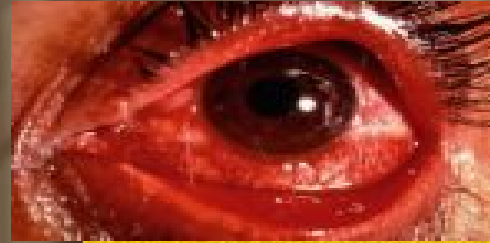


In this edition:



CONJUNCTIVITIS

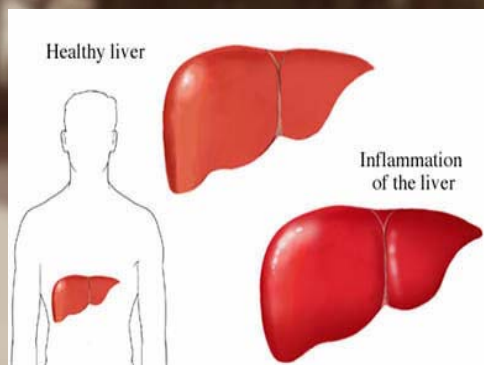
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SICK 2 ???

HEPATITIS



CONJUNCTIVITIS



Conjunctivitis is an inflammation of the usually transparent membrane lining the eyeball and eyelids. Its causes can be bacterial, viral, or allergic. The small blood vessels of the conjunctiva swell, causing redness of the eye and/or eyelids. The common name for this condition, pinkeye, is derived from this symptom which is present, whatever the underlying cause, in one or both eyes. The eye may itch and feel scratchy like something is in it. Vision may be blurred with increased sensitivity to light. Finally, a discharge may be present in the eye.

Conjunctivitis caused by bacteria or viruses may affect one or both eyes. Bacterial conjunctivitis often has a thick yellow or green discharge which causes the eyelids to crust together during the night. Viral conjunctivitis usually produces a watery or mucous discharge. Both viral and bacterial conjunctivitis are associated with colds. They are common among children and are very contagious. The infection is spread by contact with infected secretions from the conjunctiva or upper respiratory tract of infected persons, from contaminated fingers, clothing, or towels, or articles such as shared contaminated eye makeup applicators or multiple dose eye medication bottles.

Conjunctivitis caused by allergens or irritants usually affects both eyes and causes redness, swelling of the lids and conjunctiva, intense itching, and tearing as well as often itching, sneezing, and watery discharge from the nose. Allergic conjunctivitis is non-contagious.

Diagnosis and Treatment of Conjunctivitis

Early diagnosis and treatment are important in preventing spread of the disease. Conjunctivitis may be diagnosed by history and current signs and symptoms and a sample may be taken of eye secretions with laboratory analysis to determine which form of infection is present. Bacterial infections are treated with antibiotic eye drops or ointment. Bacterial conjunctivitis is considered communicable until after 24 hours of antibiotic treatment. Prescription directions should be followed exactly and eye medications should never be shared. Warm, moist compresses can soothe some of the discomfort and remove drainage from the eyes. Viral conjunctivitis usually resolves on its own within a week and antibiotic treatment is not indicated. If allergic conjunctivitis is present, antihistamines, decongestants, or steroids may be prescribed to reduce itching, redness, and swelling. Cool, moist compresses may also help to relieve the itching.

Prevention

Good hygiene practices are very important in preventing the spread of conjunctivitis.

- 1) Wash your hands frequently and keep your hands away from your eyes.
- 2) Wash linens and towels in hot water and dry items in a hot dryer.
- 3) Disinfect environmental surfaces and toys and other items handled by the infected person. Wash with dishwashing detergent and rinse in a dilute bleach solution (one part bleach to ten parts water). Avoid shared use of eye droppers, medications, eye makeup, towels, or other personal items that may come in contact with the eyes.
- 4) Discard contaminated eye makeup, especially mascara.
- 5) Avoid known allergens or receive further medical follow-up for diagnosis and testing for allergies.

References:

1. Control of Communicable Diseases Manual, Heymann, David L., Editor 18th edition. 2004 .pp.124-130.
2. <http://www.mayoclinic.com>.

R U Sick 2 ???

Diarrhea? Vomiting? It could be food poisoning! People can now share and compare information with others about what they did and ate before becoming sick. The National Food Safety & Toxicology Center (NFSTC) at Michigan State University has created an online forum for citizen-reporting of suspected cases of food borne illness.

Forum visitors may enter information about foods eaten, food and water sources, symptoms, and other potential sources of suspected food borne disease. After entering data, visitors are allowed to view and compare data with other Forum users to see if they are part of a cluster of people with the same symptoms who ate the same foods from the same source at about the same time.

