



# EPISODES

JUNE - JULY 2016

FLORIDA DEPARTMENT  
OF HEALTH

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

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## ZIKA

### Zika Facts:

- ◆ No vaccine exists to prevent Zika virus disease.
- ◆ Prevent Zika by avoiding mosquito bites.
- ◆ Mosquitoes that spread Zika virus bite mostly during the daytime.
- ◆ Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- ◆ Prevent sexual transmission of Zika by using condoms or not having sex.

### Prevent Mosquito Bites:

- ◆ Wear long-sleeved shirts and long pants.
- ◆ Stay in places with air conditioning and window and door screens.
- ◆ Use [Environmental Protection Agency \(EPA\) registered insect repellents](#).

### Traveling?

- ◆ Even if you do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.
- ◆ For more information, read [Mosquito Bite Prevention for Travelers](#).
- ◆ Read the [Traveler's Health Yellow Book for more information on Protection against Mosquitoes, Ticks, Fleas & Other Insects and Arthropods](#).
- ◆ If you are pregnant, the CDC recommends that you avoid traveling to an area with Zika. If you must travel, talk to your doctor or other healthcare provider first and strictly follow [steps to prevent mosquito bites during your trip](#).

### Zika and Pregnancy:

- ◆ Pregnant women can be infected with the Zika virus through mosquito bites or by having sex with a man infected with the Zika virus.
- ◆ A pregnant woman can pass Zika virus to her fetus.
- ◆ Zika virus can cause babies to be born with [microcephaly](#).
- ◆ Microcephaly can have devastating effects on a baby, such as their brains not fully developing. Additionally, microcephaly can cause seizures, developmental delay, intellectual disability, problems with movement and balance, feeding problems, and hearing and vision loss.

### Symptoms of Zika:

Most people infected with Zika virus won't even know they have the disease because they won't have symptoms. The most common symptoms of Zika are:

- ◆ Fever
- ◆ Rash
- ◆ Joint pain
- ◆ Conjunctivitis (red eyes)
- ◆ Body aches
- ◆ Headache
- ◆ Vomiting

The incubation period for Zika virus disease is not known, but is likely to be a few days to a week. The illness is usually mild with symptoms lasting for several days to a week.

If you would like to speak to someone about a possible Zika virus infection or diagnosis during pregnancy and risk to the baby, please contact [Mother TOBABY](#).

[Department of Health Daily Zika Updates](#)

CDC Zika Virus: <http://www.cdc.gov/zika/prevention/index.html> and Florida Department of Health: <http://www.floridahealth.gov/diseases-and-conditions/zika-virus/index.html>

### Zika Virus Surveillance National

- ◆ The CDC has issued travel recommendations concerning the Zika virus. The latest travel recommendations can be viewed [here](#).
- ◆ No locally acquired Zika cases have been reported within the United States.

### Florida

- ◆ No locally-acquired cases of Zika virus have been reported in Florida.
- ◆ 27 counties are currently under a declared state of emergency due to identification of travel-associated Zika infections (see table below).

Florida Zika Cases as of July 12, 2016

County	Number of Cases (all travel related)
Alachua	5
Brevard	4
Broward	40
Charlotte	1
Citrus	2
Clay	2
Collier	3
Duval	5
Escambia	1
Highlands	1
Hillsborough	6
Lake	1
Lee	6
Martin	1
Miami-Dade	74
Okaloosa	1
Orange	22
Osceola	12
Palm Beach	13
Pasco	4
Pinellas	6
Polk	8
Santa Rosa	1
Seminole	9
St. Johns	2
St. Lucie	1
Volusia	2
<b>Total cases not involving pregnant women</b>	<b>233</b>

### Safety Tip

To avoid heat exhaustion, make sure you and your child are drinking plenty of water. This will help keep your body hydrated and help you to continue producing enough sweat to cool your body down.

## BEAT THE HEAT AND SUN

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. **For heat-related illness, the best defense is prevention.**

- ◆ Never leave infants, children, or pets in a parked car, even if the windows are cracked or open.
- ◆ Dress infants and children in loose, lightweight, light-colored clothing.
- ◆ Schedule outdoor activities carefully, for morning and evening hours.
- ◆ Stay cool with cool showers or baths.



- ◆ Seek immediate medical care if child has [symptoms of heat related illness](#).

