

Epi Update for Friday, June 27, 2025

CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

Iowa Department of Health and Human Services (Iowa HHS)

Items for this week's Epi Update include

- **Hantavirus: An overview**
- **Rabies training course for local public health via Public Health Academy of Iowa**
- **Infographic: You can prevent hantavirus**

Hantavirus: An overview

Hantavirus pulmonary syndrome (HPS) is a serious respiratory disease spread via contact with rodents or their droppings, urine, or saliva. Most cases in the U.S. are reported in Western states. Hantavirus is rare in Iowa, with 0-2 cases reported per year. Most cases in Iowa have been travel-associated, but cases have been reported without travel.

Hantavirus is severe and potentially deadly. Symptoms often appear one to eight weeks after exposure. Early symptoms include fever, fatigue, and muscle aches. Some also experience headaches, dizziness, chills, and abdominal discomfort. As the disease progresses, coughing, shortness of breath, and chest tightness occur as the lungs fill with fluid. Up to 38% of people who develop respiratory symptoms may die from the disease.

The most effective way to prevent hantavirus exposure is to avoid contact with rodents and their droppings. This includes sealing up holes and gaps in your home and outbuildings to prevent rodent entry, trapping rodents in and around your home, and cleaning up rodent infestations. CDC provides detailed guidance on safely disposing of and cleaning up after rodents, which vary depending on the setting and severity of the infestation.

Hantavirus is a reportable disease in Iowa, and cases are followed-up with individually by Iowa HHS and local public health partners to provide education and identify rodent sources of infection.

For more information about hantavirus, visit www.cdc.gov/hantavirus/about/index.html.

For full guidelines from CDC on how to clean up after rodents, visit www.cdc.gov/healthy-pets/rodent-control/clean-up.html.

Rabies training course for local public health via Public Health Academy of Iowa

The Public Health Academy of Iowa (PHAI) is a comprehensive initiative designed to support and enhance the professional development of public health professionals across Iowa. This academy aims to strengthen the Iowa public health workforce by providing innovative training, leadership development, and collaborative opportunities.

A rabies training course has been added to PHAI. Participants will learn how rabies is transmitted, the critical importance of timely medical care following exposure, and the components of post-exposure prophylaxis (PEP), which is nearly 100% effective when administered promptly. The course equips local public health professionals with the knowledge needed to support community awareness, guide exposure response, and reduce the public health impact of this preventable disease.

New users must first create a Workday Learning Account by visiting this [Registration Link](#). Follow the prompts to complete registration and once you are in Workday:

- Click on the “Learning” app
- Click “Discover”
- Click “Browse Learning”
- Search for specific courses (e.g. rabies) or browse the entire catalog

For more information from Iowa HHS about rabies, visit hhs.iowa.gov/center-acute-disease-epidemiology/rabies-information-public-providers-and-veterinarians.

Infographic: You can prevent hantavirus



To view in full size, visit www.cdc.gov/hantavirus/media/pdfs/2025/01/HantavirusBrochure-508.pdf.

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