The purpose of RU sick 2 is to promote the free exchange of information. The main goal is to increase reporting so as to rapidly identify clusters of food borne illness. The forum generates a database that is available to the local health department to monitor and follow-up if necessary.

If you would like to report a food borne illness via the internet go to www.reportfoodpoisoning.com

Hepatitis C

It is suspected that there are at present more than 4.5 million people in the United States that are infected with hepatitis C, and more than 200 million around the world. These staggering numbers make hepatitis C one of the greatest public health threats faced this century.

Hepatitis C infection is usually mild in its early stages and may go undiagnosed until it has reached its chronic stages and has already caused severe liver disease. The typical cycle of disease from infection to symptomatic liver disease may take as long as 20 years, it is for this reason that hepatitis C is often called the silent epidemic.

Symptoms of hepatitis C are often difficult to recognize. The most common symptom of infection is fatigue. Other symptoms include mild fever, muscle and joint aches, nausea, vomiting, loss of appetite, vague abdominal pain, and sometimes diarrhea. Many of these symptoms are suggestive of a flu-like illness, which just comes and goes, or the symptoms may be so mild that the patient is unaware of anything unusual. It is this vagueness that often creates an undiagnosed problem. Individuals infected with hepatitis C are frequently diagnosed on accident by either an elevated liver enzyme with routine lab work, or at the time of blood donation. 80% of the people infected with hepatitis C will progress to the chronic stage of the disease which may lead to cirrhosis and end stage liver disease.

Transmission of Hepatitis C is believed to be transmitted only by blood however, unlike many other blood borne viruses virtually any source of blood or blood products seems to be capable of carrying the virus. This is true even when the source is indirect-like a razor, or toothbrush, for example. Other ways hepatitis C may be transmitted include: blood transfusions before 1993, tattooing, body piercing, acupuncture, needle-stick injuries, sex with multiple partners, and the most significant risk-intravenous drug use. The following table shows how the different types of hepatitis are transmitted

Transmission of Viral Hepatitis					
Transmission Route	Hepatitis A	Hepatitis B	Hepatitis C	Hepatitis D	Hepatitis E
Food - Borne	●	■	■	■	●
Fecal - Oral	●	■	■	■	●
Water - Borne	●	■	■	■	●
Raw Shellfish	●	■	■	■	●
Intra-Institutional	●	●	●	●	●
I.V. Drug Use	▲	●	●	●	■
Transfusion	▲	●	●	●	▲
Hemodialysis	■	●	●	●	■
Sexual	▲	●	▲	●	▲
Anal - Oral Contact	●	■	■	■	▲
Oral - Oral Contact	●	▲	■	■	●
Household	●	▲	▲	▲	●
Mother to Newborn	▲	●	▲	●	▲

● Common
 ▲ Infrequent
 ■ Never
 ● Suspected

**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
10/1/2007 – 12/31/2007**

Disease	No. Reported
ANIMAL BITE	5
CAMPYLOBACTER	4
CHICKENPOX (Varcella)	1
CHLAMYDIA (Genital)	293
CRYPTOCOCCOSIS	1
E-COLI	1
FLU-LIKE DISEASE	2671
GIARDIASIS	1
GONORRHEA	67
HIV	5
HEPATITIS B CHRONIC	3
HEPATITIS C CHRONIC	55
MALARIA	1
MENINGITIS ASEPTIC	1
SALMONELLOSIS	8
SHIGELLOSIS	2
SYPHLLIS LATENT UK DURATION	1

**COMMUNICABLE DISEASE YTD
REPORTED FOR SAGINAW COUNTY
1/1/2007 – 12/31/2007**

Disease	No. Reported
ANIMAL BITE	20
CAMPYLOBACTER	6
CHICKENPOX (Varicella)	3
CHLAMYDIA (Genital)	1053
CRYPTOCOCCOSIS	2
E-COLI	1
FLU-LIKE DISEASE	17150
GIARDIASIS	6
GONORRHEA	335
HIV	15
HEPATITIS B CHRONIC	19
HEPATITIS C CHRONIC	191
HISTOPLASMOSIS	1
INFLUENZA	1
LEGIONELLOSIS	2
MALARIA	1
MENINGITIS ASEPTIC	23
SALMONELLOSIS	4
SHIGELLOSIS	3
SYPHLLIS LATENT OF UK DURATION	1

This newsletter is provided to all Saginaw County healthcare providers, hospitals, schools, local colleges, universities, urgent care facilities, and local media.

**If you would like to get this newsletter by e-mail please submit your e-mail address to:
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Please visit our website at www.saginawpublichealth.org where our communicable disease pamphlets are available.



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