Just a few serious sunburns can increase you and your child's risk of [skin cancer](#) later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- ◆ Cover up clothing that covers your and your child's skin helps protect against UV rays.
- ◆ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

CDC Make Summer Safe for Kids link: <http://www.cdc.gov/family/kids/summer/index.htm>

## HEALTHIEST WEIGHT FLORIDA

Many kids are spending less time exercising and more time in front of the TV, computer, or video-game console. Today's busy families have fewer free moments to prepare nutritious, home-cooked meals. From fast food to electronics, quick and easy is the reality for many people.

Preventing kids from becoming overweight means adapting the way your family eats and exercises, and how you spend time together. Helping kids lead healthy lifestyles begins with parents who lead by example.

### The Effects of Obesity

Obesity increases the risk for serious health conditions like type 2 diabetes, high blood pressure, and high cholesterol—all once considered exclusively adult diseases. Obese kids also may be prone

to low self-esteem that stems from being teased, bullied, or rejected by peers.

Kids who are unhappy with their weight may be more likely than average-weight kids to develop unhealthy dieting habits and eating disorders, be more prone to depression, and be at risk for substance abuse.

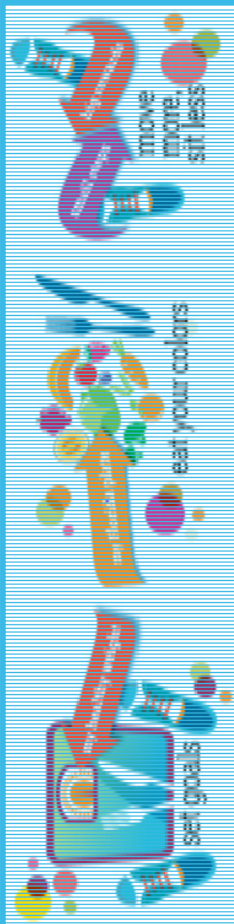
### Preventing Overweight and Obesity

The key to keeping kids of all ages at a healthy weight is taking a whole-family approach. It's the "practice what you preach" mentality. Make healthy eating and exercise a family affair. Get your kids involved by letting them help you plan and prepare healthy meals, and take them along when you go grocery shopping so they can learn how to make good food choices.

Avoid falling into these common food/eating behavior traps:

- Don't reward kids for good behavior or try to stop bad behavior with sweets or treats.
- Don't maintain a clean plate policy
- Don't talk about "bad foods" or completely eliminate all sweets and favorite snacks from kids' diets.

If you eat well, exercise regularly, and incorporate healthy habits into your family's daily life, you're modeling a healthy lifestyle for your kids that will last. Talk to them about the importance of eating well and being active, but make it a family affair that will become second nature for everyone. Most of all let your kids know you love them — no matter what their weight — and that you want to help them be happy and healthy.



# RABIES PREVENTION

## What is rabies?

Rabies is a disease that affects the brain. It's usually passed from animal to animal but it can be passed from animals to people. It's caused by a virus that infects the central nervous system, ultimately causing disease in the brain and death.

## What are the symptoms of rabies?

The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of these symptoms.

## How do people become infected with rabies?

When an animal is sick with rabies, the virus is shed in the saliva and can be passed to another animal or a person, usually through a bite. Transmission may also occur if this saliva or the animal's nervous tissue enters open wounds, the mouth, nose or eyes of another animal or person.



## What do rabid animals look like?

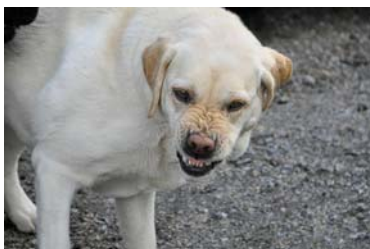
Animals with rabies may show strange behavior -- they can be aggressive, attacking for no apparent reason, or act very tame and friendly (especially wild animals). They may not be able to eat, drink or swallow. They may drool because they cannot swallow their saliva. They may stagger or become paralyzed. Eventually they will die.

If you have an unvaccinated pet and it shows any of these signs, or is act-

ing strangely, you should take them to the veterinarian to be checked out.

## What do I do if an animal bites me?

- \* Immediately wash the wound with lots of soap and running water for five to ten minutes.
- \* Try to get a complete description of the animal and determine where it is so that it can be observed, picked up by animal control staff for quarantine, or rabies testing.
- \* Go to your family doctor or the nearest emergency room.
- \* Call your county health department or animal control agency with your description and location of the animal. The animal



will either be quarantined and observed for ten days (if it is a dog, cat or ferret) or be tested for rabies.

- \* If you kill the animal, be careful not to damage the head, and avoid further contact with the animal even when it is dead.

