



# Epi Update for Friday, May 13, 2022

**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:**

- **Project Firstline infection control survey**
- **Infant formula shortage update**
- **Updated rabies Pre-exposure (PrEP) vaccine, titer check recommendations**
- **May is Lyme Disease Awareness Month**

## **Project Firstline infection control survey**

CDC's Project Firstline is aimed at providing effective infection control training for millions of frontline health care workers across the U.S. IDPH is working with CDC to deliver targeted training and educational materials on infection prevention and control to Iowa. We've created a short survey aimed at frontline health care workers to get their opinions on what infection prevention and control topics they would be interested in learning more about.

If you are a frontline health care worker, please take our 2 minute survey to let us know what training and materials you would like to see from us by clicking the link below! The link can also be shared with anyone at your facility.

To take the survey, visit: <https://redcap.link/iowaprojectfirstlinesurvey>

## **Infant formula shortage update**

In Iowa and nationwide, infant formula is in short supply. The Iowa Departments of Public Health and Human Services are working to provide information and resources to Iowans who are impacted by the shortage. Iowans are encouraged to purchase what they need for the short term. This will ensure that all Iowans are able to access what they need, given the limited supply we are seeing nationwide.

Yesterday, FDA published a press release highlighting actions it is taking to address formula supply shortages including working with major infant formula manufacturers to increase supply and helping to ensure that Abbott's Sturgis facility can safely resume production.

Because of the shortage, WIC enrolled families may need to visit a different location than they are used to or use alternate brands. The WIC program has made many brands and container sizes available for WIC families.

lowans are urged not to use homemade infant formula or other alternatives as they do not contain the vitamins and minerals that a growing infant requires.

WIC enrolled families who need assistance finding formula should contact their local WIC clinic or call 1-800-532-1579. Any lowan seeking breastfeeding support can contact the WIC clinic in their community or contact their infant's health care provider.

To view the FDA press release, visit [www.fda.gov/news-events/press-announcements/fda-takes-important-steps-improve-supply-infant-and-specialty-formula-products](http://www.fda.gov/news-events/press-announcements/fda-takes-important-steps-improve-supply-infant-and-specialty-formula-products).

For more information about the risks for homemade formula, visit [www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Is-Homemade-Baby-Formula-Safe.aspx](http://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Is-Homemade-Baby-Formula-Safe.aspx).

For a full list of local WIC clinics, visit [www.signupwic.com/](http://www.signupwic.com/).

### **Updated rabies Pre-exposure (PrEP) vaccine, titer check recommendations**

CDC has released an MMWR highlighting changes to the rabies pre-exposure (PrEP) vaccine series and recommendations for titer checks by risk group. The changes result from discussions held by the ACIP Rabies Work Group.

Recommendations for rabies PrEP depend on the level of a person's risk for being exposed. The new guidelines define 5 risk groups, ranging from low risk for rabies exposure (i.e. the general public) to those at elevated risk for both recognized and unrecognized exposures. The need for PrEP and the frequency of periodic titer checks and booster doses vary based on risk level. Examples include veterinarians, animal control staff, laboratorians who work with rabies specimens, and select international travelers.

The new guidelines also increase the minimum acceptable rabies antibody titer from a range of 0.1 - 0.3 IU/mL to a higher value: 0.5 IU/mL. This titer is assumed to result in complete neutralization of rabies virus.

In addition, the rabies PrEP series has been shortened to a two dose series (days 0 and 7), replacing the three dose series (days 0, 7, and 21 or 28) previously recommended. Titer checks should still be performed following the series if administered to immunocompromised individuals. This change was made after reviewing studies demonstrating that a two dose PrEP series provided immunogenicity comparable to that of the 3-dose series.

*It is important to note that individuals who have received the rabies PrEP series still need to seek medical care to receive rabies post-exposure prophylaxis (PEP) following a recognized potential exposure.*

To view the full MMWR, including full detail of all changes and risk levels, visit [www.cdc.gov/mmwr/volumes/71/wr/mm7118a2.htm](http://www.cdc.gov/mmwr/volumes/71/wr/mm7118a2.htm).

SHL has also updated their rabies specimen submission guidance. For full details, visit [www.shl.uiowa.edu/kitsquotesforms/rabiescollectioninstructions.pdf](http://www.shl.uiowa.edu/kitsquotesforms/rabiescollectioninstructions.pdf).

## **May is Lyme Disease Awareness Month**

Lyme disease is the most common vector-borne disease in the U.S. In 2021, 356 cases were identified in Iowa. Lyme disease is caused by bacteria transmitted to humans through the bite of infected blacklegged ticks (also known as deer ticks). Ticks are most likely to spread the bacteria during their pre-adult stage (nymph). They are most common between May and July and found in tall grasses and brush of wooded areas.

To protect yourself:

- Use Environmental Protection Agency (EPA)- registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

For more information on Lyme disease and case data in Iowa, visit <https://tracking.idph.iowa.gov/Health/Lyme-Disease>.

**Have a healthy and happy week!**

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