

**EPI Update for Friday, October 26, 2012**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- ***Shigella* illness is on the rise**
- **Good night, sleep tight; don't let the BED BUGS bite**
- **Halloween safety tips from the American Academy of Pediatrics**
- **Meeting announcements and training opportunities**

***Shigella* illness is on the rise**

Thus far in 2012, IDPH has seen a 52 percent increase over the three-year average in the number of reported *Shigella* cases (58 versus average of 38 cases). Cases have been reported in all areas of Iowa, with the most occurring in Central and Western Iowa. The majority (75 percent) of reports have been in child care and school-aged children (0 to 18 years of age) with the most of the remainder of cases in the 19 to 49 years of age range (most likely caregivers of children).

*Shigella* is easily spread from person-to-person. Clusters of illness have been seen in a homeless shelter and an elementary school, and the illness commonly spreads among the members of a case's household. To help prevent the spread of *Shigella*, good hand washing is crucial and those who are ill should stay home if they have diarrhea. For more information on *Shigella*, visit [www.idph.state.ia.us/CADE/DiseaseIndex.aspx?disease=Shigella](http://www.idph.state.ia.us/CADE/DiseaseIndex.aspx?disease=Shigella).

**Good night, sleep tight; don't let the BED BUGS bite**

A bed bug is a small insect without wings. Adult bed bugs look similar to a tick and have flat copper-colored bodies that are about one-quarter inch in length. Young bed bugs (nymphs) are nearly colorless and very small. **Bed bugs do not transmit disease.** However, as with other insect bites, irritation from bed bug bites can cause large itchy welts on the skin. A person's reaction to insect bites is an immune response and can vary widely from person to person.

To prevent bed bug infestations:

- Do not bring furniture found on the street into your home.
- Carefully inspect the seams of all used or rented furniture.
- Inspect beds and furniture when traveling, and keep suitcases off of the floor.
- When traveling, inspect your belongings before coming home.
- If you suspect bed bugs, immediately place appropriate belongings in a dryer and run on a high heat setting for at least 20 minutes.

Bed bug eradication from a home may need pesticides which are best applied by trained and licensed pest control professionals. For more information on bed bugs, visit

[www.cdc.gov/parasites/bedbugs/](http://www.cdc.gov/parasites/bedbugs/) or  
[www.idph.state.ia.us/eh/common/pdf/board\\_of\\_health\\_assistance/factsheet\\_bed\\_bugs.pdf](http://www.idph.state.ia.us/eh/common/pdf/board_of_health_assistance/factsheet_bed_bugs.pdf).

### **Halloween safety tips from the American Academy of Pediatrics**

A little bit of mom's makeup, a mask, or a costume put together with stuff available at home used to be enough for a Halloween costume. Today, costumes have become more sophisticated and may include decorative contact lenses (which can cause eye damage) or masks that may hinder vision needed to safely walk around trick-or-treating. For helpful Halloween safety tips from the American Academy of Pediatrics, visit [www.healthychildren.org/English/news/Pages/Halloween-Safety-Tips.aspx](http://www.healthychildren.org/English/news/Pages/Halloween-Safety-Tips.aspx).

### **Meeting announcements and training opportunities**

CADE Fall EPI Update XVI Wednesday, October 31, 2012, 10:00 to 12:00 CDT.

Register for this webinar at [www1.gotomeeting.com/register/538508425](http://www1.gotomeeting.com/register/538508425). Target audience includes local public health and infection control prevention partners.

2012 Fall Colloquium—Communicating the Value of Public Health Thursday, November 8, 2012, at the Callaghan Auditorium (N110), College of Public Health Building, University of Iowa, Iowa City, IA. There is no charge to attend. Register at [training-source.org/events/event-registration/?ee=1](http://training-source.org/events/event-registration/?ee=1) by Monday, November 5, 2012.

### **Have a healthy, happy and much cooler week!**

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