

Epi Update for Friday, June 28, 2019
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **MMR vaccine recommendations for travelers**
- **Tonometers and other ophthalmology devices can spread infection if improperly reprocessed**
- **Program area spotlight: vaccine-preventable disease**
- **In the news: Low trust in vaccination "a global crisis"**
- **In the news: Polio – the final battle**
- **In the news: Hidden heart disease risks**
- **Infographic: Wash hands when leaving animal exhibits**

MMR vaccine recommendations for travelers

Most measles cases acquired in the U.S. have been linked to outbreaks that began with importation into under-vaccinated communities by those returning from international travel.

CDC guidelines for those travelling internationally to areas with ongoing measles outbreaks are as follows:

- Infants under 12 months old should get an early dose at 6-11 months, then follow the recommended schedule and get another dose at 12-15 months, and a final dose at 4-6 years.
- Children over 12 months old should get their first dose immediately, then a second dose 28 days after the first dose.
- Teens and adults with no evidence of immunity should get their first dose immediately, then a second dose 28 days after the first dose. Acceptable evidence of immunity includes at least one of: documentation of adequate vaccination, laboratory evidence of immunity, laboratory confirmation of measles, or birth in the U.S. before 1957.

Those travelling to outbreak areas within the U.S. should make sure they are up-to-date on MMR vaccine. To decide whether to vaccinate an infant visitor less than 12 months of age, follow local health department guidance for the affected area (e.g., if no recommendation was made to vaccinate infant residents, do not vaccinate infant visitors).

Patients who need MMR vaccine should be fully vaccinated at least two weeks before departure. If the trip is less than two weeks away and the patient is not protected against measles, give him/her a dose of MMR vaccine. Two doses of MMR vaccine provide 97% protection against measles and one dose provides 93% protection.

To view CDC's MMR guidelines for travelers, visit www.cdc.gov/measles/plan-for-travel.html.

Tonometers and other ophthalmology devices can spread infection if improperly reprocessed

Health care providers that use tonometers and other devices that touch eyes need to be aware of an infection risk to patients. Joint Commission recently issued a bulletin highlighting the infection risk to patients after survey data identified that a lack of awareness of disinfection requirements, misinterpretation of manufacturer's instructions, lack of staff training, and lack of

leadership oversight led to improper disinfection resulting in multiple declarations of an immediate threat to health and safety of patients.

Lack of compliance with reprocessing was observed with tonometers, YAG laser lens and eye specula. Tonometer tips are particularly problematic because disinfectants can dissolve the glue that holds the hollow tip together, causing the tip to swell and crack. It's important to note that tonometer tips have been identified as sources of ophthalmic nosocomial outbreaks commonly linked to adenovirus types 8 and 19. Desiccated virus remains viable and can be recovered after 49 days on dried plastic or metal surfaces.

Areas where these items are used include:

- Emergency departments
- Urgent care centers
- Ophthalmology clinics, optometrist offices and procedure rooms
- Neonatal intensive care units (NICUs)

Items that touch mucous membranes — such as the eye — must be, at minimum, high-level disinfected. Items that contact or enter sterile tissues — such as instruments that are used for surgical procedures — or touch an ulcerated cornea must be sterilized.

Health care organizations can use the following safety actions to protect patients from the risk of infection associated with tonometers and other ophthalmology devices:

- Review cleaning and disinfection instructions for use of eye instruments to ensure that they are being reprocessed appropriately. Items that touch intact surfaces of the eye must be high-level disinfected. Those that touch non-intact surfaces of the eye or are used for eye surgery must be sterilized.
- Ensure that disinfectants listed as compatible, other than bleach, are U.S. Food and Drug Administration (FDA)-approved high-level disinfectants. Manufacturers often list products as compatible that may be used for pre-cleaning. Some of these products may be commonly available surface disinfectants but are not effective as high-level disinfectants.
- Have available and follow manufacturer instructions for use for both the devices used for ophthalmology examinations and procedures, as well as cleaning and disinfection products.
- Have an individual who is knowledgeable about the different types of disinfectants review the product label and instructions for use. If instructions are unclear, technical services for the manufacturer of the item and any products used in conjunction with reprocessing should be contacted.

For more information, visit

www.jointcommission.org/assets/1/23/Quick_Safety_Disinfection_of_tonometers_FINAL.pdf.
www.cdc.gov/infectioncontrol/guidelines/disinfection/index.html.

Program area spotlight: vaccine-preventable disease

The vaccine-preventable disease (VPD) program in CADE is in place to coordinate VPD surveillance in Iowa. The epidemiologist overseeing the program works closely with IDPH's Bureau of Immunization and TB, the State Hygienic Laboratory (SHL), and CDC to conduct surveillance of mumps, measles, AFM, meningococcal disease, varicella outbreaks and additional vaccine-preventable disease.

The U.S. is experiencing the greatest number of measles cases since 1992. As of June 20, 1,077 cases of measles have been confirmed (including two Iowa cases). During that same time period, IDPH has submitted specimens to SHL on over 50 individuals to rule out measles.

For more information on measles in the U.S., visit www.cdc.gov/measles/cases-outbreaks.html.

In the news: Low trust in vaccination “a global crisis”
www.bbc.com/news/health-48512923

In the news: Polio – The final battle
www.bbc.co.uk/news/extra/AETmcEnXRC/polio_the_final_battle

In the news: Hidden heart disease risks
www.consumerreports.org/heart-disease/hidden-heart-disease-risks/

Infographic: Wash hands when leaving animal exhibits



To view in full size, visit www.cdc.gov/healthypets/resources/exhibits-hand-washing.pdf.

Have a healthy and happy week!
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