

# EPISODES

JULY—AUGUST 2016

FLORIDA DEPARTMENT  
OF HEALTH

[www.stluciecountyhealth.com/](http://www.stluciecountyhealth.com/)

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## ZIKA

### Zika Virus Surveillance:

The CDC has issued travel recommendations concerning the Zika virus. The latest travel recommendations can be viewed [here](#).

### St. Lucie County:

Our primary role during public health emergencies is to lead community planning and response activities. Since February when Governor Scott issued the Declaration, we have been working extremely close with the Mosquito Control District and the medical community to inform and educate St. Lucie residents.

The following list includes Zika activities completed or planned for the future:

- ◆ Continue to work closely with hospitals and community providers on providing guidance on testing
- ◆ Continue to work with community partners on sharing information and getting mosquito-borne illness prevention messaging out
- ◆ Updated information can be found on the [FDOH website](#) in our local newsletter and BOCC's website.
- ◆ Materials have been distributed widely (English, Spanish, and Creole) through various forms (electronic, handouts, flash drives, and posters) to Healthy Start, OB providers, WIC, WIC vendors, La Leche League, the Roundtable, Chamber of Commerce, local PIOs, US Post Office, Infection Control Practitioners/local hospitals, airport, local travel agency, County COOP Extension Office, infant stores (Babies R Us), Treasure Coast Parenting magazine, local businesses, faith based organizations, homeless community, and code enforcement.
- ◆ In-Services have been provided internally to staff and several community partners (including the jail and faith based community leaders)
- ◆ Conducted Tabletop Exercise at the EOC
- ◆ Held two community-wide meetings at the health department
- ◆ Process has been implemented to provide free Zika testing for pregnant women at our Milner site.
- ◆ Met with the jail to discuss testing for pregnant women
- ◆ Presentations: Coffee with the Chair
- ◆ Presentation to Lincoln Park Concerned Ministers
- ◆ Presentation to Delta Sigma Theta Sorority, Inc.
- ◆ Scheduled meeting with North Beach Association

- ◆ Interviewed with IHeart Media—serving the Treasure Coast and Palm Beaches
- ◆ Scheduled interview planned for Port St. Lucie TV
- ◆ Presentation planned for City of Fort Pierce City Commission
- ◆ Presentation planned for Main Street Downtown Fort Pierce—Coffee with Mayor Linda Hudson

### Prevention:

#### Prevent Mosquito Bites:

- ◆ Use [Environmental Protection Agency \(EPA\) registered insect repellents](#).
- ◆ Dress in clothing that covers arms and legs, treat them with permethrin by following product instructions, or buy permethrin-treated clothing and gear
- ◆ Use mosquito netting to cover crib, stroller, and baby carrier
- ◆ Take steps to control mosquitoes inside and outside of your home but using screens on windows and doors and using air conditioning when available. Also, empty, scrub, turnover, cover, or throw out items weekly that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home. Mosquitoes lay eggs near water.

#### Protect Yourself During Sex

- ◆ Condoms and other barrier methods can reduce the chance of getting Zika from sex. To be effective, condoms must be used correctly from start to finish, **every time** you have vaginal, anal and oral sex. Learn how to [correctly use a condom](http://www.cdc.gov/condomeffectiveness/male-condom-use.html) (<http://www.cdc.gov/condomeffectiveness/male-condom-use.html>) *Warning: the links contain sexually graphic images.*



For most current updated information on Zika visit: <http://www.floridahealth.gov/newsroom/all-articles.html>. For more information on Zika virus, Florida residents and visitors can call 855-622-6735. Remember to drain standing water weekly, no matter how seemingly small. A couple drops of water in a bottle cap can be a breeding location for mosquitoes.

## Zika Virus Resources:

[Florida Department of Health](#)

[St Lucie County Mosquito Control](#)

[Centers for Disease Control and Prevention](#)

[Latest Travel Notices](#)

[CDC Healthcare Guidance](#)

[Local Health Department Contact Information](#)

### Safety Tip

Falls are the most common type of playground injury, accounting for more than 75 percent of all playground-related injuries. Lack of or improper supervision is associated with approximately 45 percent of playground-related injuries.

The playground is a great escape for kids and adults.

While not all playgrounds are designed with toddlers in mind, there is always something you can do to keep your little kid safe.

As they get older, many kids become more adventurous on the playground. They try new tricks and games, and take more chances. Follow these tips to create a safer day at the park.

#### Top Safety Tips

- Check playgrounds where your children play. Look for age-appropriate equipment and hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
- Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.



- Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
- Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- Ensure that children use age-appropriate playground equipment.