## What do I do to protect myself, my family, and my pets from rabies?

- \* Have your veterinarian vaccinate all of your dogs, cats, ferrets and horses against rabies. Make sure you follow your veterinarian's instructions for revaccination.
- \* Avoid contact with wild or stray animals.
- \* Never feed wild or stray animals -- avoid attracting them with outdoor food sources (like uncov-

ered trash). Feed your pets indoors.

- \* Do not allow your pets to run free. Follow leash laws by keeping pets and livestock secured on your property.
- \* Support animal control in your community. If your animal is attacked by a wild, stray or unvaccinated animal, DO NOT examine your pet for injuries without wearing gloves. Wash your pet with soap and water to remove saliva from the attacking animal. Do not let your animal come into contact with other animals or people until the situation can be dealt with by animal control or county health department staff.

## 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?



CDC and Florida Department of Health rabies information links: [http://www.cdc.gov/rabies/resources/acip\\_recommendations.html](http://www.cdc.gov/rabies/resources/acip_recommendations.html) and <http://www.floridahealth.gov/>

# HURRICANE SEASON IS HERE BE PREPARED!

## Make a Plan



◆ Hurricanes don't only affect people living along the coast. They can still cause damage even if you live hundreds of miles from the shore. If you're in an area where hurricanes are a risk, you need a plan.

◆ CDC can help you make an emergency plan. Go to [Make a Plan: Develop a Family Disaster Plan](#) for help.

## Be Ready



◆ Even if there's no risk of a hurricane right now, make sure you and your family are prepared.

◆ [Stock up on emergency supplies](#) for your home and car.

◆ Write down emergency phone numbers and keep them near every phone in your house or on the refrigerator. Program them into your cell phone, too.

◆ Buy a fire extinguisher and make sure your family knows where to find it and how to use it.

◆ Find out where the nearest shelter is and the different routes you can take to get there if you have to leave your home.

◆ Make sure that everyone in your family knows what the warning sirens in your area sound like — and what to do if they go off.

◆ Wondering what supplies to buy before a hurricane? Check out [Get Supplies](#) for a complete checklist of everything you'll need.



## Get Supplies

During and after a hurricane, you may need supplies to keep your family safe and healthy. Remember that a hurricane could cut off your power and water supply. You also may not be able to drive because of damage to your car. Roads may be flooded or blocked.

That's why it's best to be prepared — stock up on everything you might need now. Here's a checklist of what you need:

## Food and Medicine

- ◆ Clean containers for water
- ◆ At least 5 gallons of water per person (which should be enough to last 3 to 5 days)
- ◆ A 3 to 5 day supply of food that doesn't go bad (like canned food)
- ◆ Baby food or formula
- ◆ Prescription medicines

## Personal Care Products

- ◆ Hand sanitizer
- ◆ Wet cleaning cloths (like baby wipes) in case you don't have clean water
- ◆ Soap
- ◆ Toothpaste
- ◆ Tampons and pads
- ◆ Diapers

Make sure your supplies are stored together in a place that's easy to reach. **Safety Items**

## Safety Items

- ◆ First aid kit and instructions
- ◆ Fire extinguisher
- ◆ Battery-powered radio
- ◆ Flashlights
- ◆ Extra batteries
- ◆ Sleeping bags or extra blankets
- ◆ Supplies to make drinking water safe (like iodine tablets or chlorine bleach)



# Foodborne Germs and Illnesses

Foodborne illness (sometimes called "foodborne disease," "foodborne infection," or "food poisoning") is a common, costly—yet preventable—public health problem. Each year, 1 in 6 Americans gets sick by consuming contaminated

foods or beverages. Many different disease-causing microbes, or pathogens, can contaminate foods,

so there are many different foodborne infections. In addition, poisonous chemicals, or other harmful substances can cause foodborne diseases if they are present in food.

You can get food poisoning after swallowing food that has been contaminated with a variety of germs (bacteria, viruses, parasites) or toxic substances (molds, contaminants). After you eat the contaminated food there is a delay before symptoms of food poisoning begin. This delay may range from hours to days, depending on the germ and on how many germs you swallowed.

The most common symptoms of food poisoning include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration. Symptoms may range from mild to severe and may differ depending on the [germ that is making you sick](#). Severe cases of food poisoning can cause [long-term health problems](#) or death.



The most common germs that cause food poisoning are norovirus, salmonella, clostridium perfringens, and campylobacter. After you eat food contaminated with these germs they pass through the stomach into the intestine, attach to the cells lining

the walls of the intestine and begin to multiply. Some germs stay in the intestine, some produce a toxin that is absorbed into the bloodstream, and some can di-

rectly invade the deeper body tissues. The symptoms you experience depend on the germ that you swallowed.

