



# Epi Update for Friday, May 6, 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:**

- **Iowa COVID-19 update**
- **Travel, potential health risks, and guidance to stay safe**
- **In the news: CDC investigating more than 100 cases of unexplained hepatitis in children, including 5 deaths**
- **Infographic: Protect your health – Illness could be just a plane ride away**

## **Iowa COVID-19 update**

Although down significantly from pandemic peaks, SHL has seen a recent increase in specimens submitted for COVID-19 testing. In addition, positive tests reported to IDPH have steadily increased since late March. A total of 2,707 cases were reported in a seven day period ending on May 3, an average of 386 cases per day. Nearly 100% of specimens sequenced in Iowa during April were Omicron variant, consistent with most of the U.S.

IDPH, SHL, and local public health partners continue to respond to COVID-19 clusters and outbreaks as needed, providing testing resources and guidance for mitigation. CDC community levels, which take into account positive tests and hospital resource use, remain low for most of Iowa. As of May 6, two Iowa counties had a medium COVID-19 community level, and no counties were listed as high.

Getting vaccinated remains the best way to prevent COVID-19, and IDPH and CDC recommend everyone who is eligible stay up to date on their COVID-19 vaccines. For full COVID-19 vaccine information, visit [www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html).

The best practice for individuals who test positive is for them to stay home until they are no longer infectious. Those exposed to someone who tested positive should consider getting tested and watch for symptoms. Exposed individuals who are not up to date on COVID-19 vaccine may be recommended to stay home for at least 5 days following exposure. For full guidance, use CDC's Isolation and Quarantine Calculator at [www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#).

## Travel, potential health risks, and guidance to stay safe

As post-pandemic travel increases, patients should be reminded of the potential health risks associated with travel, which can vary widely by destination. Health risks are constantly emerging and changing in various countries around the world, and steps can be taken to reduce some of these risks prior to departure.

CDC maintains extensive domestic and international travel guidance, including specific guidelines based on country of destination. Key points of concern to review include any ongoing disease outbreaks or travel warnings at the destination, vaccines that are recommended prior to travel, and prophylactic medication to consider packing for the trip. Other guidelines include how to seek medical care at the destination, personal security, and what symptoms to look out for after returning to the U.S.

For full travel guidelines, visit [www.cdc.gov/travel](http://www.cdc.gov/travel).

## In the news: CDC investigating more than 100 cases of unexplained hepatitis in children, including 5 deaths

[www.cnn.com/2022/05/06/health/hepatitis-kids-cdc-update/index.html](http://www.cnn.com/2022/05/06/health/hepatitis-kids-cdc-update/index.html)

## Infographic: Protect your health – Illness could be just a plane ride away



To view in full size, visit [www.cdc.gov/cpr/infographics/pfe-travel.htm](http://www.cdc.gov/cpr/infographics/pfe-travel.htm).

**Have a healthy and happy week!**

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