#### Playground Safety Tips

- Supervise kids using playground equipment
- Choose the right play area based on your child's age
- Ensure safe surfaces beneath and surrounding playground equipment
- Check that playgrounds are inspected and maintained by qualified personnel

For more information visit: <http://www.safekids.org/tip/playground-safety-tips>

## HEALTHIEST WEIGHT FLORIDA

### Strategies to Address Healthy Weight in Florida

There are a variety of factors that play a role in unhealthy weight. This makes it a complex health issue to address. Behavior, environmental and genetic factors all influence weight. At this time, behavior and environmental factors are the most promising areas for prevention and treatment actions.

Healthiest Weight Florida employs five strategies to address behavior and environmental change. These strategies, described below, closely align with national expert organization recommendations like the Centers for Disease Control and Prevention and the Institute of Medicine.

#### Strategy One—Increase opportunities for physical activity

Regular physical activity can produce long term health benefits. The more physical activity you do, the greater the health benefits. Being physically active can help:

- Control weight
- Reduce the risk of cardiovascular disease
- Reduce the risk of type 2 dia-

betes

- Reduce the risk of some cancers
- Strengthen bones and muscles
- Improve mental health and mood
- Improve ability to do daily activities and prevent falls in older adults
- Increase the chances of living longer

#### Strategy Two—Make healthy food available everywhere

A number of factors determine what people eat, but access to healthy food and beverages has a major influence. Finding healthy food is not always convenient. Studies have found that people buy food that is readily available. And today, it is often the case that communities with the highest rates of obesity also are places where residents have few opportunities to conveniently purchase nutritious, affordable food.

#### Strategy Three—Promote health in the worksite

Sticking to a healthy lifestyle while at work can be difficult. Now that

many people are spending most of their day sitting at a desk or inside an office, implementing health programs inside the workplace has become a vital piece of the healthy lifestyle puzzle. Effective workplace programs, policies, and environments that are health-focused and worker-centered have the potential to significantly benefit employers, employees, their families, and communities.

#### Strategy Four—Strengthen schools as the heart of health

Schools are uniquely positioned to be a national focal point for healthy weight promotion because children spend up to half of their waking hours in school and consume between one-third and one-half of their daily calories in the school setting.

#### Strategy Five—Market what matters for a healthy life

When the messages around us focus on health, it becomes easier to think about making healthy choices. Healthiest Weight Florida seeks to make useful health information and advice available through campaigns, social media, and other resources.



# Back to School—Is Your Child Fully Vaccinated?

**Make sure that your children are up-to-date on vaccines before sending them back to school.**

School-aged children, from preschoolers to college students, need vaccines. Making sure that children receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health—as well as the health of friends, classmates, and others in your community.

CDC has [online resources](#) and [tools](#) to help parents and doctors make sure all kids are up to date on recommended vaccines and protected from serious diseases. Get your children to the doctor if you discover they need vaccines to protect them against serious diseases.

## What All Parents Need to Know

To keep children in schools healthy, Florida requires children going to school to be vaccinated against certain diseases, such as pertussis (whooping cough). These required vaccinations by age can be found here: [Florida's vaccination requirements](#)

## Disease Outbreaks Still Happen

It's true that some vaccine-preventable diseases have become very rare thanks to vaccines. However, cases and outbreaks still happen. The United States experienced a record number of measles cases during 2014, with 668 cases reported to the CDC. This is the greatest number of cases since measles elimination was documented in the U.S. in 2000. From January 2 to July 22, 2016, there have been 48 cases of measles reported in the United States.

From January 1—June 13, 2016, almost 6,000 cases of whooping cough have been reported to CDC by 50 states and Puerto Rico.

Outbreaks of whooping cough at middle and high schools can occur as

protection from childhood vaccines fades. Those who are vaccinated against whooping cough but still get the disease are most likely to have a mild illness compared to those who never received the vaccine.

Making sure your children stay up to date with vaccinations is the best way to help protect your communities and schools from outbreaks that can cause unnecessary illnesses and deaths.

Getting every recommended dose of each vaccine provides children with the best protection possible.



## Vaccines for Your Young Children (Newborn through 6 years old)

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their children increase the risk of disease not only for their own children, but also for other children and adults throughout the entire community. For example, vulnerable newborns too young to have received the maximum protection from the recommended doses of vaccines or people with weakened immune systems, such as some people with cancer and transplant recipients, are also at higher risk of disease.

Flu vaccines are recommended for kids 6 months and older. Getting your children vaccinated—as well as other family members and caregivers—can help protect infants younger than 6 months old who are too young to be vaccinated. Ask your family's doctor or nurse about getting a yearly flu vaccine to protect against flu.

Parents can find out what vaccines their children need and when the doses should be given by reviewing the CDC's recommended [Childhood Immunization Schedule](#).

