

EPISODES

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FLORIDA DEPARTMENT
OF HEALTH

www.stluciecountyhealth.com/

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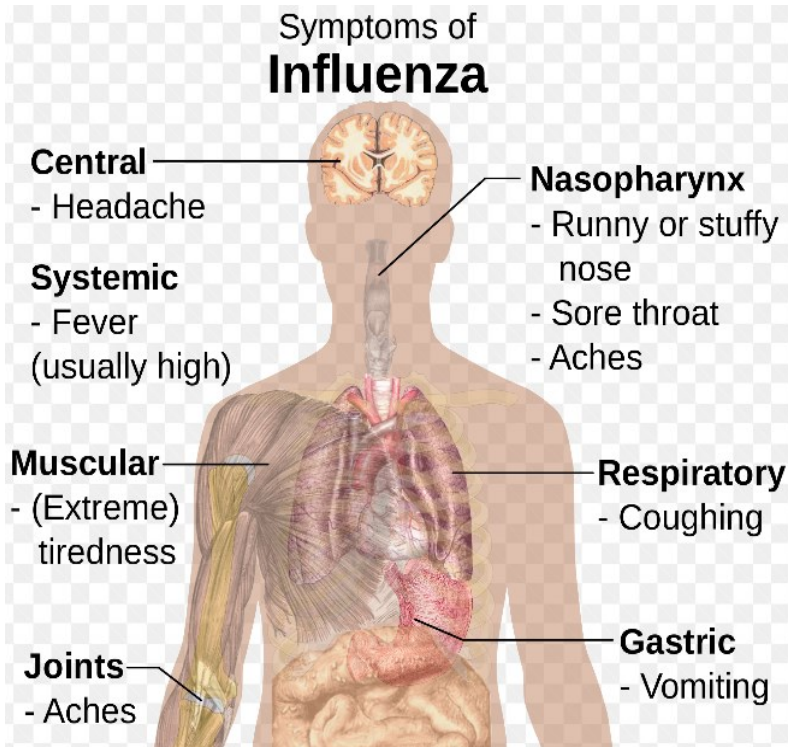
INFLUENZA

Influenza, or flu, is a respiratory infection caused by a variety of flu viruses. The "flu" is a common catch-all term used for a variety of illnesses, but it correctly applies only to the upper respiratory disease caused by the influenza virus.

Estimates are that between 15% and 40% of the population will develop illness from influenza every year. An average of about 36,000 people per year in the United States die from influenza, and 114,000 per year have to be admitted to the hospital as a result of influenza infection. Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age. People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza.

How Do You Know if it is the Flu?

- Body aches and pains
- Cough and chest discomfort which may become severe
- Early and significant exhaustion
- Fatigue and weakness that may last up to 2–3 weeks
- Headache
- High fever (102–104 degrees F) for 3–4 days
- Occasional stuffy nose, sneezing and sore throat.



Flu Prevention Follow these simple steps to prevent the flu:

- **Get Vaccinated!**
- **Wash your hands often—the most common way to catch the flu is to touch your own eyes, nose, or mouth with your hands.**
- **Keep your hands away from your face.**
- **Keep your distance from others when you are sick.**
- **Keep your distance if you are around someone else who is sick.**
- **Stay home if you are sick.**
- **Cover your mouth and nose with a tissue when sneezing and coughing.**

- **If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.**
- **Be aware you can still spread germs up to 7 days after getting sick.**
- **Vaccinate—get your flu shot. Additionally, Pneumococcal vaccine is available and recommended for persons at increased risk for serious Pneumococcal infection, including those age 2 years or older with certain chronic medical conditions and all persons aged 65 years or older.**

Top 3 Reasons to Get Your Flu Vaccine

- Prevents influenza-related death.
- Prevents severe illness.
- Protects other people.

What to Do if You Get the Flu?

