

**Epi Update for Friday, April 12, 2019**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

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

- **Measles case in Iowa, first case since 2011**
- **Iowa STD trends follow national lead**
- **National Dog Bite Prevention Week**
- ***Salmonella*, backyard chicken flocks, and Easter chicks**
- **In the news: Why this ancient disease is making headlines in 2019**
- **In the news: Is the saturated fat in chocolate as bad as the fat in meat?**
- **Infographic: Don't play chicken with your health**
- **Meeting announcements and training opportunities**

**Measles case in Iowa, first case since 2011**

One case of measles has been confirmed in an unvaccinated Iowan with recent travel to Israel. Public health officials are following up with several potential contacts, but at this time there is no threat to the general public. Please ensure your patients are up-to-date on MMR vaccine. Providers should consider measles in anyone presenting with fever and the 'Three Cs' – cough, coryza and conjunctivitis followed by rash three to five days later, especially among unvaccinated persons or those who have travelled.

If measles is suspected, isolate the patient and immediately call IDPH (800-362-2736 during business hours or 515-323-4360 outside business hours). Preferred testing may include serology (IgG) for evidence of immunity and a throat swab for viral detection. It is important to:

- Ensure that measles vaccination of all patients and staff are up-to-date.
- Educate all staff in your health facility about what needs to occur if measles is suspected in a patient, including but not limited to:
  - contact IDPH immediately,
  - make a list of persons that may have been exposed in your facility, and
  - close off the areas where the suspect case was for two hours (measles virus can remain viable in the air for up to two hours) to prevent further exposures.

For more information about measles, visit

<https://www.idph.iowa.gov/CADE/disease-information/measles>.

**Iowa STD trends follow national lead**

Preliminary 2018 surveillance data indicate increases in chlamydia and gonorrhea. There were 14,686 cases of chlamydia (5.7% increase from 2017) and 4,839 cases of gonorrhea (28.3% increase from 2017) reported. Syphilis (all stages) remained relatively steady with 283 cases reported (1.7% decrease). An important exception is the increase in congenital syphilis, which occurs when an untreated pregnant woman passes the infection on to her fetus. There were three cases in 2018 (an increase from two in 2017).

The rise in reported STD cases may be due to increased testing, increased transmission or both. Regardless of the cause, the increase suggests higher prevalence in our communities

and underscores the importance of regular testing. These infections may present asymptotically or with symptoms that are confused with other conditions.

STD screening recommendations can be found at [www.cdc.gov/std/tg2015/screening-recommendations.htm](http://www.cdc.gov/std/tg2015/screening-recommendations.htm).

Note that locally, we're seeing a higher incidence of gonorrhea among men and persons over 25 years of age, so despite the fact that these recommendations don't highlight those populations, increased testing efforts for these groups may be warranted.

STD treatment guidelines can be found at [www.cdc.gov/std/tg2015/default.htm](http://www.cdc.gov/std/tg2015/default.htm).

### **National Dog Bite Prevention Week**

This week is American Veterinary Medical Association's (AVMA) National Dog Bite Prevention Week. Dogs can be found in almost 40% of U.S. households, and have been proven to decrease our stress, increase our exercise levels, and make great playmates for children. However, millions of dog bites occur each year and nearly 1 in 5 dog bites requires medical attention. Dogs can also spread diseases including bacterial infections or rabies.

In Iowa, dog bites are reportable to local health and/or law enforcement officials. The mechanism varies by locale, but local officials will log the event and will ensure the animal is properly evaluated and quarantined, as necessary, to ensure the dog was not infectious with rabies at the time of the bite.

In response to requests, IDPH worked with the Iowa Department of Agriculture and Land Stewardship (IDALS), local public health departments and the Animal Rescue League (ARL) to create a template for local communities to consider when adopting dangerous dog ordinances.

The dangerous dog ordinance template is accessible at <http://www.idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Rabies/Dangerous%20Dog%20Ordinance%20TemplateC.pdf>.

For additional rabies resources, please visit [idph.iowa.gov/rabies/resources](http://idph.iowa.gov/rabies/resources).

Both CDC and AVMA have extensive resources for the public regarding dog bite prevention, as well as easy-to-read guidance for what to do should a dog bite occur.

For CDC's dog bite resources, visit [www.cdc.gov/features/dog-bite-prevention/index.html](http://www.cdc.gov/features/dog-bite-prevention/index.html).

For AVMA's dog bite resources, visit [www.avma.org/public/Pages/Dog-Bite-Prevention.aspx](http://www.avma.org/public/Pages/Dog-Bite-Prevention.aspx).

### **Salmonella, backyard chicken flocks, and Easter chicks**

*Salmonella* is among the most commonly-reported causes of foodborne illness and outbreaks in Iowa. These bacteria can also be spread by direct contact with animals, especially reptiles and birds. Several large, multi-state outbreaks have been linked to exposure to baby chicks in past years. The number of households with backyard chicken flocks is growing and contact with chicks tends to increase around Easter.

Follow these steps to reduce the risk of *Salmonella* from handling live birds:

- Do not let children less than 5 years of age or others at high risk handle poultry or items contaminated by poultry.
- Wash your hands thoroughly after handling poultry or their droppings.
- Don't kiss backyard poultry, or snuggle them and then touch your face or mouth.
- Do not let poultry live inside your home.
- Do not wash the birds' food and water dishes in the kitchen sink.

For more information visit, [www.cdc.gov/features/salmonellapoultry/index.html](http://www.cdc.gov/features/salmonellapoultry/index.html).

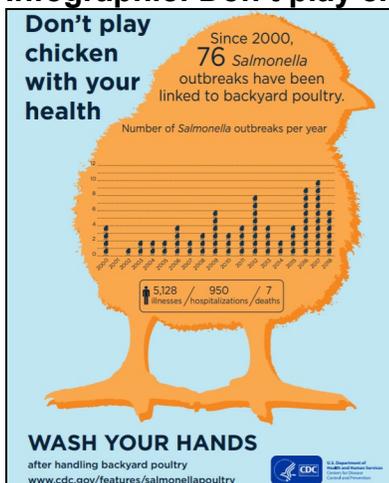
**In the news: Why this ancient disease is making headlines in 2019**

[www.npr.org/sections/goatsandsoda/2019/04/02/707994461/cholera-101-why-this-ancient-disease-is-making-headlines-in-2019](http://www.npr.org/sections/goatsandsoda/2019/04/02/707994461/cholera-101-why-this-ancient-disease-is-making-headlines-in-2019)

**In the news: Is the saturated fat in chocolate as bad as the fat in meat?**

[www.nytimes.com/2019/04/05/well/eat/is-the-saturated-fat-in-chocolate-as-bad-as-the-fat-in-meat.html](http://www.nytimes.com/2019/04/05/well/eat/is-the-saturated-fat-in-chocolate-as-bad-as-the-fat-in-meat.html)

**Infographic: Don't play chicken with your health**



To view in full size, visit [www.cdc.gov/healthypets/resources/dont-play-chicken-with-your-health-P.pdf](http://www.cdc.gov/healthypets/resources/dont-play-chicken-with-your-health-P.pdf).

**Meeting announcements and training opportunities**

IDPH is hosting a webinar for Local Public Health and Infection Prevention partners on Monday, April 15, at 10:00 AM. A second webinar will follow at 11:30 AM for K-12 school

