

Epi Update for Friday, October 25, 2019
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Update on outbreak of severe respiratory illnesses associated with vaping**
- **National Prescription Drug Take Back Day**
- **Botulism: Symptoms, treatment, public health follow-up**
- **In the news: Disneyland guests warned of measles exposure after infected person visits park**
- **In the news: Disease fighters to mark partial victory in polio eradication battle**
- **In the news: Can medical care exist without plastic?**
- **Infographic: Scary food habits that can make you sick**

Update on outbreak of severe respiratory illnesses associated with vaping

As of October 22, 1,604 cases of lung injury associated with the use of e-cigarette or vaping products have been reported from 49 states (all except Alaska), the District of Columbia and one U.S. territory. A total of 34 deaths have been confirmed in 24 states. In Iowa, there have been 43 reported cases, with no reported deaths. The majority of cases nationally and in Iowa continue to report vaping THC products. An exact cause of these illnesses is not yet known and it is possible there is a spectrum of related illnesses that could have more than one cause.

IDPH continues to work with clinical and public health partners to investigate reported cases. Iowans should not use vaping and e-cigarette products, since the cause of this outbreak is not yet clear and the long-term health impacts of these products are unknown. Anyone who has been vaping or using e-cigarette products and is having trouble breathing should seek medical care. Health care providers should ask patients about the use of vaping and e-cigarette products and report suspected cases of severe respiratory illness associated with these products to IDPH at 1-800-362-2736 (State Patrol after-hours: 515-323-4360).

For more information, visit www.idph.iowa.gov/ehi/lung-disease-vaping.

National Prescription Drug Take Back Day

DEA and national, tribal and community partners will hold the 18th National Prescription Drug Take Back Day across the country on Saturday, October 26. Consumers can dispose of unneeded and expired prescription drugs at designated collection sites from 10 AM to 2 PM. The service is free and anonymous.

For the first time, DEA will now accept vaping devices and cartridges at any of its drop off locations during National Prescription Drug Take Back Day. It is important to note that DEA cannot accept devices containing lithium ion batteries. If batteries cannot be removed prior to drop-off, DEA encourages individuals to consult with stores that recycle lithium ion batteries.

In addition to Take Back Day programs, there are more than 8,000 permanent disposal kiosks located throughout the country to dispose of unwanted prescription drugs at any time during the year (however vaping products can only be accepted on Saturday). Collection sites can be located via ZIP code, or city and state at www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html.

Botulism: Symptoms, treatment, public health follow-up

Botulism is a rare disease due to a toxin that causes difficulty breathing, paralysis and even death. Spore-forming bacteria that produce the toxin, such as *Clostridium botulinum*, are ubiquitous in nature and usually don't make people sick. There are generally zero to three botulism cases reported per year in Iowa.

There are five types of botulism, producing similar symptoms via different mechanisms:

- Foodborne botulism occurs from eating foods contaminated with toxin. Common sources include improperly canned, preserved or fermented homemade foods.
- Wound botulism can happen if spores enter a wound and produce toxin. Cases have occurred among people who inject drugs or following traumatic injuries or surgery.
- Infant botulism can occur if spores enter an infant's intestines. Because infants do not have a full complement of gut bacteria, the spores can grow and produce toxin.
- Adult intestinal toxemia (also known as adult intestinal colonization) botulism is rare and occurs when spores get into an adult's intestines, grow and produce toxin (similar to infant botulism). Adults with serious health conditions that affect the gut may be more likely to get adult intestinal toxemia botulism.
- Iatrogenic botulism occurs when too much toxin is injected for cosmetic reasons, such as wrinkles, or medical reasons, such as migraine headaches.

Botulism is a medical emergency. Botulism antitoxin and BabyBIG (for infant botulism) are only available through IDPH and CDC. IDPH can coordinate laboratory testing on clinical specimens and food (if indicated). If you suspect a patient may have botulism, contact IDPH immediately at 1-800-362-2736 (State Patrol after-hours: 515-323-4360).

For more information about botulism, visit www.cdc.gov/botulism/health-professional.html.

In the news: Disneyland guests warned of measles exposure

www.cnn.com/2019/10/23/health/disneyland-measles-bn/index.html

In the news: Disease fighters to mark partial victory in polio eradication battle

www.reuters.com/article/us-health-polio/disease-fighters-to-mark-partial-victory-in-polio-eradication-battle-idUSKBN1X210S

In the news: Can medical care exist without plastic?

www.nationalgeographic.com/science/2019/10/can-medical-care-exist-without-plastic/

Infographic: Scary food habits that can make you sick



To view in full size, visit twitter.com/CDCgov/status/1186750335945265153.

Have a healthy and happy week!
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800-362-2736