



MORBIDITY AND MORTALITY WEEKLY REPORT

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Heat-Related Illnesses and Deaths — United States, 1994–1995

Although heat-related illness and death are readily preventable, exposure to extreme temperatures causes at least 240 deaths* during years with no heat wave. A heat wave is defined by the National Weather Service as ≥3 consecutive days of temperatures ≥90.0 F (≥32.2 C). In 1980, 1983, and 1988 (recent years with prolonged heat waves), 1700, 556, and 454 deaths, respectively, were attributed to heat. This report describes four instances of heat-related illness and death that occurred in the United States during 1994 and 1995 and summarizes risk factors for heat-related illness and death.

Case 1. On June 13, 1994, in Houston, Texas, a 29-year-old mentally impaired women was found lying on the floor of her garage. She was unresponsive when admitted to a local hospital and had a rectal temperature of 107.9 F (41.9 C). She died within 2 days of arrival at the hospital. The outdoor temperature and humidity had reached 92.0 F (33.3 C) and 91%, respectively. Her underlying cause of death was listed as hyperthermia[†].

Case 2. On June 18, 1994, in St. Louis, Missouri, a 68-year-old woman who weighed approximately 350 pounds complained of "feeling ill" at 11 p.m. Her spouse phoned paramedics, who found her unresponsive; cardiac rhythm was undetectable after she was placed in the ambulance. At 11:38 p.m., she was pronounced dead on arrival at the emergency department with a rectal temperature of 108.9 F (42.7 C). Her home air conditioning system was operational but had not been used. The outdoor temperature and humidity that day had reached 95.0 F (35.6 C) and 45%, respectively. Her cause of death was listed as hyperthermia, with morbid obesity listed as an "other condition."

Case 3. On July 1, 1994, in Tucson, Arizona, a 44-year-old woman, her 53-year-old brother (both mentally retarded), and their 72-year-old mother were found dead in

^{*}During 1979–1992, a total of 5379 deaths in the United States were attributed to excessive heat, classified according to the *International Classification of Diseases, Ninth Revision* (ICD-9), as E900.0, "due to weather conditions"; E900.1, "of man-made origin"; or E900.9, "of unspecified origin." These data were obtained from CDC's Compressed Mortality File (CMF), which contains information from death certificates filed in the 50 states and the District of Columbia that have been prepared in accordance with external cause codes. CDC's Wide-ranging ONline Data for Epidemiologic Research computerized information system was used to access CMF data.

[†]Hyperthermia is the diagnostic term used for deaths resulting from core body temperature ≥105 F (≥40.6 C).

Heat-Related Deaths — Continued

their home by neighbors after they had not been seen for several days. The coroner's report indicated that the mother died first, and the children had remained in the house until they also died. There was no air conditioner in the house, and all windows were closed. The outdoor temperature and humidity had reached 106.0 F (41.1 C) and 36%, respectively. The cause of death for all three was listed as hyperthermia due to heat exposure.

Case 4. On June 26, 1995, in College Park, Georgia, a grocery store customer found a 6-year-old boy, a 4-year-old girl, and a 2-year-old boy in a locked car with the windows closed in the store parking lot. After unsuccessfully attempting to attract the children's attention, the customer called 911. Police and paramedics were able to get the 6-year-old to unlock the car door. Paramedics reported the children were unresponsive, disoriented, flushed, and profusely sweating and had delayed reflexes. The children were placed in the shade under a tree and given juice and water for rehydration; they regained alertness and began talking within 30 minutes. The children had been in the car for approximately 10–20 minutes. The outdoor temperature and humidity were 84.0 F (28.9 C) and 60%, respectively, and the estimated temperature inside the car was ≥110.0 F (≥43.3 C). Paramedics reported that the children had classic signs of the onset of heatstroke that would have been life-threatening within 5–10 minutes.

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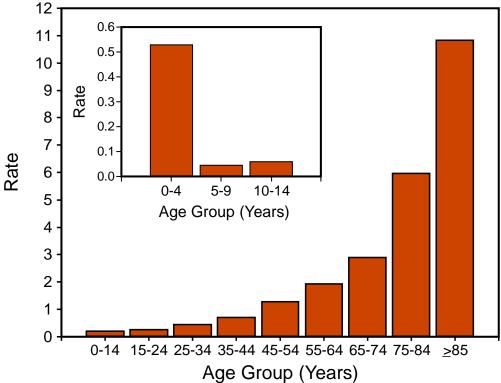
Editorial Note: Each year 148–1700 persons die in the United States because of excessive exposure to high temperatures. The highest age-adjusted death rates for heat-related illness have occurred in Alabama, Arkansas, Arizona, Georgia, Kansas, Mississippi, Missouri, Oklahoma, and South Carolina (from one to six per 1 million persons per year during 1979–1992). However, deaths listed with an underlying cause of hyper-thermia represent only a portion of heat-related excess mortality because increased mortality from cardiovascular, cerebrovascular, and respiratory causes also occurs during heat waves (*1–4*).

Heatstroke, the most serious heat-related illness, is a medical emergency characterized by a body temperature ≥105.0 F (≥40.6 C) and may include symptoms such as disorientation, delirium, and coma. Onset of heatstroke can be rapid with progression to life-threatening illness within minutes. Heat exhaustion is a milder form of heat-related illness that can develop following exposure for several days to high ambient temperatures and inadequate or unbalanced replacement of fluids and electrolytes. Heat exhaustion is characterized by dizziness, weakness, and fatigue and may be sufficiently severe to require hospitalization.

The cases described in this report underscore the increased risk for heat-related illness and death among the very young (particularly infants), the elderly (i.e., persons aged \geq 65 years) (Figure 1), and persons with impaired mobility (5). In addition, persons with chronic illness (e.g., cardiovascular disease) are at increased risk. Persons in these groups may be unable to obtain adequate fluids or to remove themselves from hot environments (e.g., closed automobiles). In extremely hot environments, the body is unable to cool itself through sweating.

Heat-Related Deaths — Continued

FIGURE 1. Average annual rate* of heat-related deaths†, by age group — United States, 1979–1992



*Per 1 million population.

