

Epi Update for Friday, September 27, 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**
- **West Nile virus remains a risk during early fall**
- **New CMS regulations for antibiotic stewardship programs in hospitals**
- **In the news: The tiny kingdom fighting an epidemic**
- **In the news: Which drink is best for hydration? Hint: It isn't water**
- **In the news: Flu season is coming, and it could be a nasty one. Avoid being the 8% and get a shot now, CDC says**
- **Infographic: State Hygienic Laboratory - Our impact, disease control**

Update on outbreak of severe respiratory illnesses associated with vaping

Cases of severe respiratory illnesses associated with vaping continue to be reported in Iowa and across the U.S. Nationwide there are now 805 reported cases and 12 deaths associated with the outbreak. In Iowa, there have been 23 cases and no deaths. Most cases continue to report vaping THC products; however, an exact cause is still unclear. IDPH continues to work with clinical and public health partners at the local, state and national levels to investigate cases. Youth should especially be discouraged from using vaping or e-cigarette products of any kind, as the long term effects of these products are not yet clear.

Anyone who has been vaping or using e-cigarette products and is having trouble breathing should seek medical care. Healthcare 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 idph.iowa.gov/ehi/lung-disease-vaping.

West Nile virus remains a risk during early fall

There have been three cases of West Nile virus identified in Iowa so far in 2019, with additional cases under investigation. Last year, 104 cases were identified in Iowa. West Nile virus remains a risk until the state's first hard frost.

The following steps can reduce the risk of exposure to mosquitoes:

- Use insect repellent with DEET, Picaridin, oil of lemon eucalyptus or IR3535. Always read the repellent label and consult with a health care provider if you have questions when using these types of products for children. For example, oil of lemon eucalyptus should not be used on children under 3 years of age and DEET should not be used on children less than 2 months of age.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts, pants, shoes and socks outdoors whenever possible.
- Eliminate standing water around the home because that's where mosquitoes lay eggs. Empty water from buckets, cans, pool covers and pet water dishes.
- Change water in bird baths every three to four days.

For more information, visit idph.iowa.gov/cade/disease-information/west-nile-virus.

New CMS regulations for antibiotic stewardship programs in hospitals

This week, the Centers for Medicare and Medicaid Services (CMS) finalized new regulations that will require U.S. hospitals to develop and implement an antibiotic stewardship program (ASP). This includes all acute care and critical access hospitals as part of the new conditions of participation (CoP) rule. To receive CMS payments, these facilities must have infection prevention and control as well as antibiotic stewardship programs that are active, facility-wide, and adhere to nationally recognized guidelines. The change will take effect 6 months from the date the final rule is published in the Federal Register. It is hoped that this new regulation will help to address the spread of healthcare associated and antibiotic-resistant infections.

For more information, visit www.cms.gov/newsroom/fact-sheets/omnibus-burden-reduction-conditions-participation-final-rule-cms-3346-f.

In the news: The tiny kingdom fighting an epidemic

www.bbc.com/future/story/20190925-the-race-to-stamp-out-malaria-along-the-bhutan-india-border

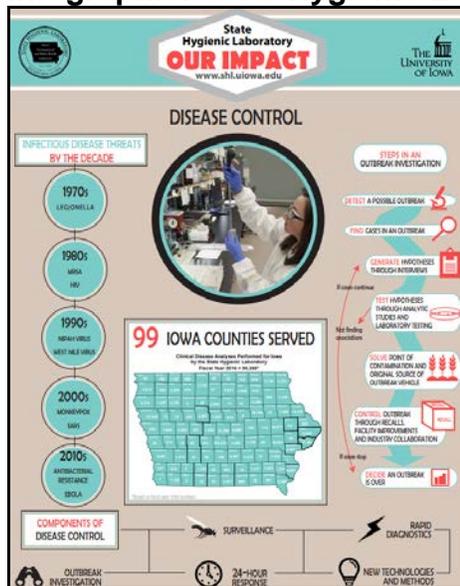
In the news: Which drink is best for hydration? Hint: It isn't water

www.cnn.com/2019/09/25/health/best-drinks-for-hydration-wellness/index.html

In the news: Flu season is coming, and it could be a nasty one. Avoid being the 8% and get a shot now, CDC says.

www.usatoday.com/story/news/nation/2019/09/24/flu-season-coming-and-could-be-nasty-one/2427445001/

Infographic: State Hygienic Laboratory - Our impact, disease control



To view in full size, visit www.shl.uiowa.edu/about/documents/DiseaseControl.pdf.

Have a healthy and happy week!

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