdelivery.com/attachments/IACIO/2025/05/09/file_attachments/3256969/296-9708_FY25_MonthlyToolkits_May_Hepatitis_Poster_vD.pdf.

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