The risk for heat-related illness and death also may be higher among persons who use certain drugs (1), including neuroleptics (e.g., haloperidol or chlorpromazine), which impair thermoregulatory function; medications with anticholinergic effects (e.g., medication for Parkinson disease), which inhibit perspiration; and major tranquilizers (e.g., phenothiazines, butyrophenones, and thiozanthenes). In addition, excessive alcohol consumption can cause dehydration and may be a predisposing factor in heat-related illness (5). Salt tablets are not recommended and are potentially dangerous (1). Persons whose fluid consumption is restricted for medical reasons or who use diuretic medications should not alter their fluid intake patterns without the advice of their physicians. The risk for illness and death also may be increased in persons who are unacclimatized to the heat and who work or exercise vigorously outdoors, fail to rest frequently, or do not drink sufficient quantities of fluids; acclimatization to warm environments may require gradual exposure to high temperatures for 10–14 days (6).

The use of an artificially cooled environment (e.g., air-conditioning or evaporative cooling units), even for a few hours each day, will reduce the risk for heat-related illness (5). Fans can be a source of relief in areas with low humidity. However, because increased air movement (e.g., fans) has been associated with increased heat stress when the ambient temperature exceeds approximately 100 F (37.8 C) and because fans are not protective at temperatures >90 F (>32.2 C) with humidity > 35% (the exact

[†] Underlying cause of death attributed to excess heat exposure, code E900.0, "due to weather conditions," *International Classification of Diseases, Ninth Revision*.

Heat-Related Deaths — Continued

temperature varies with the humidity), fans should not be used for preventing heat-related illness in areas of high humidity (5,7). Persons without home air conditioners should be assisted in taking advantage of such environments in private or in public places, such as shopping malls. Immersion in cool water (59.0 F– 61.0 F [15.0 C– 16.1 C]) also can be used for maintaining acceptable body temperature.

References

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Update: Outbreak of Ebola Viral Hemorrhagic Fever — Zaire, 1995

As of June 25, public health authorities have identified 296 persons with viral hemorrhagic fever (VHF) attributable to documented or suspected Ebola virus infection in an outbreak in the city of Kikwit and the surrounding Bandundu region of Zaire (1,2); 79% of the cases have been fatal, and 90 (32%) of 283 cases in persons for whom occupation was known occurred in health-care workers. This report summarizes characteristics of persons with VHF from an initial description of cases and preliminary findings of an assessment of risk factors for transmission.

A case was defined as confirmed or suspected VHF in a resident of Kikwit or the surrounding Bandundu region identified since January 1. The median age of persons with VHF was 37 years (range: 1 month–71 years); 52% were female. Based on preliminary analysis of 66 cases for which data were available, the most frequent symptoms at onset were fever (94%), diarrhea (80%), and severe weakness (74%); other symptoms included dysphagia (41%) and hiccups (15%). Clinical signs of bleeding occurred in 38% of cases.

Potential risk factors for intrafamilial transmission were evaluated for secondary cases within households of 27 primary household cases identified through May 10. A primary household case was defined as the first case of VHF in a household; household was defined as persons who shared a cooking fire at the onset of illness in the primary household case. Among 173 household members of the 27 primary household cases, there were 28 (16%) secondary case-patients. The risk for developing VHF was higher for spouses of the primary household case-patients than for other household members (10 [45%] of 22 compared with 18 [14%] of 151; rate ratio [RR]=3.8;

Update: Ebola Virus — Continued

95% confidence interval [CI]=2.0–7.2) and for adults (aged \geq 18 years) than for children (24 [30%] of 81 compared with four [4%] of 92; RR=6.7; 95% CI=2.4–18.4).

Needle sticks or surgical procedures during the 2 weeks before illness were reported for two of the 27 primary household case-patients and none of 28 secondary case-patients. Of the 28 secondary case-patients, 12 had direct contact with blood, vomitus, or stool of the ill person during hospitalization (i.e., later stages of illness), and 17 simultaneously shared the same hospital bed. Of 78 household members who had no direct physical contact with the person with the primary household case-patient during their clinical illness, none developed VHF (95% CI=0-4).

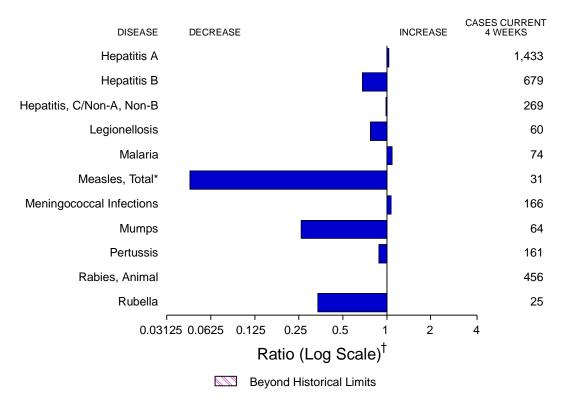
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Editorial Note: The incidence of VHF related to Ebola virus in Kikwit has diminished following the institution of interventions including 1) training of medical and relief personnel on the proper use of protective equipment, 2) initiation of aggressive casefinding; and 3) educational measures in the community (e.g., pamphlets and public announcements) (1,2). However, cases continue to occur, and each case has the potential to be a source for additional infections. Therefore, ongoing measures including continued intensive surveillance, training activities, and public education are necessary to contain the epidemic.

To maximize prevention and control measures, prompt laboratory diagnosis is an important component of surveillance. An enzyme-linked immunosorbent assay (ELISA) detected Ebola antigen in specimens initially submitted to CDC from 11 of 13 acutely infected persons (1). Ongoing testing of additional specimens will assess the utility of this ELISA as a rapid diagnostic test that could be used locally. In addition, Ebola antigen was detected in multiple formalin-fixed tissue samples (liver, lung, and skin) of seven case-patients by immunohistochemical (IHC) staining using a specific polyclonal antibody. These findings suggest that IHC staining of fixed tissue may assist in surveillance for hemorrhagic fevers in Africa and other countries. Other activities include ecologic studies to identify the natural reservoir of the virus; these studies are focusing especially on mammals, nonmammalian vertebrates, and arthropods.