## Steps To Prevent Food Poisoning:

### CLEAN

- ◆ Wash your hands and surfaces often. Germs can survive in many places around your kitchen, including your hands, utensils, and cutting boards.
- ◆ Rinse fresh fruits and vegetables under running water.



### SEPARATE

- ◆ Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate. It is important to keep them separate, even after you've cleaned your hands and

surfaces thoroughly.

### COOK

- ◆ Cook to the [right temperature](#). While many people think they can tell when food is "done" simply by checking its color and texture, there's no way to be sure it's safe without following a few important but simple steps. Use a food thermometer to ensure that foods are cooked to a safe internal temperature: 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or consuming), 160°F for ground meats, and 165°F for all poultry.

### CHILL

- ◆ Keep your refrigerator below 40°F and refrigerate foods properly. Germs can grow in many foods within 2 hours unless you refrigerate them. (During the summer heat, cut that time down to 1 hour.)



For more information on preventing food poisoning, check your steps at [FoodSafety.gov](http://www.foodsafety.gov).

See your doctor if you have:

- ◆ High fever (temperature over 101.5F, measured orally)
- ◆ Blood in stools
- ◆ Prolonged vomiting that prevents keeping liquids down (which can lead to dehydration)
- ◆ Signs of dehydration, including a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up
- ◆ Diarrheal illness that lasts more than 3 days

CDC Foodborne Illnesses Link: <http://www.cdc.gov/foodsafety/groups/consumers.html>

MERLIN Registry System\*

Frequency Comparisons of Selected Reportable Diseases for  
St. Lucie County 01 Jan 2016—31 June 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	5	1	18
MENINGITIS (BACTERIAL, CRYPTOCOCCAL, MYCOTIC)	2	63	5	62
MENINGOCOCCAL DISEASE	0	7	0	14
<b>Hepatitides</b>				
HEPATITIS A	0	52	1	52
HEPATITIS B ACUTE	5	305	4	231
HEPATITIS B, CHRONIC	30	2,519	28	2,463
HEPATITIS B (+HBsAg IN PREGNANT WOMEN)	4	213	8	212
HEPATITIS C, ACUTE	6	131	1	80
HEPATITIS C, CHRONIC	310	16,438	224	11,233
<b>Enteric Diseases</b>				
CAMPYLOBACTERIOSIS	19	1,734	22	1,814
CHOLERA (VIBRIO CHOLERA, TYPE O1)	0	1	0	4
CRYPTOSPORIDIOSIS	0	209	3	298
CYCLOSPORIASIS	0	4	0	1
ESCHERICHIA COLI, SHIGA TOXIN PRODUCING	6	298	8	201
GIARDIASIS	4	582	8	470
HEMOLYTIC UREMIC SYNDROME	0	5	0	3
SALMONELLOSIS	36	2,212	32	2,187
SHIGELLOSIS	1	419	26	1,128
VIBRIO ALGINOLYTICUS	2	18	1	30
VIBRIO FLUVIALIS	0	2	0	4
VIBRIO PARAHAEMOLYTICUS	0	0	2	22
VIBRIO VULNIFICUS	0	13	1	13
VIBRIO (VIBRIO CHOLERA, TYPE NON-O1)	0	10	0	3
<b>Vaccine Preventable Diseases</b>				
INFLUENZA A (PEDIATRIC MORTALITY)	0	6	0	0
MUMPS	1	13	2	13
PERTUSSIS	1	174	0	160
VARICELLA	7	440	9	219
MEASLES	0	3	2	5
<b>Vector Borne &amp; Zoonotic Diseases</b>				
POSSIBLE RABIES EXPOSURE PROPHYLAXIS (HUMAN)	72	1,603	38	1,673
BRUCELLA	0	2	0	2
CHIKUNGUNYA	0	8	0	79
DENGUE FEVER	0	40	1	16
LYME DISEASE	1	137	1	38
MALARIA	2	20	0	16
RABID ANIMALS	0	41	2	35
SPOTTED FEVER RICKETTSIOSES	0	9	0	7
ZIKA	1	241	0	0
<b>Others</b>				
CARBON MONOXIDE POISONING	2	132	1	109
CIGUATERA	0	1	0	14
LEAD POISONING	7	388	2	376
LEGIONELLA	0	125	0	138
LISTERIOSIS	0	17	0	16
PESTICIDE-RELATED ILLNESS/INJURY	0	4	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