



Epi Update for Friday, May 20, 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:

- **Monkeypox case identified in U.S., clusters identified in non-endemic countries**
- **Healthy and Safe Swimming Week, toolkit**
- ***Cryptosporidium* risks with animal exposure**
- **CDC's BEAM Dashboard provides in-depth foodborne pathogen data**
- **Infographic: Make a healthy splash**

Monkeypox case identified in U.S., clusters identified in non-endemic countries

CDC has announced a confirmed case of monkeypox has been identified in Massachusetts. Laboratory testing confirmed the patient was infected with a West African strain of monkeypox virus. The patient is in isolation.

Cases of monkeypox have previously been identified in the U.S. in travelers from, or residents of, West African or Central African countries where monkeypox is considered to be endemic. Since May, clusters of monkeypox cases have been reported in several countries that don't normally have monkeypox, including in Europe and North America. Although previous cases outside Africa have been associated with travel from Nigeria, most recent cases do not have direct travel-associated exposure risks. It is not clear how people in the clusters were exposed to monkeypox, but cases include people who self-identify as men who have sex with men.

Clinicians are asked to be vigilant to the characteristic rash associated with monkeypox. Suspicion for monkeypox should be heightened if the rash occurs in people who 1) traveled to countries with recently confirmed cases of monkeypox, 2) report having had contact with a person or people who have a similar appearing rash or received a diagnosis of confirmed or suspected monkeypox, or 3) is a man who regularly has close or intimate in-person contact with other men. Lesions may be disseminated or located on the genital or perianal area alone. Some patients may present with proctitis, and their illness could be confused with a sexually transmitted infection (STI) like syphilis or herpes, or with varicella zoster virus infection.

Please report suspected monkeypox cases to IDPH immediately by calling 515-242-5935 during business hours or 515-323-4360 outside of business hours.

For more information about the monkeypox case in the U.S, visit www.cdc.gov/poxvirus/monkeypox/outbreak/current.html.

Healthy and Safe Swimming Week, toolkit

May 23 - 29 marks CDC's 18th annual Healthy and Safe Swimming Week. This year's theme is *Make a Healthy Splash: Stay Healthy and Safe in Splash Pads*.

CDC has released a toolkit including resources to raise awareness about steps everyone can take to protect themselves and those they care about from injury and illness when swimming. Materials are included for audiences ranging from aquatic venue operators to health care providers and more.

For more information, visit

www.cdc.gov/healthywater/swimming/safe-swimming-week/toolkit.html.

***Cryptosporidium* risks with animal exposure**

IDPH and local public health partners have investigated nearly 150 cases of cryptosporidiosis so far in 2022. This is not a significant increase in cases vs. recent years, but a large proportion of recent cases reported some form of animal contact. Cases have been identified among livestock producers, veterinary staff, and others with animal or manure contact. Many have specially reported contact with ill cows or calves.

Cryptosporidium is a parasite that causes diarrheal illness that generally lasts one to two weeks, but symptoms can come and go for up to 30 days. People with weakened immune systems may develop serious, chronic, and sometimes fatal illness.

Infected people or animals shed *Cryptosporidium* in the stool. In addition to animal contact, the parasite can spread from person to person within households, child care centers, long-term care facilities, and more. Another common source of exposure includes swallowing contaminated water from rivers/lakes/streams or from recreational water (pools, waterparks).

For more information about how to prevent cryptosporidiosis, visit

www.cdc.gov/parasites/crypto/infection-sources.html.

CDC's BEAM Dashboard provides in-depth foodborne pathogen data

CDC's BEAM (Bacteria, Enterics, Amoeba, and Mycotics) Dashboard is an interactive tool to access and visualize data on pathogen trends and serotype details to inform work to prevent illnesses from food and animal contact. Currently, the dashboard focuses on data for *Salmonella* bacteria, but it will eventually include additional pathogens, antimicrobial resistance data, and epidemiologic data from outbreak investigations.

To view the dashboard, visit www.cdc.gov/ncezid/dfwed/beam-dashboard.html.

Infographic: Make a healthy splash

MAKE A HEALTHY SPLASH!

Swallowing water at splash pads (also known as water playgrounds and spray pads/parks) can make you sick.

Germ icons: **G**erms can get into the water from poop or when they rinse off a person's body or splash pad surfaces. **S**wallowing water containing germs can make you sick with diarrhea.

KNOW BEFORE YOU GO:

- Sprayed water typically gets drained, filtered, and disinfected before being sprayed again.
- Chlorine kills most germs within a few minutes, **not** instantly.
- Swim diapers don't stop germs, poop, or pee from getting in the water.

Keep germs, poop, and pee OUT of the water.

DO:

- Stay out of the water if you are sick with diarrhea.
- Shower before getting in the water.
- Take kids on bathroom breaks or check diapers every hour.

DON'T:

- Swallow the water.
- Poop or pee in the water.
- Sit or stand on the jets. Sitting or standing on jets can rinse poop off your butt.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

cdc.gov/healthywater/swimming

To view in full size, visit

www.cdc.gov/healthywater/swimming/images/infographic-medium.jpg?_af=74434.

Have a healthy and happy week!

Center for Acute Disease Epidemiology
800-362-2736

Bureau of HIV, STD, and Hepatitis
515-281-6801