

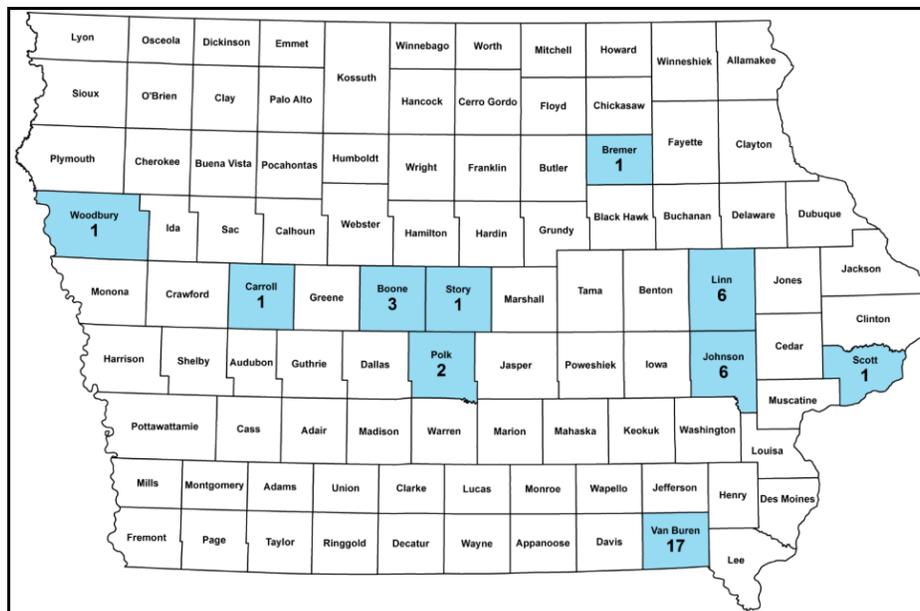
## Epi Update for Friday, November 2, 2018 Center for Acute Disease Epidemiology (CADE) Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- Pertussis cases on the rise in Iowa
- “Get Ahead of Sepsis” resources available
- FDA approves new drug to treat influenza
- In the news: Two years after it started, San Diego declares end to deadly hepatitis A outbreak
- In the news: Early numbers show a drop in opioid-related deaths in the state
- Infographic: Antibiotic resistance patient checklist
- Meeting announcements and training opportunities

### Pertussis cases on the rise in Iowa

A total of 39 pertussis cases have been reported in Iowa over the last two months, with more investigations pending. Many of the cases were unvaccinated.



Patients diagnosed with pertussis should stay home until five full days of appropriate antibiotic treatment or until their cough has lasted 21 days. All household contacts of pertussis cases are recommended to receive antibiotic prophylaxis. Other contacts may require prophylaxis if they meet certain criteria for being high-risk for severe pertussis or if they have close contact with someone who meets these criteria. As part of routine follow-up, local public health agencies work to identify close contacts of pertussis cases.

For full pertussis guidelines, visit

[wiki.idph.iowa.gov/epimanual/Home/CategoryID/100](http://wiki.idph.iowa.gov/epimanual/Home/CategoryID/100).

### **“Get Ahead of Sepsis” resources available**

The CDC has developed an education campaign for healthcare and public health partners to use with patients, caregivers, and families. Each year, more than 1.5 million people get sepsis in the United States and the most frequently identified pathogens include *Staphylococcus aureus*, *Escherichia coli*, and *Streptococcus*.

The CDC advises that it is important to be familiar with your facility’s guidance for managing sepsis, start antibiotics and any other appropriate therapies as soon as possible, and re-assess your patient frequently, especially to change or stop antibiotic therapy as needed and ensure the right type, dose, and duration are being used.

To access the educational materials (including factsheets, signs, and brochures), visit [www.cdc.gov/sepsis/index.html](http://www.cdc.gov/sepsis/index.html)

### **FDA approves new drug to treat influenza**

The FDA approved a new medication, baloxavir marboxil (Xofluza), for the treatment of uncomplicated influenza in patients 12 years and older who have been symptomatic for less than 48 hours. This medication acts by inhibiting cap-dependent endonuclease to inhibit viral replication. It is available in a 40 mg and 80 mg tablet. The reported frequencies of adverse effects include diarrhea (3%), bronchitis (2%), nausea (1%), nasopharyngitis (1%), and headache (1%). Dosing is as follows for patients 12 years (and at least 40 kg) and older:

- 40 kg to < 80 kg: 40 mg by mouth as a single dose
- ≥ 80 kg: 80 mg by mouth as single dose

For more information visit: <https://reference.medscape.com/drug/xofluza-baloxavir-marboxil-1000275#0>

### **In the news: Two years after it started, San Diego declares end to deadly hepatitis A outbreak**

[www.sandiegouniontribune.com/news/health/sd-no-hepa-over20181029-story.html](http://www.sandiegouniontribune.com/news/health/sd-no-hepa-over20181029-story.html)

### **In the news: Early numbers show a drop in opioid-related deaths in the state**

[www.radioiowa.com/2018/10/31/early-numbers-show-a-drop-in-opioid-related-deaths-in-the-state/](http://www.radioiowa.com/2018/10/31/early-numbers-show-a-drop-in-opioid-related-deaths-in-the-state/)

### **Infographic: Antibiotic resistance patient checklist**

## Antibiotic Resistance: Patient Checklist



- Take antibiotics as instructed.
- Listen to your doctor when he/she says antibiotics are not needed.
- Ask your health care provider whether an antibiotic is likely to be effective for your condition.
- Ask what else you can do to relieve your symptoms.

#OPRW18

To view in full size, visit [www.shea-online.org/images/OPRW/Graphic4.png](http://www.shea-online.org/images/OPRW/Graphic4.png).

### **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