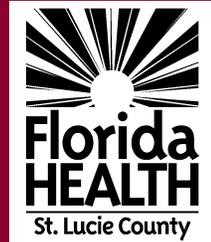


# EPISODES

19 March 2015



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## Gut Instincts

Everyone recognizes that sad, hollow bathroom resonance when someone is afflicted with a stomach "bug." As miserable as it is, sometimes we forget and can get a little lax with our prevention measures- the first being thorough handwashing.

*Salmonella*, *Shigella* (both bacteria), and Norovirus (a virus) are enterics or gut infections that have been cropping up in our county and across Florida. Following is some information about each and what you can do to avoid getting "the bug."

### Salmonella

*Salmonella* infections can cause belly cramps, fever and diarrhea starting 12 to 72 hours after exposure and lasting an average of 4 to 7 days. To prevent this infection, be sure to thoroughly cook ground beef, eggs and poultry and shun foods made with raw eggs (no sneaking any raw cookie dough) or unpasteurized milk. Avoid cross contamination by cleaning work surfaces and utensils with hot soapy water immediately after preparing raw meats- be extra careful when making food for infants, the elderly or immune compromised.

With Easter coming up, chicks and ducklings are favorites around this time. Children under five years, the elderly or anyone with a weak immune system should not handle baby poultry due to the risk of salmonella infection. Same goes for amphibians and reptiles like baby turtles and frogs. If you must handle or feed birds, reptiles or amphibians, be sure to wash your hands thoroughly with soap and water right away- hand sanitizer should be considered a stopgap measure until you can get to soap and water.

### Shigella

It's sad to say, but humans are the only reservoir for this bad bug. Infection with *Shigella* group bacteria can cause fever, stomach cramping and watery diarrhea (may be bloody/mucousy) starting 1-3 days after exposure. You get infected if you swallow something contaminated with the feces of an infected person. One likely scenario is exposure while taking care of a diapered child with diarrhea.

Thorough, frequent handwashing especially after toileting and/or changing diapers and before touching food or face is key to disease prevention. Due to the possibility of an accidental squirt, children with diarrhea should be excluded from water play (water tables, fountains, pools, etc.) for a minimum of two weeks after their last diarrheal stool due to the risk of passing their infection to others playing in the same waters.

### Norovirus

Symptoms suggesting norovirus infection include:

- Vomiting, watery diarrhea, cramps and nausea 12-48 hours after exposure with symptoms usually lasting for 1-3 days
- Illness can be spread by: direct contact; airborne virus particles (vomit/stool sprayed or flung into the air); poor hand washing; foodborne (by contaminated food or water); and contact with contaminated surfaces/objects (fomites)

*Some fearsome facts about norovirus:*

- You can fit ~50,000,000 noroviruses on the head of a pin
- You can spew over **30 million** norovirus particles in a single vomiting episode
- Norovirus is the most common cause of acute gastroenteritis in the US- it is very contagious (as few as 10 virus particles can make you sick!)

You have probably heard about norovirus spreading through schools, events and cruise ships, but it can also rip through daycares, group homes, and healthcare facilities. There have been outbreaks of norovirus locally and this is unfortunately not uncommon during the winter months.

As a general rule, if someone has fever, vomiting, or diarrhea, they should not prepare or serve food or drink for other people until they have been symptom free for at least 24 hours.

If you see clusters of illness, you should report it to your friendly local health department. In outbreak investigations, Florida Department of Health- St Lucie's Epidemiology program is your resource for disease control and prevention information.

## St. Lucie County Disease Summary

- Our county did not have any cases of measles associated with the national outbreak, but recent events emphasize how vaccine preventable diseases can be brought in to our communities via travel and tourism. Information on recommended vaccines can be found at the following links:

[www.cdc.gov/vaccines/schedules/easy-to-read/child.html](http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html)

[www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html](http://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html)

[www.cdc.gov/vaccines/schedules/easy-to-read/adult.html](http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html)

- We are still seeing influenza activity in our county- you can still get a flu vaccine

# After you touch ducklings or chicks, wash your hands so you don't get sick!



-  Contact with live poultry (chicks, chickens, ducklings, ducks, geese, and turkeys) can be a source of human *Salmonella* infections.
-  *Salmonella* germs can cause a diarrheal illness in people that can be mild, severe, or even life threatening.
-  Chicks, ducklings, and other live poultry can carry *Salmonella* germs and still appear healthy and clean.
-  *Salmonella* germs are shed in their droppings and can easily contaminate their bodies and anything in areas where birds live and roam.

