

Epi Update for Friday, June 17, 2016
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Resistance causing *mcr-1* gene discovered in U.S.
- Prevent drownings this summer
- Prevent bug bites infographic
- Meeting announcements and training opportunities

Resistance causing *mcr-1* gene discovered in US.

CDC has announced the discovery of the first *mcr-1* gene found in bacteria in a human in the United States. *E. coli* carrying the *mcr-1* gene was isolated from a urine sample from a woman in Pennsylvania with no recent travel outside of the United States. The *mcr-1* gene makes bacteria resistant to the antibiotic colistin, which is used as a last resort drug for patients with infections related to multi-drug resistant organisms. Fortunately, the *E. coli* bacteria infecting the Pennsylvanian was not resistant to all other antibiotics.

Scientists in China first reported that the *mcr-1* gene in bacteria confers colistin resistance in November of last year. Since that time, scientists have been searching for other bacteria containing the *mcr-1* gene and the bacteria have been discovered in Europe and Canada. CDC and other government agencies will continue efforts to track, slow and respond to the emergence of antibiotic resistance. For more information, visit www.cdc.gov/media/releases/2016/s0531-mcr-1.html.

Prevent drownings this summer

Unintentional drowning is a leading cause of injury death for young children ages 1-14. Please talk to your patients about the following safe-swimming recommendations.

Tips to help stay safe in the water:

- Supervise when in or around water. Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water.
 - Supervisors of preschool children should provide "touch supervision" - be close enough to reach the child at all times.
 - Because drowning occurs quickly and quietly, adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children, even if lifeguards are present.
- Use the Buddy System. Always swim with a buddy.
- Select swimming sites that have lifeguards when possible.
- Learn to swim. Formal swimming lessons can protect young children from drowning.
- Learn Cardiopulmonary Resuscitation (CPR). In the time it takes for paramedics to arrive, bystander's CPR skills could save someone's life.

- Air-filled or foam toys are not safety devices. Don't use air-filled or foam toys such as "water wings", "noodles", or inner-tubes instead of life jackets. These toys are not life jackets and are not designed to keep swimmers safe.
- Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.
- Know the local weather conditions and forecast before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous.

For more information, visit www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html.

Prevent bug bites infographic

This week's infographic is on ways to prevent bug bites. For more information, visit wwwnc.cdc.gov/travel/page/infographics-prevent-bug-bites.



Meeting announcements and training opportunities

The Midwestern Public Health Training Center's: *Confronting Diabetes: Prevention and Management*; Webinar Series - Episode 1: *How to Avoid Lost Opportunity*. On Tuesday, June 21 from 11 a.m. to 12 p.m. To register, go to: uiowa.us10.list-manage.com/track/click?u=a05042fc47323f5ce51346497&id=526dc32fcc&e=61650e9edc

Have a healthy and happy week!

Center for Acute Disease Epidemiology
Iowa Department of Public Health
800-362-2736