- Consider layered apparel for body temperature changes.
- Do not share cups and eating utensils.
- Do not take aspirin products without physician approval.
- Drink plenty of fluids.
- Get plenty of rest.
- Over-the-counter cold or cough medicines may also relieve some flu symptoms. Check with your doctor.
- Sleep and take it easy.
- Take acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin) to relieve your

fever and aches.

- Wash your hands frequently.

Most people who get the flu recover without having to see their healthcare provider. If your flu symptoms worsen, you have a high temperature for more than a few days, or if you seem better but then feel worse, call your healthcare provider right away.

For this article and more prevention information you can go to Florida Department of Health's Influenza Page at www.floridahealth.gov/diseases-and-conditions/influenza/index.html

Safe Kids, St Lucie County



Safe Kids St Lucie County, established February 2015, is lead by the Florida Department of Health and Kids Connected by Design. Safe Kids provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping y our kids safe. Currently, there are 23 agencies participating. Based on the needs of the community, this coalition implements evidence-based programs, such as car seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.

FUNDING—The Safe Kids Coalition has been awarded grants for Sports Safety \$750.00, International Walk to School Day \$500.00, \$1500.00 Home Safety, \$1500.00 Medication Safety \$500.00 Global Road Safety and Halloween Safety \$200.00 from Safe Kids Worldwide. In addition, Chipotle sponsored a fundraiser for Safe Kids SLC which grossed \$1522.00 in 3 hours.

2015 ACCOMPLISHMENTS

- Safe Kids SLC Coalition members planned and participated in World Heart Day providing Hands Only CPR to 1125 middle and high school students. St. Lucie county ranked 6th in the State with number of participants.
- Safe Kids St. Lucie hosted a Bike to School Day in March 2015 at Northport K-8, providing bike helmets to students who participated and did not have a helmet.
- Safe Kids Coalition members provided education to students and parents participating in summer programs, back to school events and community events. The following table below shows the education topics and the number of participants (**A total of 8,209 participants.**)



2016 INITIATIVES

- Safe Kids Coalition has created a “Buckle Up Program” partnership with Garber Buick GMC.



Program Elements—Through the Buckle Up program, Safe Kids strives to offer every driver who transports children these opportunities:

- Learn how to properly restrain children in age- and weight-appropriate car seats, booster seats or seat belts.
- Learn why all passengers should serve as good role models by using safety belts on every ride.
- Learn why children under age 13 should be seated in a back seat.
- Learn to focus on safety in and around vehicles.
- Learn how to initiate a conversation between parents and teens on being a good passenger, buckling up on every ride, family rules with driving with other teens and issues surrounding drinking, distraction and texting.
- The dealership is also looping safety messages provided by Safe Kids on its waiting room TV's.
- The Child Passenger program has grown from one instructor to six and from 20 CPS Techs to 48. This means we will no longer have to request assistance from other instructors out of St. Lucie County when scheduling CPS classes. Also, we have the ability to schedule more fitting stations across St. Lucie County.
- The Safe Kids Coalition currently is working on a “Water Smart St. Lucie” resource guide; Pediatric Associates Foundation will be providing funding for the resource guide once it is ready for print.

For more information, please visit:

www.safekids.org/coalition/safe-kids-st-lucie-county

Topic	Audience	Participants
Home Safety	Parents, students, and coaches	1355
Bike Safety	Students	1234
Pedestrian Safety	Parents and students	1885
Car Seat Inspections/Installs	Parents	369
Kids In and Around Cars	Parents	450
Water Safety		177
Fire Safety		933
Medication Safety		100
Sports Safety		1706

DROWNING PREVENTION



Florida loses more children under age five to drowning than any other state. **Annually in Florida, enough children to fill three to four pre-school classrooms drown and do not live to see their fifth birthday.**

In 2013, Florida had the highest unintentional drowning rate in the nation for the 1–4 year old age group with a drowning rate of 7.54 per 100,000 population. Florida had the second highest drowning rate in the nation for the 1–14 year old age group with a drowning rate of 2.54 per 100,000 popula-

tion. Oklahoma was first for this age group with a rate of 2.69 per 100,000 population, and Mississippi third for this age group with a rate of 1.91 per 100,000 population. (Current national injury data- www.cdc.gov/injury/wisqars/index.html)

For additional injury prevention data, please see the Florida Injury Surveillance Data System page- www.floridahealth.gov/statistics-and-data/florida-injury-surveillance-system/index.html.