## Protect Yourself and Your Family from Germs

### DO:

-  Wash your hands thoroughly with soap and water right after touching live poultry or anything in the area where they live and roam.
  -  Adults should supervise hand washing for young children.
  -  If soap and water are not readily available, use hand sanitizer until you are able to wash your hands thoroughly with soap and water.
-  Clean any equipment or materials associated with raising or caring for live poultry outside the house, such as cages or feed or water containers.

### DON'T:

-  Don't let children younger than 5 years of age, elderly persons, or people with weak immune systems handle or touch chicks, ducklings, or other live poultry.
-  Don't let live poultry inside the house, in bathrooms, or especially in areas where food or drink is prepared, served, or stored, such as kitchens, or outdoor patios.
-  Don't snuggle or kiss the birds, touch your mouth, or eat or drink around live poultry.

For more information, call **1-800-CDC-INFO** or visit **[www.cdc.gov](http://www.cdc.gov)**.



# After you touch amphibians or reptiles, wash your hands so you don't get sick!



Contact with amphibians (such as frogs and toads) and reptiles (such as turtles, snakes, and lizards) can be a source of human *Salmonella* infections.



Small turtles, with a shell length of less than 4 inches, are a well known source of human *Salmonella* infections, especially among young children. Because of this risk, the Food and Drug Administration has banned the sale of these turtles since 1975.



*Salmonella* germs can cause a diarrheal illness in people that can be mild, severe, or even life threatening.



Amphibians and reptiles can carry *Salmonella* germs and still appear healthy and clean.



*Salmonella* germs are shed in their droppings and can easily contaminate their bodies and anything in areas where these animals live.



Reptiles and amphibians that live in tanks or aquariums can contaminate the water with germs, which can spread to people.

## Protect Yourself and Your Family from Germs

### Do:



Wash your hands thoroughly with soap and water right after touching or feeding amphibians or reptiles, anything in the area where they live and roam, or water from their housing or habitats.



Adults should supervise hand washing for young children.



If soap and water are not readily available, use a hand sanitizer right away and then wash your hands thoroughly with soap and water as soon as you can.



To prevent contamination, keep amphibians and reptiles out of kitchens and other areas where food and drink is prepared, served, or consumed.



Tanks, feed or water containers, and any other equipment or materials used when raising or caring for amphibians and reptiles should be cleaned outside the house. Be aware that the equipment and materials, including the tank water, can be contaminated with *Salmonella* and other germs.

### Don't:



Don't let children younger than 5 years of age, older adults, or people with weak immune systems handle or touch amphibians or reptiles.



Don't keep habitats containing amphibians or reptiles in a child's bedroom, especially children younger than 5 years of age.



Don't let reptiles and amphibians roam free in your home.



Don't bathe animals or their habitats in your kitchen sink. If bathtubs are used for these purposes, they should be thoroughly cleaned afterward. Use bleach to disinfect a tub or other place where reptile or amphibian habitats are cleaned.

For more information, call **1-800-CDC-INFO** or visit **[www.cdc.gov](http://www.cdc.gov)**.



National Center for Emerging and Zoonotic Infectious Diseases  
Division of Foodborne, Waterborne, and Environmental Diseases





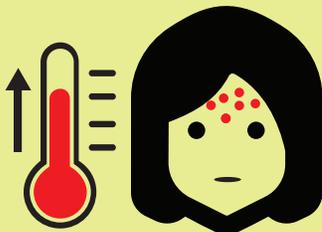
# Think Measles

Florida Department of Health • Find county contact information at: [FloridaHealth.gov](http://FloridaHealth.gov)

## 1. IDENTIFY

### Suspect measles in patients with:

- Fever and rash.
- History of international travel or contact with visitors from locations with known measles outbreaks in the past 3 weeks.
- No or unknown MMR vaccine status. History of MMR vaccine **does not** exclude a measles diagnosis.



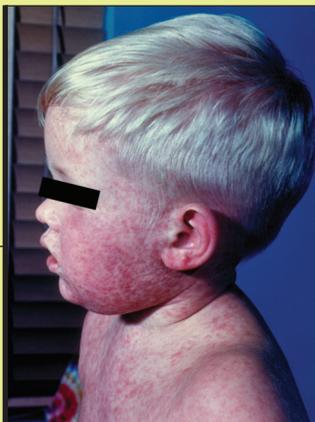
This is the skin of a patient after 3 days of measles infection.

Photo courtesy of the CDC.



Head and shoulders of boy with measles; third day of rash.

Photo courtesy of the CDC.



## 2. ISOLATE

- Implement airborne infection control precautions, mask and isolate patient in a negative pressure room, if available.
- Permit only staff immune to measles to be near the patient.
- Collect nasopharyngeal swab, urine, and serum for measles IgG, IgM and PCR.