Transmission associated with health-care providers and caregivers has been a prominent feature of the current and previous VHF outbreaks in Africa attributable to Lassa, Marburg, Ebola, or Crimean-Congo hemorrhagic fever viruses (3). In some outbreaks, transmission from patient to patient within hospitals has been associated with the reuse of unsterile needles and syringes. As in previous outbreaks, high rates of transmission in this outbreak have occurred from patients to health-care workers and to family members who provided nursing care without appropriate barrier precautions to prevent exposure to blood, other body fluids, vomitus, urine, and stool. Based on findings in this report, the risk for transmitting infection from patients appears to be highest during the later stages of illness, which is characterized by vomiting, diarrhea, shock, and often hemorrhage. However, a small number of cases of VHF in Zaire

FIGURE I. Notifiable disease reports, comparison of 4-week totals ending June 24, 1995, with historical data — United States



*The large apparent decrease in the number of reported cases of measles (total) reflects dramatic fluctuations in the historical baseline.

TABLE I. Summary — cases of specified notifiable diseases, United States, cumulative, week ending June 24, 1995 (25th Week)

	Cum. 1995		Cum. 1995
Anthrax Brucellosis Cholera Congenital rubella syndrome Diphtheria* Haemophilus influenzae [†] Hansen Disease Plague Poliomyelitis, Paralytic	44 7 4 - 610 66 2	Psittacosis Rabies, human Rocky Mountain Spotted Fever Syphilis, congenital, age < 1 year [§] Tetanus Toxic shock syndrome Trichinosis Typhoid fever	31 1 119 - 12 98 21 145

[†]Ratio of current 4-week total to mean of 15 4-week totals (from previous, comparable, and subsequent 4-week periods for the past 5 years). The point where the hatched area begins is based on the mean and two standard deviations of these 4-week totals.

^{*}The case previously reported in 1995 had onset of illness in October 1994. It will now be included in 1994 data.

†Of 596 cases of known age, 147 (25%) were reported among children less than 5 years of age.

§Updated quarterly from reports to the Division of Sexually Transmitted Diseases and HIV Prevention, National Center for Prevention Services. First quarter data not yet available.

^{-:} no reported cases

TABLE II. Cases of selected notifiable diseases, United States, weeks ending June 24, 1995, and June 25, 1994 (25th Week)

			•	, and c	ranc 2						
Reporting Area	AIDS*	Gono	rrhea	ı	١	В	3	C/NA	A,NB	Legior	ellosis
	Cum. 1995	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994
UNITED STATES	29,887	167,147	183,830	11,801	10,640	4,611	5,502	2,072	2,005	612	665
NEW ENGLAND	1,471	2,274	3,925	118	158	88	199	53	75	12	12
Maine N.H.	26 49	36 60	48 36	16 5	14 8	6 11	9 16	7	5	3 1	-
Vt.	14	21	12	3	2	1	6	1	6	- 7	-
Mass. R.I.	652 122	1,332 245	1,382 226	45 14	68 13	36 8	122 3	44 1	52 12	1	6 6
Conn.	608	580	2,221	35	53	26	43	-	-	N	N
MID. ATLANTIC Upstate N.Y.	7,605 836	17,229 2,612	20,475 4,450	717 191	751 269	559 181	714 192	193 102	249 111	69 22	87 19
N.Y. City	3,952	6,128	7,812	348	252	154	152	1	1	1	-
N.J. Pa.	1,794 1,023	1,704 6,785	2,605 5,608	96 82	153 77	135 89	197 173	75 15	112 25	14 32	17 51
E.N. CENTRAL	2,492	36,756	37,344	1,504	1,020	481	590	142	182	172	190
Ohio	544	11,941	11,074	941	322	62	92	5	13	81	85
Ind. III.	200 1,105	3,667 9,732	3,799 11,111	77 217	171 292	115 94	108 158	33	4 49	41 13	23 20
Mich.	502	8,820	8,003	184	130	187	192	104	116	19	38
Wis. W.N. CENTRAL	141 697	2,596 8,852	3,357 9,937	85 745	105 511	23 246	40 307	- 52	43	18 61	24 48
Minn.	148	1,383	1,583	88	103	26	38	2	9	-	-
lowa Mo.	40 280	697 5,323	631 5,238	38 511	27 222	19 162	16 220	3 33	7 8	12 35	21 15
N. Dak.	2	13	20	14	1	3	-	3	1	3	4
S. Dak. Nebr.	7 61	78	94 671	18 25	17 77	2 16	16	1 5	- 8	- 7	6
Kans.	159	1,358	1,700	51	64	18	17	5	10	4	2
S. ATLANTIC	7,773	49,907	48,398	581	542	672	1,099	150	266	100	167
Del. Md.	154 1,133	961 5,971	872 9,221	7 93	14 82	2 111	8 172	1 5	1 15	18	39
D.C.	464	2,240	3,504	8	10	12	17	-	-	3	5
Va. W. Va.	552 36	5,133 373	5,977 340	95 11	72 6	46 29	60 13	5 25	18 19	7 3	4 1
N.C. S.C.	405 398	11,665 5,795	11,527 5,859	58 20	57 20	153 27	129 22	27 11	34 3	18 20	12 9
Ga.	935	7,928	5,659 U	47	23	58	466	15	148	11	75
Fla.	3,696	9,841	11,098	242	258	234	212	61	28	20	22
E.S. CENTRAL Ky.	961 116	20,684 2,174	21,348 2,130	537 24	228 94	439 35	549 54	577 11	419 15	16 2	58 5
Tenn.	380	6,096	6,745	432	76	342	459	564	396	9	31
Ala. Miss.	263 202	8,769 3,645	7,569 4,904	50 31	34 24	62	36	2	8 -	4 1	7 15
W.S. CENTRAL	2,513	15,120	21,840	1,435	1,345	679	501	290	123	7	16
Ark. La.	108 366	1,821 5,724	3,350 5,790	131 43	28 70	23 97	11 83	2 78	4 62	2	4 1
Okla.	131	1,303	2,137	316	119	222	59	195	27	3	8
Tex.	1,908	6,272	10,563	945	1,128	337	348	15	30	2	3
MOUNTAIN Mont.	975 8	3,693 38	4,615 38	1,922 39	2,044 14	405 10	292 10	240 9	220 4	104 4	50 14
ldaho	24	61	41	189	166	45	45	29	48	1	1
Wyo. Colo.	5 339	25 1,456	37 1,574	73 246	13 243	12 60	12 52	108 32	66 39	5 30	3 11
N. Mex.	81	421	499	368	521	149	97	28	33	3	1
Ariz. Utah	268 58	1,377 83	1,464 154	554 397	761 194	71 43	27 23	21 5	11 9	44 4	3 3
Nev.	192	232	808	56	132	15	26	8	10	13	14
PACIFIC Wash.	5,400 463	12,632 1,190	15,948 1,435	4,242 345	4,041 541	1,042 86	1,251 111	375 108	428 126	71 7	37 8
Oreg.	184	202	446	772	431	43	77	23	21	-	-
Calif. Alaska	4,587 45	10,634 351	13,278 424	3,014 19	2,925 113	898 5	1,033 7	234 1	277 -	59 -	27
Hawaii	121	255	365	92	31	10	23	9	4	5	2
Guam	1 000	42 267	67 260	2	12	- 251	4 157	201	- 74	-	1
P.R. V.I.	1,099 19	267 4	260 11	52 -	32 2	351 2	157 4	201 -	74 1	-	-
Amer. Samoa C.N.M.I.	-	8 13	18 25	5 15	5 3	- 7	-	-	-	-	-
O.1 V.1VI.1.	-	13	20	10	3	,	-	-	-		-

