

EPISODES

MARCH - APRIL 2016

FLORIDA DEPARTMENT
OF HEALTH

www.stluciecountyhealth.com/

INSIDE THIS ISSUE...

- Recreational Water Illnesses 1
- Car Seat Safety Tips 2
- Florida's Healthiest Weight 2
- Arbovirus- Mosquito Borne Disease in FL 3
- DOH-St. Lucie Upcoming Events 4
- Wildfire Safety 5
- St Lucie's County's Reportable Diseases Frequency Report 6

EPIDEMIOLOGY (EPI)
EPI-DISEASE
REPORTING
PHONE (772) 462-3883
CONFIDENTIAL FAX
(772) 873-4910

**EPI-AFTER HOURS,
WEEKENDS AND
HOLIDAYS**
PHONE (772) 462-3800

PREPAREDNESS
PHONE (772) 873-4911

**ENVIRONMENTAL
HEALTH**
PHONE (772) 873-4931

TUBERCULOSIS (TB)
PHONE (772) 462-3863
FAX (772) 462-3826

**SEXUALLY TRANS-
MITTED DISEASES
(STD)**
PHONE (772) 462-3815
CONFIDENTIAL FAX
(772) 873-4913

HIV/AIDS
PHONE (772) 462-3875
CONFIDENTIAL FAX
(772) 462-3809

EPISODES editor:
Joan O. Rivera, MS
Epidemiology and Preparedness
Program Manager
(772) 462-3883
joan.rivera@flhealth.gov

RECREATIONAL WATER ILLNESSES

With the beautiful weather that we have this time of year, recreational water sites are a wonderful place to visit. So in the spirit of staying healthy, let's take a moment to learn more about recreational water illnesses.

Contrary to popular belief, chlorine does not kill all germs instantly. There are germs today that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get in the pool, it can take anywhere from minutes to days for chlorine to kill them. Swallowing just a little water that contains these germs can make you sick.

Recreational water illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems.

RWIs include a wide variety of infections, such as gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses are caused by germs such as *Crypto* (short for *Cryptosporidium*), *Giardia*, *Shigella*, *norovirus* and *E. coli* O157:H7. With RWI outbreaks on the rise, swimmers need to [take an active role](#) in helping to protect themselves and prevent the spread of germs. It is important for swimmers to [learn the basic facts about RWIs](#) so they can keep themselves and their family healthy every time they swim.

In the past two decades, there has been a substantial increase in the number of RWI outbreaks associated with swimming. *Crypto*, which can stay alive for days even in well-maintained pools, has become the leading cause of swimming pool-related outbreaks of diarrheal illness. Although *Crypto* is tolerant to chlorine, most germs are not.

Keeping chlorine at recommended levels is essential to maintain a healthy pool. However, a 2010 study found that 1 in 8 public pool inspections resulted in pools being closed immediately due to serious code violations such as improper chlorine levels ².

Steps for Healthy Swimming

Here are a few easy and effective healthy swimming steps **all swimmers** can take each time we swim to help protect ourselves, our families, and our friends from recreational water illnesses (RWIs):

Keep the pee, poop, sweat, and dirt out of the water!

- ◆ Stay out of the water if you have diarrhea.
- ◆ Shower before you get in the water.
- ◆ Don't pee or poop in the water.
- ◆ Don't swallow the water.

Every hour—everyone out!

- ◆ Take kids on bathroom breaks.
- ◆ Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- ◆ Reapply sunscreen.
- ◆ Drink plenty of fluids.

Check the free chlorine level and pH before getting into the water.

- ◆ Pools: Proper free chlorine level (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) maximize germ-killing power.
- ◆ Hot tubs/spas: Proper disinfectant level (chlorine [2–4 parts per million or ppm] or bromine [4–6 ppm] and pH [7.2–7.8]) maximize germ-killing power.

Most superstores, hardware stores, and pool-supply stores sell pool test strips.

<http://www.cdc.gov/healthywater/swimming/rwi/>

FDH Waterborne Disease Links
www.floridahealth.gov/diseases-and-conditions/food-and-waterborne-disease/waterborne-links.html





CAR SEAT SAFETY TIPS

Engineers are working hard to ensure that cars and car seats are designed to keep kids as safe as possible. But it's up to every parent to take full advantage of these innovation by making sure car seats and booster seats are used and installed correctly. Here's what you need to know to ensure that your most precious cargo is safe in cars.

Road injuries are the leading cause of preventable deaths and injuries to children in the United States.