Waterproof FL—Pool Safety is Everyone's Responsibility

In 2010, the Injury Prevention Section developed a new campaign, Waterproof FL—Pool Safety is Everyone's Responsibility. The campaign emphasizes layers of protection: supervision, barriers, and emergency preparedness, and follows national recommendations.

Please go to www.waterprooffl.com/ to learn the steps you can take to secure your pool and protect Florida's children, or to download campaign materials and information to begin a drowning prevention program at your organization.

HEALTHIEST WEIGHT FLORIDA

What is Healthiest Weight Florida?

The number one public health threat to Florida's future is unhealthy weight.

Currently, only 36 percent

of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion. To address this important public health issue, the Department of Health launched the Healthiest Weight Florida initiative in January 2013.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organiza-

tions, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. The initiative works closely with partners to leverage existing resources to maximize reach and impact. These partners include the business community, hospitals, non-governmental organizations, non-profit agencies, other federal, state, or local government agencies, and volunteer coalitions. The overall goal is to bend the weight curve by 5% by 2017.

For more information on Healthiest Weight Florida and to take the "60 Days to Better Health" Challenge go to www.healthiestweightflorida.com/



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DOG BITE PREVENTION

Did You Know:

- Children between 1 and 9 years of age are at the highest risk for dog bites, with boys in this age group at a higher risk than girls?
- Children under 10 years of age are more likely to be bitten on the head or neck



than other age groups?

- Each year, an average of 2 Floridians die from injuries due to dog bites?
- Each year, over 600 Floridians are hospitalized due to injuries from dog bites?

Pet Sterilization

Animals that are not neutered, particularly male dogs, may be at increased risk of biting people. Thousands of healthy and loving dogs and cats are put to death every year in the U.S. because pet owners do not spay or neuter their pets.

Safety Tips For Dog Owners:

- Before getting a dog, seek the advice of a veterinarian or animal shelter personnel about which dog is right for your family and your lifestyle.
- Confine your dog in a fenced

yard or "dog run" when it is outside.

- Do not leave your dog on a chain for long periods of time. Chained dogs are more likely to bite.
- Don't play aggressive games with your dog.
- Don't put your dog in situa-

tions where it may feel threatened or teased.

- Follow leash laws. Don't let your dog roam freely.
- Keep your dog healthy with regular check-ups and a vaccination pro-

gram tailored to your dog's needs.

- Make sure your veterinarian vaccinates your dog against rabies with a licensed rabies vaccine.
- See a veterinarian promptly if your dog is sick or injured. Illness and pain can make a dog more likely to bite.
- Spay or neuter your dog.
- Socialize your dog so it feels at ease around people and other animals.
- Train your dog to consistently obey basic commands such as "stay," "sit," and "come."



Safety Tips for Adults and Children:

- Adults should never leave an infant or young child alone with any dog, not even the family pet.
- Children should never approach or play with dogs unless supervised by an adult.
- Children should tell an adult if they see a stray dog or a dog acting strangely.
- Don't disturb a dog that is sleeping, eating, or caring for puppies.
- Don't look a dog right in the eyes.
- If a dog knocks you over, roll into a ball, cover your face and stay still.
- If you believe a dog is about to attack you, try to place something between yourself and the dog, such as a backpack or a bicycle.
- Never approach an unfamiliar dog.
- Never run from a dog and never scream around a dog.

If Bitten:

- Control bleeding and wash the area of the bite with soap and water.
- Report the bite to your local county health department, animal control agency, or police.
- Seek medical attention immediately.