## Vaccines for Your Preteens and Teens (7 years old through 18 years old)

Preteens and teens need vaccinations, too! As kids get older, they are still at risk for certain diseases. Before heading back to school, three vaccines are recommended for 11-12 year olds—HPV, Tdap, and meningococcal conjugate vaccine—for continued protection.

[HPV vaccine](#) is important because it can prevent HPV infections that can cause cancer later in life. For other diseases, like whooping cough, the protection from vaccine doses received in childhood fades over time. That's why 11-12 year olds are also recommended to get the booster shot called [Tdap](#) to help protect them from whooping cough, tetanus, and diphtheria. [Meningococcal conjugate vaccine](#) helps prevent two of the three most common causes of meningococcal disease, which can be a very serious—event life-threatening.

It's important to know that flu can be serious, even for healthy, young people. Preteens and teens are no exception.

## It's Not Too Late

Getting every recommended dose of each vaccine provides children with the best protection possible. If a child misses a shot, your child's healthcare professional can use the [catch-up immunization schedule](#). Beat the back to school rush and use these opportunities to get your children vaccinated today!

Click [here](#) for more immunization information and events from the Florida Department of Health in St. Lucie County.

CDC school vaccination link <http://www.cdc.gov/Features/CatchUpImmunizations/index.html>

# Extreme Heat and Your Health



## FACT:

Never leave your child alone in a car, not even for a minute.

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 8 days a child dies from heatstroke in a vehicle.



Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat.

### Stay Cool

**Keep your body temperature cool to avoid heat-related illness.**

- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

### Stay Hydrated

**Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.**

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.



### Stay Informed

**Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.**

Check local news for extreme heat alerts and safety tips.

Learn the symptoms at <http://www.cdc.gov/extremeheat/warning.html> of heat illness.

### Warning Signs and Symptoms of Heat-Related Illness

**Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:**

#### Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting

#### What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

#### Heat Stroke

- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

#### What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.



# School Bus Safety Tips

Everything you need to know to keep your kids safe in and around the school bus.

Taking the bus for the first time is a big step for your child. Help your kids get a gold star in bus safety by following these tips.

- Walk with your kids to the bus stop and wait with them until it arrives. Tell kids to stand at least three giant steps back from the curb as the bus approaches and board the bus one at a time.
- Teach kids to wait for the bus to come to a complete stop before getting off and never to walk behind the bus.
- If your child needs to cross the street after exiting the bus, he or she should take five giant steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach kids to look left, right and left again before crossing the street.
- Instruct younger kids to use handrails when boarding or exiting the bus. Be careful of straps or drawstrings that could get caught in the door. If your children drop something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up.
- Drivers should always follow the speed limit and slow down in school zones and near bus



- stops. Remember to stay alert and look for kids who may be trying to get to or from the school bus.
- Slow down and stop if you're driving near a school bus that is flashing yellow or red lights. This

means the bus is either preparing to stop (yellow) or already stopped (red), and children are getting on or off. School buses are the safest mode of motorized transportation for getting children to and from

school, but injuries can occur if kids are not careful and aware when getting on and off the bus.

For more pedestrian tips, visit <http://www.safekids.org/walkingsafelytips>. Also, check out our interactive infographic, [How Not to Get Hit by a Car](#).

## Pokemon Go: Gotta (Safely) Catch 'Em All



The Pokemon craze burst back onto the scene through the popular game Pokemon Go that suddenly had seemingly everyone in the country playing on their smartphones. However, we're already seeing stories left and right of players being so distracted by their games that they're forgetting where they're walking and getting themselves hurt.

If your kids are out and about trying to catch a Pikachu, make sure to remind them of a few tips before they go to make sure they stay safe:

- When crossing the street, look left, right and left again before crossing the street. Then continue looking until safely across. And put the phone down when crossing the street – that Pokemon you're after will still be there when you reach the other side.
- Walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
- We know Pokemon trainers like to start young, but children under 10 need to cross the street with an adult. Make it a family outing!
- Don't get so caught up in the game that you forget to look for cars that are turning or backing up. And no matter how excited you get about that rare Pokemon that just popped up, don't run or dart out into the street or cross between parked cars.
- If you're out looking for Pokemon when it's dark out, be especially alert and make sure to wear light or brightly-colored clothing and reflective gear to be more visible to drivers.