N: Not notifiable U: Unavailable -: no reported cases C.N.

C.N.M.I.: Commonwealth of Northern Mariana Islands

^{*}Updated monthly to the Division of HIV/AIDS Prevention, National Center for Prevention Services, last update May 25, 1995.

TABLE II. (Cont'd.) Cases of selected notifiable diseases, United States, weeks ending June 24, 1995, and June 25, 1994 (25th Week)

	_						Measl	es (Rube	Maninana					
Reporting Area		me ease	Malaria		Indigenous		Impo	orted*	To	tal	- Meningococcal Infections		Mu	mps
	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	1995	Cum. 1995	1995	Cum. 1995	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994
UNITED STATES	2,134	2,817	468	450	3	197	-	8	205	744	1,660	1,569	438	704
NEW ENGLAND	312	366	19	28	-	4	-	-	4	22	85	64	7	14
Maine N.H.	3 12	2 10	1 1	2 3	-	-	-	-	_	4 1	6 17	13 6	4	3 4
Vt.	5	3	-	1	-	-	-	-	-	2	6	2	-	-
Mass. R.I.	53 64	43 40	6 2	11 5	-	2 2	-	-	2 2	6 6	29	27 -	1 -	1
Conn.	175	268	9	6	-	-	-	-	-	3	27	16	2	6
MID. ATLANTIC	1,464	1,836	111	73	-	3	-	2	5	202	210	162	64	68
Upstate N.Y. N.Y. City	876 47	1,433 3	23 51	20 24	-	1	-	2	3	15 12	70 22	53 22	16 5	18 -
N.J. Pa.	147 394	239 161	25 12	17 12	-	2	-	-	2	168 7	60 58	36 51	6 37	13 37
e.N. CENTRAL	394	218	58	49	-	6	-	- 1	- 7	95	228	216	37 72	134
Ohio	23	13	4	7	-	1	-	-	1	15	70	62	22	39
Ind. III.	5 3	8 10	9 31	9 19	-	-	-	-	-	1 56	35 70	24 78	1 23	6 55
Mich.	1	10	9	12	-	3	-	1	4	20	44	28	23 26	29
Wis.	-	186	5	2	-	2	-	-	2	3	9	24	-	5
W.N. CENTRAL Minn.	28	42	9	24 7	-	1	-	-	1	168	96 16	105 9	29 2	39 3
lowa	1	1	1	4	-	-	-	-	-	7	16	13	8	10
Mo. N. Dak.	10	36	3	9 1	-	1	-	-	1	159	36 1	51 1	15	23 2
S. Dak.	-	-	-	-	-	-	-	-	-	-	4	6	-	-
Nebr. Kans.	1 16	2	2	2 1	-	-	-	-	-	1 1	9 14	8 17	4	1
S. ATLANTIC	204	258	103	90	1	6	-	-	6	12	287	233	46	107
Del.	7	34	1	3	-	-	-	-	-	-	3	2	-	-
Md. D.C.	134	83 2	24 9	39 8	-	-	-	-	-	2	20 1	16 2	-	28
Va.	16	28	21	9	-	-	-	-	-	2	33	42	14	24
W. Va. N.C.	12 20	9 33	1 8	2	-	-	-	-	-	1	5 49	10 39	16	3 24
S.C.	7	4	-	2	-	-	-	-	-	-	36	11	7	6
Ga. Fla.	5 3	59 6	11 28	14 13	1 -	3 3	-	-	3 3	2 5	60 80	53 58	9	7 15
E.S. CENTRAL	11	19	9	13	-	-	-	-	-	28	100	123	15	15
Ky. Tenn.	1 7	12 5	3	4 6	-	-	-	-	-	28	32 27	25 24	4	- 5
Ala.	1	2	5	2	-	-	-	-	-	-	25	48	4	3
Miss.	2	-	1	1	-	-	-	-	-	-	16	26	7	7
W.S. CENTRAL Ark.	45 2	38 3	9 2	19 1	2	19 2	-	-	19 2	12 1	195 19	185 31	30 2	153 4
La.	1	-	1	3	2	17	-	-	17	1	30	23	7	18
Okla. Tex.	18 24	19 16	6	2 13	-	-	-	-	-	10	21 125	18 113	21	22 109
MOUNTAIN	4	2	29	20	_	47	_	1	48	154	129	116	27	23
Mont.	-	-	2	-	-	-	-	-	-	-	2	3	1	-
Idaho Wyo.	2	1 1	1 -	2 1	-	-	-	-	-	-	5 5	14 5	2	5 1
Colo.	1	-	15	8	-	8	-	-	8	19	33	22	1	2
N. Mex. Ariz.	-	-	3 5	3 1	-	28 10	-	-	28 10	-	28 42	11 40	N 6	N 2
Utah	-	-	2	4	-	-	-	1	1	126	7	15	10	7
Nev.	1	-	1	1	-	1	-	-	1	9	7	6	6	6
PACIFIC Wash.	34 2	38	121 11	134 14	-	111 13	-	4 2	115 15	51 3	330 57	365 55	148 10	151 8
Oreg.	2	5	4	10	-	1	-	-	1	-	54	80	N	N
Calif. Alaska	30	33	98 1	102	-	97	-	1 -	98	46	211 6	224 2	125 9	132 2
Hawaii	-	-	7	8	-	-	-	1	1	2	2	4	4	9
Guam	-	-	-	-	U	-	U	-	-	227	3	-	3	4
P.R. V.I.	-	-	1 -	2	Ū	9	Ū	-	9	11 -	12	5 -	2	2 3
Amer. Samoa	-	-	-	-	U	-	U	-	-	-	-	-	-	2
C.N.M.I.	-	-	1	1	U	-	U	-	-	29	-	-	-	2

^{*}For imported measles, cases include only those resulting from importation from other countries.