For this article and more information on dog bites and prevention go to www.floridahealth.gov/programs-and-services/

MERLIN Registry System*

Frequency Comparisons of Selected Reportable Diseases for
St. Lucie County 01 Jan 2016—29 Feb 2016

- Data include confirmed/probable/suspect cases in St. Lucie County residents by date reported to the health department, regardless of where infection was acquired
- Counts are accurate at the time of publication but these may change and/or vary from other reports depending on criteria used
- Alterations of case definitions can result in dramatic changes in case counts

	St Lucie YTD 2016	FL	St Lucie YTD 2015	FL
Central Nervous System & Invasive Diseases				
CREUTZFELDT-JAKOB DISEASE (CJD)	0	0	1	9
MENINGITIS (BACTERIAL, CRYPTOCOCCAL, MYCOTIC)	2	27	2	20
MENINGOCOCCAL DISEASE	0	2	0	7
Hepatitides				
HEPATITIS A	0	19	0	13
HEPATITIS B ACUTE	1	95	0	68
HEPATITIS B, CHRONIC	11	795	13	903
HEPATITIS B (+HBsAg IN PREGNANT WOMEN)	0	40	4	76
HEPATITIS C, ACUTE	4	50	0	23
HEPATITIS C, CHRONIC	66	3772	63	4076
Enteric Diseases				
BOTULISM (other)	0	0	0	0
CAMPYLOBACTERIOSIS	3	544	11	516
CHOLERA (VIBRIO CHOLERA, TYPE O1)	0	0	0	3
CRYPTOSPORIDIOSIS	0	85	0	93
CYCLOSPORIASIS	0	0	0	0
ESCHERICHIA COLI, SHIGA TOXIN PRODUCING	3	101	4	63
GIARDIASIS	0	151	1	150
HEMOLYTIC UREMIC SYNDROME	0	2	0	3
SALMONELLOSIS	10	651	8	542
SHIGELLOSIS	0	134	8	309
VIBRIO ALGINOLYTICUS	0	4	0	6
VIBRIO FLUVIALIS	0	0	0	1
VIBRIO PARAHAEMOLYTICUS	0	2	2	4
VIBRIO VULNIFICUS	0	2	0	2
VIBRIO (VIBRIO CHOLERA, TYPE NON-O1)	0	0	0	2
Vaccine Preventable Diseases				
INFLUENZA A (PEDIATRIC MORTALITY)	0	1	0	1
MUMPS	0	3	2	6
PERTUSSIS	0	68	0	54
VARICELLA	1	186	6	142
MEASLES	0	0	0	0
Vector Borne & Zoonotic Diseases				
POSSIBLE RABIES EXPOSURE PROPHYLAXIS (HUMAN)	16	356	8	471
BRUCELLA	0	1	0	1
CHIKUNGUNYA	0	8	0	50
DENGUE FEVER	0	22	0	6
LYME DISEASE	1	58	1	11
MALARIA	0	4	0	7
RABID ANIMALS	0	8	1	12
SPOTTED FEVER RICKETTSIOSIS	0	4	0	4
ZIKA	0	44	0	0
Others				
CARBON MONOXIDE POISONING	0	50	1	51
CIGUATERA	0	0	0	6
LEAD POISONING	2	97	2	102
LEGIONELLA	0	45	0	48
LISTERIOSIS	0	2	0	3
PESTICIDE-RELATED ILLNESS/INJURY	0	0	0	1
TUBERCULOSIS	3	48	0	89
HIV/AIDS (01 Jan —31 Jan)				
HIV	2	553	3	437
AIDS	1	210	1	174
Sexually Transmitted Diseases (01 Jan —31 Jan)				
SYPHILIS (INFECTIOUS)	0	147	0	159
CONGENITAL SYPHILIS	0	3	0	6
EARLY LATENT SYPHILIS	1	183	0	141
GONORRHEA	17	1755	22	1637
CHLAMYDIA	68	6067	91	6080

*Data are provisional