MERLIN Registry System\*

Frequency Comparisons of Selected Reportable Diseases for  
St. Lucie County 01 Jan 2016—31 July 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	FL	St Lucie	FL
	YTD 2016		YTD 2015	
<b>Central Nervous System &amp; Invasive Diseases</b>				
CREUTZFELDT-JAKOB DISEASE (CJD)	0	6	1	19
MENINGITIS (BACTERIAL, CRYPTOCOCCAL, MYCOTIC)	2	69	5	75
MENINGOCOCCAL DISEASE	0	9	0	15
<b>Hepatitides</b>				
HEPATITIS A	0	64	1	66
HEPATITIS B ACUTE	8	356	4	289
HEPATITIS B, CHRONIC	38	2,930	34	2,878
HEPATITIS B (+HBsAg IN PREGNANT WOMEN)	6	257	8	267
HEPATITIS C, ACUTE	9	163	4	95
HEPATITIS C, CHRONIC	364	19,438	271	13,435
<b>Enteric Diseases</b>				
CAMPYLOBACTERIOSIS	24	2,069	27	2,170
CHOLERA (VIBRIO CHOLERA, TYPE O1)	0	1	0	4
CRYPTOSPORIDIOSIS	1	257	5	371
CYCLOSPORIASIS	2	27	0	13
ESCHERICHIA COLI, SHIGA TOXIN PRODUCING	6	357	8	254
GIARDIASIS	5	661	8	559
HEMOLYTIC UREMIC SYNDROME	0	6	0	4
SALMONELLOSIS	45	2,793	46	2,918
SHIGELLOSIS	2	492	27	1,348
VIBRIO ALGINOLYTICUS	2	27	1	37
VIBRIO FLUVIALIS	0	3	0	5
VIBRIO PARAHAEMOLYTICUS	0	24	2	25
VIBRIO VULNIFICUS	0	17	1	20
VIBRIO (VIBRIO CHOLERA, TYPE NON-O1)	0	9	1	5
<b>Vaccine Preventable Diseases</b>				
INFLUENZA A (PEDIATRIC MORTALITY)	0	6	0	0
MUMPS	1	17	2	14
PERTUSSIS	1	202	0	198
VARICELLA	8	482	9	449
MEASLES	0	5	2	5
<b>Vector Borne &amp; Zoonotic Diseases</b>				
POSSIBLE RABIES EXPOSURE PROPHYLAXIS (HUMAN)	89	1,869	43	1,957
BRUCELLA	0	4	0	5
CHIKUNGUNYA	0	9	0	88
DENGUE FEVER	0	40	1	24
LYME DISEASE	2	197	1	66
MALARIA	2	33	0	21
RABID ANIMALS	0	43	2	40
SPOTTED FEVER RICKETTSIOSES	0	10	1	12
ZIKA	2	334	0	0
<b>Others</b>				
CARBON MONOXIDE POISONING	2	152	1	131
CIGUATERA	0	2	0	19
LEAD POISONING	8	468	9	457
LEGIONELLA	1	156	3	159
LISTERIOSIS	0	20	0	23
PESTICIDE-RELATED ILLNESS/INJURY	0	8	0	21
TUBERCULOSIS (Jan-May)	4	196	2	235
<b>HIV/AIDS</b>				
HIV (Jan-May)	23	2912	17	2129
AIDS (Jan-May)	13	1138	9	971
<b>Sexually Transmitted Diseases</b>				
SYPHILIS (INFECTIOUS) (Jan-May)	1	1033	3	762
CONGENITAL SYPHILIS (Jan-May)	0	16	0	15
EARLY LATENT SYPHILIS (Jan-May)	5	1222	7	813
GONORRHEA (Jan-May)	81	11166	80	8679
CHLAMYDIA (Jan-May)	466	35958	423	35958

\*Data are provisional

# Mosquito Bite Prevention (United States)



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Daytime</p>
 <p><i>Culex</i> species</p>	<p>West Nile</p>	<p>Dusk (evening) to dawn (morning)</p>

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
<b>DEET</b>	Off!, Cutter, Sawyer, Ultrathon
<b>Picaridin</b> , also known as <b>KBR 3023</b> , <b>Bayrepel</b> , and <b>icaridin</b>	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
<b>Oil of lemon eucalyptus (OLE)</b> or <b>para-menthane-diol (PMD)</b>	Repel
<b>IR3535</b>	Skin So Soft Bug Guard Plus Expedition, SkinSmart



\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



## Protect yourself and your family from mosquito bites *(continued)*



- ◆ Always follow the product label instructions.
- ◆ Reapply insect repellent every few hours, depending on which product and strength you choose.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

### Natural insect repellents (repellents not registered with EPA)

- ◆ EPA has not evaluated natural insect repellents for effectiveness.
  - » Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint oil, or soybean oil.

## If you have a baby or child



- ◆ Always follow instructions when applying insect repellent to children.
- ◆ Do not use insect repellent on babies younger than 2 months of age.
- ◆ Dress your child in clothing that covers arms and legs, or
- ◆ Cover crib, stroller, and baby carrier with mosquito netting.
- ◆ Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.

## Treat clothing and gear



- ◆ Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

## Mosquito-proof your home



- ◆ Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- ◆ Use air conditioning when available.
- ◆ Keep mosquitoes from laying eggs in and near standing water.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.