N: Not notifiable

TABLE II. (Cont'd.) Cases of selected notifiable diseases, United States, weeks ending June 24, 1995, and June 25, 1994 (25th Week)

Reporting Area		Pertussis			Rubella		Sypl (Prima Secon	ary &	Tuberc	ulosis	Rabies, Animal		
	1995	Cum. 1995	Cum. 1994	1995	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	Cum. 1995	Cum. 1994	
UNITED STATES	50	1,386	1,690	2	62	171	7,215	10,343	8,553	10,018	3,064	3,385	
NEW ENGLAND	6	175	177	-	14	119	87	107	171	195	811	884	
Maine N.H.	2 1	20 15	2 39	-	1 1	-	2 1	4 1	- 5	10	93	96	
Vt.	-	5	27	-	-	-	-	-	2	3	109	78	
Mass. R.I.	3	125	89 3	-	2	118 1	34 1	42 9	95 18	92 18	288 137	339 5	
Conn.	-	10	17	-	10	-	49	51	51	72	184	366	
MID. ATLANTIC	3	124	300	2	6	6	434	636	1,812	1,946	691	824	
Upstate N.Y. N.Y. City	3	65 22	114 62	1 1	3 3	5	24 217	86 295	185 990	259 1,184	261	587	
N.J.	-	5	9	-	-	1	87	108	333	346	183	147	
Pa.	-	32	115	-	-	-	106	147	304	157	247	90	
E.N. CENTRAL Ohio	3 1	135 46	263 70	-	-	6	1,230 430	1,464 526	885 141	955 149	20 2	20	
Ind.	-	13	70 35	-	-	-	118	116	21	86	3	3	
III.	2	24	54	-	-	1	471	515	503	472	3	4	
Mich. Wis.	-	40 12	23 81	-	-	5 -	130 81	149 158	190 30	217 31	11 1	7 6	
W.N. CENTRAL	_	63	73	_	_	2	378	611	274	255	157	104	
Minn.	-	28	39	-	-	-	22	25	58	52	6	13	
lowa Mo.	-	2 5	6 15	-	-	2	28 319	25 521	38 109	17 122	54 17	41 10	
N. Dak.	-	6	3	-	-	-	-	1	1	4	18	6	
S. Dak. Nebr.	-	7 4	4	-	-	-	-	1 8	10 10	14 8	35	14	
Kans.	-	11	6	-	-	-	9	30	48	38	27	20	
S. ATLANTIC	16	134	171	-	16	10	1,738	2,670	1,613	1,908	1,034	906	
Del. Md.	1	6 15	- 54	-	-	-	8 42	14 114	12 205	18 152	33 213	21 296	
D.C.	-	2	4	-	-	-	60	124	51	52	10	290	
Va.	-	8	15	-	-	-	305	372	105	176	199	191	
W. Va. N.C.	5	- 55	2 44	-	-	-	2 564	8 8 6 0	47 180	41 230	51 211	37 88	
S.C.	2	14	10	-	-	-	306	343	160	197	67	85	
Ga. Fla.	8	1 33	13 29	-	16	10	257 194	422 413	271 582	365 677	143 107	184 2	
E.S. CENTRAL	3	32	91	_	-	-	1,979	1,816	465	694	86	98	
Ky.	-	-	53	-	-	-	103	106	53	156	9	6	
Tenn. Ala.	3	7 25	16 14	-	-	-	411 313	485 343	162 185	215 209	11 66	34 58	
Miss.	-	-	8	-	-	-	1,152	882	65	114	-	-	
W.S. CENTRAL	-	67	51	-	2	7	1,002	2,407	1,087	1,146	61	363	
Ark. La.	-	4	10 5	-	-	-	173 524	257 881	90	105 7	16 23	15 43	
Okla.	-	14	20	-	-	4	42	84	103	120	22	19	
Tex.	-	49	16	-	2	3	263	1,185	894	914	-	286	
MOUNTAIN Mont	1	444	204	-	5	3	111	156 1	298	251 9	64 23	40 8	
Idaho	-	3 74	23	-	-	-	-	i	6	6	-	-	
Wyo. Colo.	- 1	1 14	- 112	-	-	-	2 70	- 76	2 22	2 26	18	11 6	
N. Mex.	-	32	9	-	-	-	70	9	44	37	3	2	
Ariz.	-	305	43	-	4	-	19	36	147	95 16	18	11	
Utah Nev.	-	10 5	12 2	-	1 -	2 1	3 7	7 26	19 55	16 60	1 1	2	
PACIFIC	18	212	360	_	19	18	256	476	1,948	2,668	140	146	
Wash.	4	41	46	-	1	-	7	21	133	126	-	4	
Oreg. Calif.	12	8 144	43 265	-	1 15	16	6 242	18 434	23 1,671	67 2,314	136	111	
Alaska	-	-	-	-	-	-	1	2	42	33	4	31	
Hawaii	2	19	6	-	2	2	-	1	79	128	-	-	
Guam P.R.	U	6	2 2	U	-	1	1 138	3 165	5 89	37 62	19	- 45	
V.I.	Ū	-	-	U	-	-	130	22	-	-	-	-	
Amer. Samoa	U U	-	-	U U	-	-	3	1 -	3 13	3 16	-	-	
C.N.M.I.	U	-	-	U	-	-	3	-	13	16	-		

U: Unavailable -: no reported cases

TABLE III. Deaths in 121 U.S. cities,* week ending June 24, 1995 (25th Week)

