



**Epi Update for Friday, October 7, 2016  
Center for Acute Disease Epidemiology (CADE)  
Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **West Nile update**
- **Mumps testing and prevention reminder**
- **Are you ready for the fall harvest season?**
- **Infographic: West Nile Virus Transmission Cycle**
- **Meeting announcements and training opportunities**

**West Nile virus update**

Nineteen cases of West Nile virus (WNV) have been confirmed in Iowa and additional cases are being investigated. Mosquitos are at the highest risk of carrying West Nile virus in the late summer and autumn. Prevention measures include using insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus when outdoors; and draining standing water to eliminate mosquito breeding areas. Risk for mosquito bites and WNV will continue until the first hard frost. For more information about West Nile virus, visit <http://idph.iowa.gov/caade/disease-information/west-nile-virus>.

**Mumps testing and prevention reminder**

Iowa continues to have new mumps cases in multiple counties. From August 1 to October 3, 2016, 40 confirmed and probable cases have been reported. About 70 percent of the cases were reported in Black Hawk (15 cases), Dubuque (nine cases), and Story counties (five cases). A total of 10 counties have reported at least one mumps case in that time period.

Here are some tips to reduce the spread of mumps in your community:

- Anyone with symptoms consistent with mumps should be tested as soon as possible after onset of symptoms, regardless of vaccination history. Providers should obtain both a buccal swab for PCR and blood for IgM as soon as possible after onset of symptoms.

- Anyone with suspected mumps should not participate in child care, school, work, or other public events until five days after symptoms began or until they are well, whichever is longer.
- People exposed to mumps should watch for symptoms until up to 25 days after their last known exposure. The most common symptoms are fever, headache, and swollen salivary glands under the jaw.
- Anyone who is not immune and has not received two doses of a mumps-containing vaccine should be vaccinated. Two doses of mumps-containing vaccine reduce the probability of mumps infections or complications if infected.

For more information, visit [idph.iowa.gov/cade/disease-information/mumps](http://idph.iowa.gov/cade/disease-information/mumps).

### **Are you ready for the fall harvest season?**

Harvest season is here. Is your office or clinic ready to respond to farmers who may be injured and come to you for treatment?

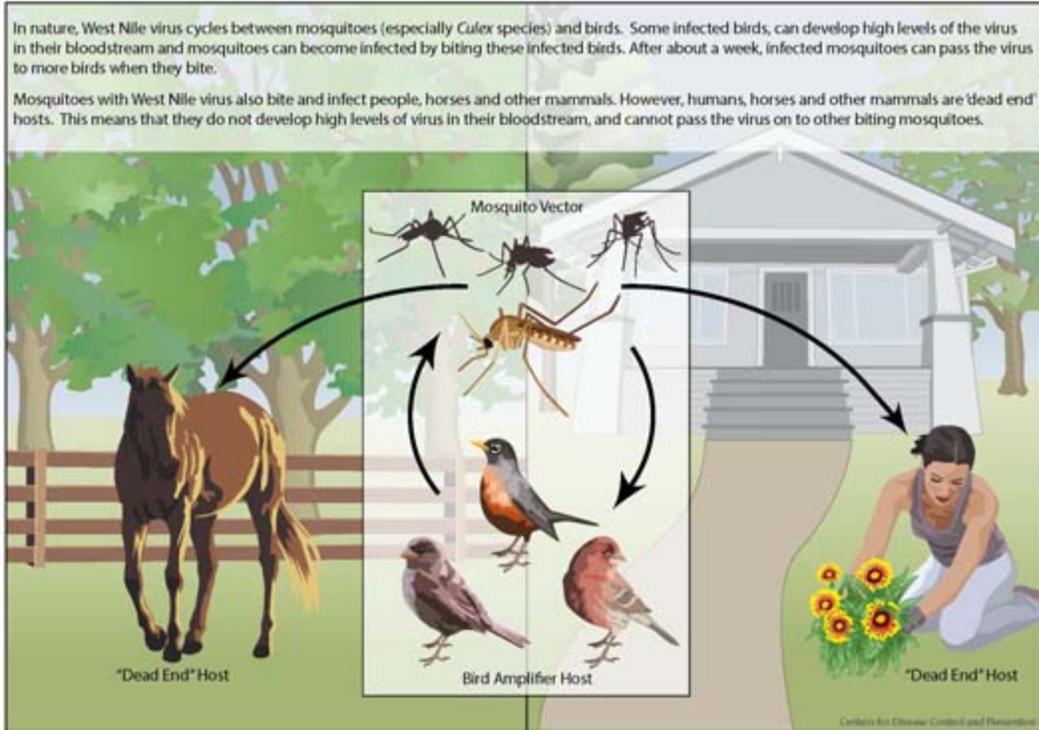
During the harvest season, farmers spend countless hours in combines, tractors, trucks and other equipment in fields and on rural roads. They often work long hours, increasing their risk for injuries. Exposure to high levels of dust can cause or aggravate respiratory problems. Falls from ladders, farm equipment, and grain bins can occur. There is an increased risk of injury from operating farm equipment and motorized vehicles on and off the road during harvest.

Fatigue, stress and medication can cause farmers to lose focus. Farmers need to get enough sleep and take frequent breaks so they can safely enjoy their life on the farm. Talk to your patients about their risk factors and remind them to use proper personal protective equipment during harvest time.

For a list of chronic and acute health risks experienced by farmers and farmworkers, visit [www.ruralhealthinfo.org/topics/agricultural-health-and-safety#risks](http://www.ruralhealthinfo.org/topics/agricultural-health-and-safety#risks).

### **Infographic: West Nile Virus Transmission Cycle**

## West Nile Virus Transmission Cycle



Infographic at [www.cdc.gov/westnile/transmission/](http://www.cdc.gov/westnile/transmission/).

### Meeting announcements and training opportunities

None

### Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736