



Epi Update for Friday, June 18, 2021

**Office of the Public Health Medical Director
Center for Acute Disease Epidemiology (CADE)
Bureau of HIV, STD, and Hepatitis**

Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Increase in inter-seasonal respiratory illness**
- **Interim guidance for evaluating and caring for patients with Post-COVID conditions**
- **Temporary Suspension of Dogs Entering the United States from Countries Classified as High Risk for Dog Rabies**
- **In the news: Gardeners, take heed: it's a 'tick-y year'**
- **In the news: As coronavirus recedes, colds and common viruses are back – especially among children**
- **Infographic: Protect your child from RSV**
- **Meeting announcements and training opportunities**

Increase in inter-seasonal respiratory illness

CDC recently issued a health advisory due to increased inter-seasonal respiratory syncytial virus (RSV) in the southern United States. The positive percent of RSV tests reported by laboratories in Iowa is much lower (less than five percent of tests) than in the South, but has increased over the last three weeks. The positive percentage of tests for Rhinovirus/Enterovirus and parainfluenza 3 virus reported for the week ending June 12, 2021 are 27 percent and 23 percent respectively. Due to the increasing respiratory virus activity, IDPH encourages clinicians to consider broader testing as appropriate for these and other respiratory viruses among patients presenting with acute respiratory illness who test negative for COVID-19.

RSV is primarily spread via respiratory droplets when a person coughs or sneezes, and through direct contact with a contaminated surface. RSV is the most common cause of bronchiolitis and pneumonia in children under one year of age in the United States. Infants, young children, and older adults with chronic medical conditions are at risk of severe disease from RSV infection including hospitalization and death.

In the United States, RSV infections occur primarily during the fall and winter cold and flu season. In Iowa, RSV positivity has remained low during this flu season until April, when it started to gradually increase. Since the elevated inter-seasonal activity is a recent deviation from the typical circulation patterns for RSV, it is not possible to anticipate the likely spread, peak, or duration of activity with any certainty.

Due to reduced circulation of RSV during the winter months of 2020–2021, older infants and toddlers might now be at increased risk of severe RSV-associated illness since they have likely not had typical levels of exposure to RSV during the past 15 months. In infants younger than six months, RSV infection may result in symptoms of irritability, poor feeding, lethargy, and/or apnea with or without fever. In older infants and young children, rhinorrhea and decreased appetite may appear one to three days before cough, often followed by sneezing, fever, and sometimes wheezing. Symptoms in adults are typically consistent with upper respiratory tract infections, including rhinorrhea, pharyngitis, cough, headache, fatigue, and fever. There is no specific treatment for RSV infection other than symptom management.

For more information on respiratory viruses or national respiratory virus surveillance visit <https://www.cdc.gov/surveillance/nrevss/index.html>.

For more information on the CDC health advisory visit <https://emergency.cdc.gov/han/2021/pdf/CDC-HAN-443-Increased-Interseasonal-RSV-Activity-06.10.21.pdf>.

Interim guidance for evaluating and caring for patients with Post-COVID conditions

CDC has released interim guidance for evaluating and caring for patients with Post-COVID conditions. The term “Post-COVID Conditions” is an umbrella term for the wide range of physical and mental health consequences experienced by some patients that are present four or more weeks after SARS-CoV-2 infection, including by patients who had initial mild or asymptomatic acute infection.

Based on current information, many post-COVID conditions can be managed by primary care providers, with the incorporation of patient-centered approaches to optimize the quality of life and function in affected patients. Healthcare professionals and patients are encouraged to set achievable goals through shared decision-making and to approach treatment by focusing on specific symptoms or conditions. A comprehensive management plan focusing on improving physical, mental, and social wellbeing may be helpful for some patients.

Understanding of post-COVID conditions remains incomplete and guidance for healthcare professionals will likely change over time as the evidence evolves.

To view the interim guidance visit <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-index.html>.

Temporary Suspension of Dogs Entering the United States from Countries Classified as High Risk for Dog Rabies

Effective July 14, 2021, the CDC will be temporarily suspending the importation of dogs from counties classified as high risk for dog rabies and dogs from countries that are not at high risk if the dogs have been in high-risk countries during the previous six months.

In 2020, CDC identified a significant increase compared with the previous two years in the number of imported dogs that were denied entry into the United States from high-risk countries. Due to reduced flight schedules, dogs denied entry are facing longer wait times to be returned to their country of departure, leading to illness and even death in some cases.

CDC estimates six percent of all dogs imported into the United States arrive from countries at high risk for dog rabies. Inadequately vaccinated dogs are not protected against rabies and are a public health threat. Rabies is fatal in both humans and animals, and the importation of even one rabid dog could result in transmission to humans, pets, and wildlife. Dog rabies has been eliminated from the United States since 2007. This suspension will protect the health and safety of imported dogs by preventing importations of dogs inadequately vaccinated against rabies and will protect the public's health against the reintroduction of dog rabies.

For more information visit <https://www.cdc.gov/importation/bringing-an-animal-into-the-united-states/high-risk-dog-ban-frn.html>.

In the news: Gardeners, take heed: it's a 'tick-y year'

<https://www.nytimes.com/2021/06/16/realestate/ticks-gardening-2021.html>.

In the news: As coronavirus recedes, colds and common viruses are back – especially among children <https://www.washingtonpost.com/health/2021/06/16/increase-colds-rsv-kids/>.

Infographic: Protect your child from RSV



To view in full size visit <https://www.cdc.gov/rsv/references.html#infographic>.

Meeting announcements and training opportunities

Registration is now open for the webinar, *School & Child Care Funding for Lead Testing and Remediation in Drinking Water*, hosted by the U.S. Environmental Protection Agency (EPA) and U.S. Department of Agriculture (USDA) on Funding to Assist Schools and Child Care Facilities with Lead Testing and Remediation in Drinking Water on July 14, 2021. Registration for this webinar can be found at https://www.zoomgov.com/meeting/register/vJIsde-vrT4vE5_U6c0BoF-h7DyLeGttJ80.

Have a healthy and happy week!

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