	All Causes, By Age (Years)							P&I [†]		All Causes, By Age (Years)						
Reporting Area	All Ages	≥65	45-64	25-44	1-24	<1	Total	Reporting Area	All Ages	≥65	45-64	25-44	1-24	<1	P&l [†] Total	
NEW ENGLAND Boston, Mass. Bridgeport, Conn. Cambridge, Mass. Fall River, Mass. Hartford, Conn. Lowell, Mass. Lynn, Mass. New Bedford, Mass. New Haven, Conn. Providence, R.I. Somerville, Mass. Springfield, Mass. Waterbury, Conn.		421 97 33 12 24 33 19 10 27 37 31 1 38	2 4 12 5 1 2 8 5 2 7	59 19 2 2 2 9 1 - 4 2 2 6 2	16 3 1 - 3 - - 4 - 1 2	7 3 1 - 1 - - 2 -	35 3 - 2 2 2 2 2 2 3 2 - 5 3	S. ATLANTIC Atlanta, Ga. Baltimore, Md. Charlotte, N.C. Jacksonville, Fla. Miami, Fla. Norfolk, Va. Richmond, Va. Savannah, Ga. St. Petersburg, Fla. Tampa, Fla. Washington, D.C. Wilmington, Del.	195 108 7	734 89 100 78 81 66 22 33 20 54 136 50	249 39 32 28 22 19 9 24 5 7 35 29	143 27 22 13 17 15 4 2 3 6 16	40 4 2 4 3 1 4 2 1 1 7 11	18 4 5 1 3 1 1 -	82 5 23 7 10 3 3 2 3 23 3	
Worcester, Mass. MID. ATLANTIC Albany, N.Y. Allentown, Pa. Buffalo, N.Y. Camden, N.J. Elizabeth, N.J. Erie, Pa.§ Jersey City, N.J. New York City, N.Y. Newark, N.J. Philadelphia, Pa. Paterson, N.J. Philadelphia, Pa.§ Reading, Pa. Rochester, N.Y. Schenectady, N.Y. Scranton, Pa.§ Syracuse, N.Y. Trenton, N.J. Utica, N.Y. Yonkers, N.Y.	2,367 45 28 93 34 17 26 28 26 289 54 9 123 28 28 28 28 34 14 27	43 1,545 36 21 70 18 14 21 18 796 38 19 201 32 7 90 222 63 24 11 12	11 420 6 6 12 7 1 3 5 245 21 5 4 19 5 3	8 296 3 11 4 2 4 5 163 25 6 34 6 2 14 1 7 4	2 58 - 3 3 3 - - 1 38 2 1 1 - - - 2 1 1 1 4 1 - 1	- 48 1 2 3 24 7 6 - 2 1 - 2	11 110 4 3 2 3 3 1 35 8 3 1 10 2 6 1	E.S. CENTRAL Birmingham, Ala. Chattanooga, Tenn. Knoxville, Tenn. Lexington, Ky. Memphis, Tenn. Mobile, Ala. Montgomery, Ala. Nashville, Tenn. W.S. CENTRAL Austin, Tex. Baton Rouge, La. Corpus Christi, Tex. Dallas, Tex. El Paso, Tex. Ft. Worth, Tex. Houston, Tex. Little Rock, Ark. New Orleans, La. San Antonio, Tex. Shreveport, La. Tulsa, Okla.	79 71 233 67 66 132 1,402 70 34	496 699 477 499 1344 43 388 77 890 40 166 40 168 444 63 217 51 81 99 49 49	191 26 9 17 15 58 11 22 33 274 15 6 14 38 11 71 10 24 47 7 23	80 13 1 9 5 5 9 4 14 155 13 13 23 14 5 5 5	29 33 5 2 9 1 5 42 4 - 8 1 4 4 - 8 5 6 2	17 1 1 1 7 3 1 3 41 7 7 7 7 1 5 8 2	81 4 2 9 6 27 2 11 20 64 6 - 2 5 5 1 20 3 - 10 6 6 6 6	
E.N. CENTRAL Akron, Ohio Canton, Ohio Canton, Ohio Chicago, III. Cincinnati, Ohio Cleveland, Ohio Dayton, Ohio Dayton, Ohio Detroit, Mich. Evansville, Ind. Fort Wayne, Ind. Grand Rapids, Micl Indianapolis, Ind. Madison, Wis. Milwaukee, Wis. Peoria, III. Rockford, III. South Bend, Ind. Toledo, Ohio Youngstown, Ohio W.N. CENTRAL Des Moines, Iowa Duluth, Minn. Kansas City, Kans. Kansas City, Kans. Kansas City, Kans. Kansas City, Mo. Lincoln, Nebr. St. Louis, Mo. St. Paul, Minn. Wichita, Kans.	198 42 112 43 48 34 97 61 677 62 25 U 107 43	1,331 38 22 228 666 83 101 53 52 15 50 1266 29 80 30 33 326 70 45 467 444 20 U 677 99 64 81 57 U	8 906 236 339 244 339 112 1 466 616 9 9 6 12 7 117 13 5 U 22 7 29 166 19 6	185 4 3 46 8 25 14 20 3 2 4 5 17 3 6 1 5 1 9 5 4 0 1 0 1 0 1 0 1 0 1 0 1 0 1 0 0 1 0 0 1 0	79 - 143 7 7 3 13 - 1 5 4 5 4 2 2 1 1 4 4 3 8 1 1 - U - 9 2 5 1 U	544 - 1 17755 3444 3344 2211 2633 - U111 - 5539 55U	127 330 34 115 355 124 457 6181 370 1105 197 40	MOUNTAIN Albuquerque, N.M. Colo. Springs, Colo Denver, Colo. Las Vegas, Nev. Ogden, Utah Phoenix, Ariz. Pueblo, Colo. Salt Lake City, Utah Tucson, Ariz. PACIFIC Berkeley, Calif. Fresno, Calif. Glendale, Calif. Honolulu, Hawaii Long Beach, Calif. Los Angeles, Calif. Pasadena, Calif. Portland, Oreg. Sacramento, Calif. San Diego, Calif. San Diego, Calif. San Jose, Calif. San Jose, Calif. Santa Cruz, Calif. Seattle, Wash. Spokane, Wash. Tacoma, Wash. TOTAL	. 36 133 181 28 180 31 98 137 1,816 15 103 25 525 26 98 168 129	641 644 266 78 136 19 117 19 75 107 1,224 67 21 360 48 350 19 70 115 85 130 25 87 39 55	152 21 5 23 28 6 30 6 16 17 291 18 2 10 12 90 2 13 26 24 19 27 7 19 8 14 2,214	94 9 3 24 16 3 21 6 5 7 183 3 10 2 2 9 50 18 15 17 18 4 15 17 18 3 7 1,235	23 4 1 3 1 1 1 2 48 3 1 22 2 5 2 2 2 2 2 3 3 1 2 2 3 3 3 1 2 2 3 3 3 3	17 5 1 5 - 1 1 4 4 43 5 - 2 2 9 9 4 4 4 2 3 3 3 2 - 5 1 1 1 271	60 4 6 8 9 1 13 2 9 8 142 4 8 3 5 9 26 1 2 22 17 15 13 6 4 4 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7	

^{*}Mortality data in this table are voluntarily reported from 121 cities in the United States, most of which have populations of 100,000 or more. A death is reported by the place of its occurrence and by the week that the death certificate was filed. Fetal deaths are not included.

