

EPI Update for Friday, October 7, 2011
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **First Iowa illness related to *Listeria* outbreak**
- **Influenza: come out, come out wherever you are**
- **Alcohol-impaired driving among adults; Iowa's rate is very high**
- **Meeting announcements and training opportunities**

First Iowa illness related to *Listeria* outbreak

Recently, a woman in northwest Iowa became ill with the strain of *Listeria* associated with the national cantaloupe outbreak. The woman has recovered from the infection; unfortunately, she suffered a miscarriage. No other illnesses associated with this outbreak have been reported to date in Iowa. The woman had eaten cantaloupe purchased at an Iowa store. An investigation into the source of this melon is ongoing. For information on listeriosis during pregnancy see

www.cdc.gov/ncbddd/pregnancy_gateway/infections-Listeria.html.

More illness may be reported because it can take up to two months for a person to develop listeriosis after eating contaminated food. Symptoms include fever, muscle aches, nausea and diarrhea. Healthy adults and children rarely become seriously ill with *Listeria*, but pregnant women are about 20 times more likely to get listeriosis. Older adults, newborns and adults with weakened immune systems are also in high-risk groups.

Iowa is now 21st state to report an illness associated with this outbreak. For more information visit www.fda.gov/Food/FoodSafety/CORENetwork/ucm272372.htm or www.cdc.gov/listeria/outbreaks/index.html

Clinical diagnosis of listeriosis requires isolation of *Listeria monocytogenes* from a normally sterile body site such as blood or CSF. If a patient is experiencing gastroenteritis, a stool culture for *Listeria* is NOT indicated. Culturing of stool for *Listeria* lacks sensitivity, requires special media, and is rarely indicated. Once the organism is isolated from blood or CSF, the isolate should be sent to SHL for pulsed field gel electrophoresis, which is performed to determine if it is genetically related to the outbreak strain.

National recommendations for the medical management of persons at elevated risk for invasive listeriosis who are exposed to *Listeria monocytogenes* can be found at www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=A1180D82-4F8E-473B-9500-FAA8C718B903.

Influenza: come out, come out wherever you are

This flu season's surveillance begins this week. No laboratory confirmed influenza cases have been identified in Iowa, but several neighboring states have confirmed their first influenza cases of the season; all three strains have been confirmed influenza A (H3N2), influenza A (H1N1), and influenza B. All are covered by this year's vaccine.

All persons 6 months of age and older should receive a flu vaccination. Supplies of vaccine should be more than sufficient to meet demand.

During this flu season, the Iowa Influenza Surveillance Network (IISN) activities include:

- Reporting of outpatient influenza-like illness (ILI) from sentinel sites,
- Reporting of Influenza-associated hospitalizations from sentinel hospitals,
- Laboratory testing of specified outpatients,
- Investigation of influenza-related pediatric deaths (<18 yrs),
- Investigation of severe illness/deaths in pregnant or postpartum women,
- Reporting from sentinel site schools,
- Reporting from schools with $\geq 10\%$ student absence due to illness,
- Reporting of influenza outbreaks in long-term care facilities.

If you are a participating surveillance site, please begin tracking and reporting the data this week and weekly thereafter; if you would like to become a sentinel surveillance site, please contact the influenza coordinator at yumei.sun@idph.iowa.gov or at 515-281-7134.

Last year's influenza season summary report is available at www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=5AB550EC-0350-4A78-BA7C-20755A8101CF.

Alcohol-impaired driving among adults; Iowa's rate is very high

Alcohol-impaired driving crashes account for nearly 11,000 crash fatalities, or about one-third of all crash fatalities in the United States. CDC analyzed data from the 2010 Behavioral Risk Factor Surveillance System survey to calculate the prevalence, episodes, and rates of alcohol-impaired driving (defined as driving "when you've had perhaps too much to drink" in the past 30 days) among U.S. adults aged ≥ 18 years who responded to the survey by landline telephone. For more information visit, www.cdc.gov/mmwr/preview/mmwrhtml/mm6039a4.htm?s_cid=mm6039a4_w.

Meeting announcements and training opportunities

Please join us for the 2011 Fall Colloquium—*The Effect of Health Care Reform on Public Health Programs* on Thursday, November 17, 2011, at 2:00 p.m, at the Kinnick Press Box—McCord Club, The University of Iowa, Iowa City. For more information visit, www.public-health.uiowa.edu/umphct/documents/fallcolloquium_2011.pdf.

Iowa Nurses Foundation/Association & IANS 107th Annual Convention: *Leading Nursing to All it Can Be* on October 16-18, 2011, at the Coralville Marriott Hotel & Conference

Center, Coralville, Iowa. For more information, visit
www.iowanurses.org/Default.aspx?tabid=3202.

Have a healthy and happy and wonderful fall week!

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