Top 5 Things to Do

- ◇ Right Seat-This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's
- age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.
- ◇ Right Place- Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.
- ◇ Right Direction- You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.
- ◇ Inch Test- Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.
- ◇ Pinch Test- Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

For more information please go to: www.safekids.org/

HEALTHIEST WEIGHT FLORIDA

Healthy eating and physical activity are keys to maintaining a healthy weight. Being at a healthy weight is related to a reduction in several serious health conditions including heart disease, diabetes, stroke (brain attack), and certain cancers. For those that are overweight, even a modest weight loss can have a positive impact on your health. Healthy weight can also impact your energy levels, sleep habits, self-esteem, psychological health, and health care costs.

Maintaining Healthy Weight

Maintaining a healthy weight is a result of an overall average of calories consumed and calories burned. Taking in more calories than you burn with activity will lead to weight gain. If you burn more calories through activity than you consume, you will lose weight.

Having a few high calorie snacks/meals or a day of inactivity can be balanced with overall healthy food choices and physical activity. It is important to take care of yourself with sensible health habits such as avoiding exercise when injured.

BMI Explained

Body mass index (BMI) is an estimation of body fat based on height and weight. BMI is a way to see if you are in a healthy range. Information on healthy eating and physical activity for a healthy weight and a BMI calculator are located on the [Centers for Disease Control and Prevention](http://www.cdc.gov) website.

Check with your health care provider to determine safe and effective ways to achieve and maintain the healthiest weight for you.

Healthy Eating for a Healthy Weight

Healthy Eating is important for all age levels. Starting with breastfeeding for infants, a lifetime of choosing nutrient dense food and beverages will contribute to lowering risk factors for many chronic diseases and conditions. Make healthy eating and physical activity a priority for your entire family. For information on menus, meal plans, healthy eating on a budget visit www.choosemyplate.gov located on the U.S. Dept. of Ag. website. If you are interested in checking the nutrition content of foods and tracking foods you eat visit the [SuperTracker](http://www.supertracker.gov) created by the United States Department of Agriculture.

Here are some great recipes from the [National Heart, Lung, and Blood Institute](http://www.heart.org) that show you how eating less fat, cholesterol, salt, and sodium can make a difference and taste great too.



What is an arbovirus?

Arboviruses are viruses spread to people by insect or tick bites. Examples of arboviruses include: Chikungunya Fever (CHIK), Dengue, Eastern Equine Encephalitis, Malaria, St. Louis Encephalitis (SLE), Rift Valley Fever (RVF), West Nile Virus (WNV), Yellow Fever Virus (FV) and Zika Virus. These viruses are spread by mosquitoes and can cause serious illnesses in people.

How do people become infected with arboviruses?

An infected mosquito spreads viruses through its bite. The virus mainly passes back and forth between birds and mosquitoes. Sometimes an infected mosquito will bite a person or a horse instead of a bird. People cannot catch an arbovirus from casual contact with an infected person.

What can I do to protect my family and myself from mosquito-borne disease?

The best way to reduce the risk of getting ill is to avoid getting mosquito bites by 'Drain and Cover' prevention.

DRAIN and COVER-

DRAIN standing water to stop mosquitoes from multiplying

- ◇ Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- ◇ Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- ◇ Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- ◇ Protect boats and vehicles from rain with tarps that don't accumulate

water.

- ◇ Maintain swimming pools and keep appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER skin with clothing or repellent

- ◇ CLOTHING Wear shoes, socks, and long pants and long sleeves.
- ◇ REPELLENT Apply mosquito repellent to bare skin and clothing.
- ◇ Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.

- ◇ Use mosquito netting to protect children younger than 2 months old.

COVER doors and windows with screens to keep mosquitoes out of your house

- ◇ Repair broken screening on windows, doors, porches, and patios.

Rid the wrigglers—lose the larvae

- ◇ Remove standing water in old tires, buckets, garbage cans or any other containers.
- ◇ Clean out gutters. Check flat roofs that may have poor drainage.
- ◇ Cover barrels and trash containers tightly with a lid or with a fine mesh screening material.
- ◇ Empty plastic wading pools at least once a week. Store them indoors when not in use.
- ◇ Change the water in bird baths and pets' water bowls at least once a week.
- ◇ Empty the water in plant pots at least once a week.
- ◇ Turn over or remove empty plastic pots.

- ◇ Remove old tires or drill holes in those used in playgrounds to drain.

- ◇ Level the ground around your home so water can run off.

- ◇ Fill in holes or depressions near your home that collect water.

- ◇ Pick up all beverage containers and cups.

- ◇ Store boats covered or upside down.

- ◇ Check tarps on boats or other equipment that may collect water.

- ◇ Pump out bilges on boats.

- ◇ Treat standing water with products that kill mosquito larvae.

- ◇ Fill in tree holes and hollow stumps that hold water.

- ◇ Stock your water garden with mosquito-eating fish like minnows, guppies, goldfish or guppies.

