

EPI Update for Friday, June 27, 2014
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza Summer Season Surveillance needs you!**
- **Are your patients traveling internationally this summer?**
- **Free Nicotine Replacement Therapy**
- **Meeting announcements and training opportunities**

Influenza Summer Season Surveillance needs you!

When the prevalence of influenza is low, it is critical to continue influenza surveillance to:

- determine if the circulating strains match the next season's vaccine.
- identify genetic changes in the virus that may impact virulence or resistance to antiviral medications.
- provide healthcare providers with situational awareness of influenza activity levels in Iowa.

Please submit specimens to the State Hygienic Laboratory (SHL) for testing in the following situations:

- When rapid influenza test results are positive (confirmation of rapid positive influenza tests is especially important during this time of low prevalence).
- When influenza is suspected clinically, regardless of the rapid test result.

Preferred specimen types are a nasopharyngeal swab or a combined nasal plus throat swab (two swabs in one viral transport medium tube) in viral transport medium. Testing kits are available from SHL.

For more testing information, visit www.shl.uiowa.edu/dcd/influenza/index.xml or call 319-335-4500.

For information on influenza surveillance in Iowa, visit www.idph.state.ia.us/IdphArchive/Archive.aspx?channel=FluReports.

For information on vaccination, treatment, and prevention, visit www.idph.state.ia.us/Cade/Influenza.aspx.

Are your patients traveling internationally this summer?

If your patients are planning international travel this summer, CDC has some great resources to identify the health risks associated with their exotic destination.

For location-specific health information and recommendations, visit wwwnc.cdc.gov/travel/destinations/list.

For a health guidance checklist for international travel, visit www.idph.state.ia.us/IDPHChannelsService/file.ashx?file=C73E8D9E-CE7C-48A0-A33E-7C3E35F7E1C1.

Free Nicotine Replacement Therapy

The free nicotine replacement therapy program launched last year for lowans who enroll in Quitline Iowa is being extended. Any participant who enrolls in the no-cost program is eligible for eight weeks of nicotine replacement therapy (NRT).

Iowans can take advantage of the program by calling 1-800-QUIT-NOW (1-800-784-8669), or visiting www.quitlineiowa.org to enroll. The program offers access to a trained Quit Coach® who will help develop a quitting plan and determine which NRT offering is best for each individual.

In Iowa, 18.1 percent of adults smoke. Tobacco is the leading cause of death for lowans, taking the lives of more than 4,400 adults each year. The estimated annual Iowa health care costs directly associated with tobacco use now total \$1 billion.

For additional information, visit www.quitlineiowa.org.

Meeting announcements and training opportunities

None

There will be no Epi Update published next week because of the July 4th holiday.

Have a healthy and happy week!

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