UPDATES

# Health notices · Wednesday 2 September

3 notices from the agencies today, in plain words, each with the original linked.

## FDA approval for ZITUVIMET to improve blood sugar in adults

FDA · Approval

If you take ZITUVIMET (sitagliptin with metformin), it is intended as an adjunct to diet and exercise to improve glycemic control in adults with type 2 diabetes. "Glycemic control" means helping manage blood sugar levels.

This approval does not recommend it for people with type 1 diabetes. The notice also says ZITUVIMET has not been studied in people with a history of pancreatitis, and it's unknown if that history raises risk while using it.

Read the original notice

## WHO reports Nipah virus cases in West Bengal, India

WHO · Outbreak

If you are in or connected to Barasat (North 24 Parganas district) in West Bengal, the WHO reports two laboratory-confirmed Nipah virus infections in healthcare workers at the same private hospital.

Nipah is a rare zoonotic disease, meaning it spreads from animals to humans, and it can spread person-to-person through close contact with an infected person.

Authorities are testing people who may have been exposed, and enhanced surveillance and infection prevention and control measures are in place while they investigate the source. WHO says the risk is moderate at the sub-national level and low elsewhere.

WHO also notes there are no licensed medicines or vaccines for Nipah; early supportive care can improve survival.

Read the original notice

## Fresh & Ready Foods recalls spicy breakfast burritos over undeclared soy

CDC · Food safety

The Centers for Disease Control and Prevention reports that Fresh & Ready Foods LLC is recalling a limited number of Sprig & Sprout Spicy Breakfast Burrito and Fresh and Ready Spicy Breakfast Burrito.

These products may contain undeclared soy. If you have an allergy or severe sensitivity to soy, eating them could cause serious or life-threatening symptoms.

The recall was announced on 2026-07-21 in Charlotte, North Carolina.

Read the original notice

## Where this comes from

- FDA approval for ZITUVIMET to improve blood sugar in adults

  US Food and Drug Administration - Drugs@FDA · https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm?event=overview.process&ApplNo=202306
- WHO reports Nipah virus cases in West Bengal, India

  World Health Organization - Disease Outbreak News · https://www.who.int/emergencies/disease-outbreak-news/item/2026-DON593
- Fresh & Ready Foods recalls spicy breakfast burritos over undeclared soy

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766080