- ◇ Remove vegetation or blockages in drainage ditches so that water can flow through.

- ◇ Repair screening on windows, doors, porches and patios.

For this article and more information on arboviruses you can go to : www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/index.html



The most up to date info on Zika can be found at www.floridahealth.gov/diseases-and-conditions/zika-virus/ and www.cdc.gov/zika/index.html

DOH-ST. LUCIE UPCOMING EVENTS

DOH-St. Lucie is busy in the community working toward a healthier community.

Please come check us out at these upcoming events



Upcoming 3 T's (Talk, Test and Treat) Events

- ⇒ April 28 - 2PM-4PM at Grove Park Apartments-Business Center/Front Office 2033 SE Lennard Rd PSL (No cost testing for STD/HIV, other programs include WIC-Nutrition, Healthy Start-Pregnancy, School Health and Immunizations, Dental)
- ⇒ May 18 - 2PM-4PM at The Cove at St. Lucie Club House/Front Office 4400 NW Cove Circle PSL (No cost testing for STD/HIV, other programs include Tobacco, TB, Clinic Services, and Immunizations)



Safe Kids St. Lucie County

- ⇒ April 23 - 9AM -1PM Summer of Safety at Tradition Field
- ⇒ May 7 - 9AM-Noon Safety Event at Burlington/Baby Depot
- ⇒ May 14 - 9AM-1PM Teddy Bear Clinic at Lawnwood Regional Medical Center



Upcoming STD Events

- ⇒ April 19 - 2PM-6PM Teen Zone- DOH-St. Lucie 5150 NW Milner Drive (No cost testing for HIV, Syphilis, Gonorrhea and Chlamydia)
- ⇒ April 20 - 9PM-11PM Blue Mist Nightclub -**Tentative** - (No cost testing for HIV, Syphilis, Gonorrhea and Chlamydia)
- ⇒ April 21 - 130PM-330PM Dreamland Park - Citrus Ave/25th Street Ft. Pierce (No cost testing for HIV, Syphilis, Gonorrhea and Chlamydia)
- ⇒ April 22 - 10AM-2PM Club Med (No cost testing for HIV, Syphilis, Gonorrhea and Chlamydia)
- ⇒ April 24 - 11AM-5PM Treasure Coast Pride Fest - PSL Civic Center (No cost testing for HIV, Syphilis, Gonorrhea and Chlamydia)



Healthy St. Lucie along with Friends of St. Lucie County Public Health Present- Champions for Health Worksite Wellness Forum

- ⇒ May 20 - Taking place at the 8th Annual Treasure Coast Business Summit. Participants at the Business Summit will be able to visit the interactive displays in the Champions room and attend a breakout session from 1:00pm – 3:00pm. The breakout session will educate employers on strategies to assess workplace health, feature interactive displays on ways to create a healthier workplace, and provide resources that employers can use to start or enhance their wellness program.

Topics include:

- ◇ Healthy meetings
- ◇ Healthy offices
- ◇ Health risk assessments
- ◇ Tobacco-free workplaces
- ◇ Breastfeeding in the workplace

WILDFIRE SAFETY

Communities face special problems when homes are built in or adjacent to forests or wildlands. In their quest to live close to nature, homeowners sometimes overlook the reality that nearby wildlands can catch fire and burn.

The Florida Firewise Communities program seeks to reduce the loss of homes that are located in what is called the wildland/urban interface. The Firewise Communities program doesn't try to discourage people from building in wildland/urban interface. Instead, its goal is to teach people how to plan, build and maintain homes so that the home can survive a wildfire without the intervention of a fire department.

There are a number of things that homeowners can do to substantially increase the chances that their home

will survive a wildfire. Most importantly, homeowners must become partners with fire-protection agencies and assume a greater role in creating and maintaining a defensible home site.

Tips for homeowners to help protect their home from wildfire:

- ◇ Create a "defensible space" of at least 30 feet around their house. Within this area, grass should be mowed regularly and widely spaced plants with high moisture content should be given priority.
- ◇ Prune tree limbs within the defensible space to a height of 15 feet so lower limbs will not become ladder fuels that can carry a fire to the roof or soffits.
- ◇ Keep the roof and gutters free of accumulated leaves so the roof

cannot be set afire by firebrands or embers carried by the wind.

- ◇ Keep a shovel, rake and ladder in a readily accessible location, and 50 to 100 feet of garden hose attached to an outside faucet.
- ◇ Make sure the home address is clearly visible at the street or road on a non-combustible sign so firefighters can quickly find the home in an emergency.
- ◇ Keep tree limbs at least 15 feet away from chimney outlets.
- ◇ Replace wood shingle or wood shake roofs with fire-retardant shingles, metal or tile roofs.