†Pneumonia and influenza.

*Because of changes in reporting methods in these 3 Pennsylvania cities, these numbers are partial counts for the current week. Complete counts will be available in 4 to 6 weeks.

*Total includes unknown ages.
U: Unavailable -: no reported cases

Update: Ebola Virus — Continued

have been reported in family members whose only contact with an infected person was in the domestic setting within a few days after onset of illness.

Updated recommendations for the management of VHFs attributable to these viruses in the United States are presented in a Notice to Readers in this issue (4).

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Notice to Readers

Update: Management of Patients with Suspected Viral Hemorrhagic Fever — United States

In 1988, CDC published guidelines for managing patients with suspected viral hemorrhagic fever (VHF) (1). Pending a comprehensive review of the 1988 guidelines, this notice provides interim recommendations that update the 1988 guidelines for health-care settings in the United States. This update applies to four viruses that cause syndromes of VHF: Lassa, Marburg, Ebola, and Congo-Crimean hemorrhagic fever viruses; although the risk and/or mode of nosocomial transmission differs for each of these viruses, the limited data do not permit clear distinctions.

Background

In Africa, transmission of VHF has been associated with reuse of unsterile needles and syringes and with provision of patient care without appropriate barrier precautions to prevent exposure to virus-containing blood and other body fluids (including vomitus, urine, and stool). The risks associated with various body fluids have not been well defined as most caregivers who acquired infection had multiple contacts with multiple fluids. Epidemiologic studies of VHF in humans indicate that infection is not readily transmitted from person to person by the airborne route (1,2). Airborne transmission involving humans has never been documented and is considered a possibility only in rare instances from persons with advanced stages of disease (e.g., one patient with Lassa fever who had extensive pulmonary involvement may have transmitted infection by the airborne route) (3). In contrast, investigation of VHF in nonhuman primates (i.e., monkeys) has suggested possible airborne spread among these species (4-7). Despite uncertainties regarding the applicability to humans of data regarding airborne transmission in nonhuman primates, such information must be considered in the development of infection-control precautions because information regarding exposure and transmission in humans is limited.

The risk for person-to-person transmission of hemorrhagic fever viruses is highest during the latter stages of illness, which are characterized by vomiting, diarrhea, shock, and often hemorrhage. VHF infection has not been reported in persons whose contact with an infected patient occurred only during the incubation period (i.e., be-

fore the patient became febrile; the incubation period ranges from 2 days to 3 weeks, depending on the etiology of the VHF [1]). In the 1995 Zaire outbreak, some instances of Ebola virus transmission within a few days after onset of fever were reported; however, other symptoms in the source patients and the level of exposure to body fluids among these secondary cases were unknown (CDC, unpublished data, 1995). In studies involving three monkeys experimentally infected with Ebola virus (Reston strain), fever and other systemic signs of illness preceded detection of infectious virus in the pharynx by 2–4 days, in the nares by 5–10 days, in the conjunctivae by 5–6 days, and on anal swabs by 5–6 days (P. Jahrling, U.S. Army Medical Research Institute of Infectious Diseases, unpublished data, 1995).

Reporting

All suspected cases of infection with Ebola virus and other hemorrhagic fever viruses should be reported immediately to local and state health departments and to CDC (telephone [404] 639-1511; from 4:30 p.m. to 8 a.m., telephone [404] 639-2888). Specimens for virus-specific diagnostic tests should be sent to CDC as rapidly as possible according to instructions provided when contact is made. General information regarding Ebola virus infection is available through the CDC Ebola Hotline (telephone [800] 900-0681).

Recommendations

The following recommendations apply to patients who, within 3 weeks before onset of fever, have either 1) traveled in the specific local area of a country where VHF has recently occurred; 2) had direct contact with blood, other body fluids, secretions, or excretions of a person or animal with VHF; or 3) worked in a laboratory or animal facility that handles hemorrhagic fever viruses. **The likelihood of acquiring VHF is considered extremely low in persons who do not meet any of these criteria**. The cause of fever in persons who have traveled in areas where VHF is endemic is more likely to be a different infectious disease (e.g., malaria or typhoid fever); evaluation for and treatment of these other potentially serious infections should not be delayed.

- 1. Because most ill persons undergoing prehospital evaluation and transport are in the early stages of disease and would not be expected to have symptoms that increase the likelihood of contact with infectious body fluids (e.g., vomiting, diarrhea, or hemorrhage), universal precautions are generally sufficient (8). If a patient has respiratory symptoms (e.g., cough or rhinitis), face shields or surgical masks and eye protection (e.g., goggles or eyeglasses with side shields) should be worn by caregivers to prevent droplet contact (8). Blood, urine, feces, or vomitus, if present, should be handled as described in the following recommendations for hospitalized patients.
- 2. Patients in a hospital outpatient or inpatient setting should be placed in a private room. A negative pressure room is not required during the early stages of illness, but should be considered at the time of hospitalization to avoid the need for subsequent transfer of the patient. Nonessential staff and visitors should be restricted from entering the room. Caretakers should use barrier precautions to prevent skin or mucous membrane exposure to blood and other body fluids, secretions, and excretions. All persons entering the patient's room should wear gloves and gowns to prevent contact with items or environmental surfaces that may be soiled. In addition, face shields or surgical masks and eye protection

(e.g., goggles or eyeglasses with side shields) should be worn by persons coming within approximately 3 feet of the patient to prevent contact with blood, other body fluids, secretions (including respiratory droplets), or excretions. The need for additional barriers depends on the potential for fluid contact, as determined by the procedure performed and the presence of clinical symptoms that increase the likelihood of contact with body fluids from the patient (8). For example, if copious amounts of blood, other body fluids, vomit, or feces are present in the environment, leg and shoe coverings also may be needed. Before entering the hallway, all protective barriers should be removed and shoes that are soiled with body fluids should be cleaned and disinfected as described below (see recommendation 6). An anteroom for putting on and removing protective barriers and for storing supplies would be useful, if available (1).