## 3. INFORM

**Immediately report ALL suspected measles infections to your county health department. Notify other facilities of suspected measles before transport.**



< FIND YOUR COUNTY

## Vaccination Protects Against Measles

**A single dose is 93% effective and two doses are 97% effective.**

### Risk Factors

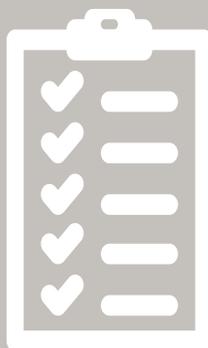
- History of international travel, contact with international travelers, or domestic travel to locations with known measles outbreaks.
- No or unknown MMR vaccine status. History of MMR vaccine does not exclude a measles diagnosis.
- Contact with a person that had a febrile rash illness.

### Prodrome

- Fever, cough, coryza, conjunctivitis

### Rash Onset

- Fever spikes, often up to 104°F.
- Red, maculopapular rash that may become confluent—typically starts at hairline, then face and spreads down body.
- The rash may be difficult to see on darker skin.
- Koplik's spots (small, red, irregularly-shaped spots with blue-white centers found on the oral mucosa) may be present in a small number of cases.



# MERLIN Registry System\*

## Frequency Comparisons of Selected Reportable Diseases for St. Lucie County

1 Jan 2015– 28 Feb 2015

- 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

	<u>St. Lucie County</u>		<u>All Florida Counties</u>	
	<u>1Jan-28 Feb 2015</u>	<u>1Jan-28 Feb 2014</u>	<u>1Jan-28 Feb 2015</u>	<u>1Jan-28 Feb 2014</u>
<b>Central Nervous System &amp; Invasive Diseases</b>				
CREUTZFELDT-JAKOB DISEASE (CJD)	0	1	6	3
MENINGITIS (BACTERIAL, CRYPTOCOCCAL, MYCOTIC)	2	0	22	22
MENINGOCOCCAL DISEASE	0	0	8	11
<b>Hepatitides</b>				
HEPATITIS A	2	0	19	15
HEPATITIS B ACUTE	0	0	68	60
HEPATITIS B, CHRONIC	12	8	929	632
HEPATITIS B (+HBsAg IN PREGNANT WOMEN)	3	3	53	80
HEPATITIS C, ACUTE	0	1	24	23
HEPATITIS C, CHRONIC	108	91	5613	5385
<b>Enteric Diseases</b>				
CAMPYLOBACTERIOSIS	11	5	540	452
CHOLERA (VIBRIO CHOLERA, TYPE O1)	0	0	3	1
CRYPTOSPORIDIOSIS	0	0	95	89
CYCLOSPORIASIS	0	0	0	1
ESCHERICHIA COLI, SHIGA TOXIN PRODUCING	4	0	63	69
GIARDIASIS	1	3	153	157
HEMOLYTIC UREMIC SYNDROME	0	0	3	1
SALMONELLOSIS	8	10	550	641
SHIGELLOSIS	8	1	309	247
VIBRIO ALGINOLYTICUS	0	0	4	4
VIBRIO FLUVIALIS	0	0	1	0
VIBRIO PARAHAEMOLYTICUS	2	0	4	0
VIBRIO VULNIFICUS	0	0	2	0
<b>Vaccine Preventable Diseases</b>				
INFLUENZA A (NOVEL OR PANDEMIC STRAINS)	0	0	0	0
INFLUENZA A (PEDIATRIC MORTALITY)	0	0	0	2
MUMPS	2	0	7	3
PERTUSSIS	0	1	59	133
VARICELLA	6	0	146	97
<b>Vector Borne &amp; Zoonotic Diseases</b>				
POSSIBLE RABIES EXPOSURE PROPHYLAXIS (HUMAN)	11	17	452	426
BRUCELLA	0	0	1	0
CHIKUNGUNYA	0	0	0	0
DENGUE FEVER	0	0	8	27
LYME DISEASE	1	1	23	13
MALARIA	0	0	13	9
RABID ANIMALS	0	0	0	0
SPOTTED FEVER RICKETTSIOSES	0	0	0	0
<b>Others</b>				
CARBON MONOXIDE POISONING	1	1	51	36
CIGUATERA	0	0	6	7
LEAD POISONING	2	2	106	250
LEGIONELLA	0	1	56	48
LISTERIOSIS	0	0	3	5
PESTICIDE-RELATED ILLNESS/INJURY	0	0	1	10

\*Data in MERLIN reports are provisional, based on cases entered by county health departments and are not considered official data