For this article and more information on Florida Forest Service as well as Wildfire Safety please go to: www.freshfromflorida.com/Divisions-Offices/Florida-Forest-Service

Ready, Set, Go!

Wildland fire preparedness in partnership with your local fire department



Powered by the IAFC



Ready – Be ready.

Talk to **local fire department personnel** about preparing your home for wildland fire threat. Work to prepare your property by creating **defensible** space.

- ☑ Clean up or relocate combustible material from around your home
- ☑ Keep grass mowed short
- ☑ Trim trees and bushes, to allowing ample space between your home and landscape vegetation

Set – Be alert.

Prepare a **'go kit'** and include items such as

- ☑ Prescription medication
- ☑ Emergency supplies
- ☑ Important documents

Create your own **action plan**

- ☑ Plan and practice multiple exit routes from your home and neighborhood
- ☑ Assign a meeting place in case you are separated
- ☑ Make sure you're familiar with your local emergency notification and evacuation systems

Go! – Act early!

- ☑ **Remain alert** and keep yourself informed of the situation.
- ☑ Get your **'go kit'** and leave well before the impending threat reaches your community or neighborhood following a planned, accessible route.
- ☑ Cooperate with local authorities during evacuation and re-entry processes.

MERLIN Registry System*

Frequency Comparisons of Selected Reportable Diseases for
St. Lucie County 01 Jan 2016—31 March 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	2	0	11
MENINGITIS (BACTERIAL, CRYPTOCOCCAL, MYCOTIC)	2	34	2	28
MENINGOCOCCAL DISEASE	0	5	0	12
Hepatitides				
HEPATITIS A	0	24	0	22
HEPATITIS B ACUTE	1	136	1	104
HEPATITIS B, CHRONIC	14	1282	19	1372
HEPATITIS B (+HBsAg IN PREGNANT WOMEN)	1	106	5	102
HEPATITIS C, ACUTE	6	60	0	38
HEPATITIS C, CHRONIC	120	6455	115	6050
Enteric Diseases				
BOTULISM (other)	0	0	0	0
CAMPYLOBACTERIOSIS	10	811	12	753
CHOLERA (VIBRIO CHOLERA, TYPE O1)	0	0	0	3
CRYPTOSPORIDIOSIS	0	120	1	141
CYCLOSPORIASIS	0	0	0	0
ESCHERICHIA COLI, SHIGA TOXIN PRODUCING	5	151	5	92
GIARDIASIS	0	238	2	228
HEMOLYTIC UREMIC SYNDROME	0	3	0	3
SALMONELLOSIS	13	937	13	783
SHIGELLOSIS	1	189	10	461
VIBRIO ALGINOLYTICUS	0	6	0	5
VIBRIO FLUVIALIS	0	1	0	1
VIBRIO PARAHAEMOLYTICUS	0	3	2	7
VIBRIO VULNIFICUS	0	2	0	2
VIBRIO (VIBRIO CHOLERA, TYPE NON-01)	0	2	0	2
Vaccine Preventable Diseases				
INFLUENZA A (PEDIATRIC MORTALITY)	0	4	0	0
MUMPS	0	6	2	8
PERTUSSIS	0	97	0	84
VARICELLA	2	243	6	219
MEASLES	0	0	0	0
Vector Borne & Zoonotic Diseases				
POSSIBLE RABIES EXPOSURE PROPHYLAXIS (HUMAN)	22	695	13	732
BRUCELLA	0	1	0	1
CHIKUNGUNYA	0	6	0	55
DENGUE FEVER	0	31	1	9
LYME DISEASE	1	73	1	17
MALARIA	0	9	0	9
RABID ANIMALS	0	13	1	21
SPOTTED FEVER RICKETTSIOSES	0	3	0	3
ZIKA	0	92	0	0
Others				
CARBON MONOXIDE POISONING	0	65	1	66
CIGUATERA	0	0	0	9
LEAD POISONING	4	153	2	169
LEGIONELLA	0	68	0	69
LISTERIOSIS	0	4	0	1
PESTICIDE-RELATED ILLNESS/INJURY	0	1	0	8
TUBERCULOSIS (Jan-Feb)	3	64	0	89
HIV/AIDS				
HIV (Jan-Feb)	9	1120	4	887
AIDS (Jan-Feb)	8	411	2	349
Sexually Transmitted Diseases				
SYPHILIS (INFECTIOUS) (Jan-Feb)	0	377	0	284
CONGENITAL SYPHILIS (Jan-Feb)	0	8	0	7
EARLY LATENT SYPHILIS (Jan-Feb)	3	476	1	286
GONORRHEA (Jan-Feb)	31	4225	35	3243
CHLAMYDIA (Jan-Feb)	172	14494	162	13331

*Data are provisional