- 3. For patients with suspected VHF who have a prominent cough, vomiting, diarrhea, or hemorrhage, additional precautions are indicated to prevent possible exposure to airborne particles that may contain virus. Patients with these symptoms should be placed in a negative-pressure room (9). Persons entering the room should wear personal protective respirators as recommended for care of patients with active tuberculosis (high efficiency particulate air [HEPA] respirators or more protective respirators) (9).
- 4. Measures to prevent percutaneous injuries associated with the use and disposal of needles and other sharp instruments should be undertaken as outlined in recommendations for universal precautions (8). If surgical or obstetric procedures are necessary, the state health department and CDC's National Center for Infectious Diseases, Hospital Infections Program (telephone [404] 639-6425) and Division of Viral and Rickettsial Diseases (telephone [404] 639-1511; from 4:30 p.m. to 8 a.m., telephone [404] 639-2888) should be consulted regarding appropriate precautions for these procedures.
- 5. Because of the potential risks associated with handling infectious materials, laboratory testing should be the minimum necessary for diagnostic evaluation and patient care. Clinical laboratory specimens should be obtained using precautions outlined above (see recommendations 1-4 above), placed in plastic bags that are sealed, then transported in clearly labeled, durable, leakproof containers directly to the specimen handling area of the laboratory. Care should be taken not to contaminate the external surfaces of the container. Laboratory staff should be alerted to the nature of the specimens, which should remain in the custody of a designated person until testing is done. Specimens in clinical laboratories should be handled in a class II biological safety cabinet following biosafety level 3 practices (10). Serum used in laboratory tests should be pretreated with polyethylene glycol p-tert-octylphenyl ether (Triton® X-100)*; treatment with 10 uL of 10% Triton® X-100 per 1 mL of serum for 1 hour reduces the titer of hemorrhagic fever viruses in serum, although 100% efficacy in inactivating these viruses should not be assumed. Blood smears (e.g., for malaria) are not infectious after fixation in solvents. Routine procedures can be used for automated analyzers; analyzers should be disinfected as recommended by the

^{*}Use of trade names and commercial sources is for identification only and does not imply endorsement by the Public Health Service or the U.S. Department of Health and Human Services.

manufacturer or with a 500 parts per million solution of sodium hypochlorite (1:100 dilution of household bleach: $\frac{1}{4}$ cup to 1 gallon water) after use. Virus isolation or cultivation must be done at biosafety level 4 (10). The CDC mobile isolation laboratory is no longer available (1).

- 6. Environmental surfaces or inanimate objects contaminated with blood, other body fluids, secretions, or excretions should be cleaned and disinfected using standard procedures (8). Disinfection can be accomplished using a U.S. Environmental Protection Agency (EPA)-registered hospital disinfectant or a 1:100 dilution of household bleach.
- 7. Soiled linens should be placed in clearly labeled leak-proof bags at the site of use and transported directly to the decontamination area. Linens can be decontaminated in a gravity displacement autoclave or incinerated. Alternatively, linens can be laundered using a normal hot water cycle with bleach if universal precautions to prevent exposures are precisely followed (8) and linens are placed directly into washing machines without sorting.
- 8. There is no evidence for transmission of hemorrhagic fever viruses to humans or animals through exposure to contaminated sewage; the risk of such transmission would be expected to be extremely low with sewage treatment procedures in use in the United States. As an added precaution, however, measures should be taken to eliminate or reduce the infectivity of bulk blood, suctioned fluids, secretions, and excretions before disposal. These fluids should be either autoclaved, processed in a chemical toilet, or treated with several ounces of household bleach for ≥5 minutes (e.g., in a bedpan or commode) before flushing or disposal in a drain connected to a sanitary sewer. Care should be taken to avoid splashing when disposing of these materials. Potentially infectious solid medical waste (e.g., contaminated needles, syringes, and tubing) should either be incinerated or be decontaminated by autoclaving or immersion in a suitable chemical germicide (i.e., an EPA-registered hospital disinfectant or a 1:100 dilution of household bleach), then handled according to existing local and state regulations for waste management.
- 9. If the patient dies, handling of the body should be minimal. The corpse should be wrapped in sealed leakproof material, not embalmed, and cremated or buried promptly in a sealed casket. If an autopsy is necessary, the state health department and CDC should be consulted regarding appropriate precautions (1).
- 10. Persons with percutaneous or mucocutaneous exposures to blood, body fluids, secretions, or excretions from a patient with suspected VHF should immediately wash the affected skin surfaces with soap and water. Application of an antiseptic solution or handwashing product may be considered also, although the efficacy of this supplemental measure is unknown. Mucous membranes (e.g., conjunctiva) should be irrigated with copious amounts of water or eyewash solution. Exposed persons should receive medical evaluation and follow-up management (1).

Reported by: Hospital Infections Program, Div of Viral and Rickettsial Diseases, and Div of Quarantine, National Center for Infectious Diseases; Office of the Director, National Institute for Occupational Safety and Health; Office of Health and Safety, CDC.

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Notice to Readers

Prevention 96 Conference: Prevention for All — Challenges, Opportunities, and Strategies

Prevention 96, the 13th annual national preventive medicine meeting, will be sponsored by the American College of Preventive Medicine and the Association of Teachers of Preventive Medicine in collaboration with CDC and other national health agencies in Dallas, Texas, March 23–26, 1996. The conference will explore challenges, opportunities, and strategies for preventive medicine in the health-care system. Information on registration and submission of abstracts is available from the Meetings Manager, Prevention 96, 1660 L Street, N.W., Suite 206, Washington, DC, 20036-5603; telephone (202) 466-2569.

Erratum: Vol. 44, No. SS-2

In the *CDC Surveillance Summaries*, on page 29 of the report titled "Abortion Surveillance—United States, 1991," the ninth footnote to Table 3 should read: ***>100 abortions per 1,000 women 15–44 years of age.

Erratum: Vol. 44, No. 23

In the article "Implementation of Health Initiatives During a Cease Fire—Sudan, 1995" one of the areas in Figures 1 (page 434) and 2 (page 435) was mislabeled. In Figure 1, the area labeled "Red Sea" should have been labeled Red Sea state. In Figure 2, the area labeled "Red Sea" should not have been labeled.

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