

WEST NILE VIRUS DISEASE

SUMMER GRILLING TIPS

TRICHOMONIASIS



Saginaw County  
HEALTH DEPARTMENT  
SUMMER 2019

# COMMUNICABLE DISEASE

NEWSLETTER



## WEST NILE VIRUS DISEASE

West Nile Virus (WNV) is a mosquito-transmitted virus, which originated in Israel and was first reported in New York City in 1999. The strain was likely carried in by an infected stowaway mosquito on a plane or cargo ship. One hundred and fifty species of mosquitoes can carry the virus; the main species in the U.S. are *Culex pipiens*, *tarsalis* and *quinquefasciatus*. The *Culex* species are active from dusk to dawn, in summer months.

### SYMPTOMS

Seventy to eighty percent of people who become infected with WNV never develop symptoms. One in 5 people who are infected will develop a fever, headache, body aches, vomiting, diarrhea or rash. Those people usually recover completely, but fatigue can last for months. Less than 1% of persons infected will develop severe symptoms which can cause meningitis or encephalitis; those patients will have high fever, neck stiffness, seizures and coma. Recovery from severe disease may take months and some neurologic effects may be permanent. Ten percent of people who have severe infection will die. The risk of infection is highest for those who work outside, do outdoor activities, or are over 60 years of age with medical comorbidities.

### COMMUNICABILITY

People who develop West Nile Virus are not contagious to other people. A host animal or human must be bitten by a mosquito that is carrying the virus. Patients who develop severe illness and hospitalization will be diagnosed by specialized laboratory tests of blood or spinal fluid. Incubation of WNV is 2-14 days after being bitten by a mosquito to the onset of symptoms.

### TREATMENT

There are no medications to treat WNV infection and currently there are no vaccines to prevent infection. People who have mild symptoms can use over the counter pain/fever medications. People who develop severe symptoms will require hospitalization with IV fluids and supportive nursing care.

### PREVENTION

The most effective way to avoid WNV is to prevent the mosquito bite:

Use insect repellents when you go outdoors. Repellents containing DEET provide longer lasting protection. Wear long sleeves and pants from dusk through dawn when mosquitoes are most active. Install or repair screen on windows and doors. Help to reduce mosquitoes around your home by emptying standing water from gutters, pool covers, pet dishes, tires and birdbaths.

### REFERENCE

Prevention <https://www.cdc.gov/westnile>  
<https://www.michigan.gov/emergingdiseases>



## SUMMER GRILLING TIPS

Summer is here and with it are cookouts, camping, road trips, and other activities that involve food. The Saginaw County Health Department (SCHD) is reminding families to take extra care not to let foodborne bacteria, which grows more quickly in hot weather, ruin the fun.

Due to a variety of factors, including warmer temperatures, foodborne illness increases in the summer. Foods that need to be kept cold include raw meat, poultry, and seafood, deli and luncheon meats or sandwiches, summer salads such as tuna, chicken, egg, pasta, or seafood salads, cut up fruit and vegetables and perishable dairy products. Keep these foods cold at 41°F or lower. To help our community stay healthy and safe, SCHD offers the following food safety recommendations:

- When bringing food to a picnic or cookout use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source. A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the cooler repeatedly so that food stays colder longer.
- When cooking on the grill use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread. Keep perishable food cold until it is ready to cook. Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures. Beef, pork, lamb, veal (steaks, roasts, and chops) and fish should reach 145°F. Ground meats such as sausage or hamburger should reach 155° F. Any poultry product whether it is a whole in pieces or ground, needs to reach 165° F. Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.
- When serving food outdoors, perishable food should not sit out for more than two hours. In hot weather (above 90°F), food should never sit out for more than one hour. Serve cold food in small portions and keep the rest in the cooler. After cooking meat and poultry on the grill keep it hot until served – at 135°F or warmer. Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.



## TRICHOMONIASIS

### **DISEASE**

Trichomoniasis ('trich') is a very common sexually transmitted infection that is caused by infection with a protozoan parasite called *Trichomonas vaginalis*. Although symptoms of the disease vary, most women and men who have the parasite can't tell they are infected.

### **SYMPTOMS**

About 70% of people infected with trich do not have any signs or symptoms. When trichomoniasis does cause symptoms, they can range from mild irritation to severe inflammation. Some people with symptoms get them within 5 to 28 days after being infected, but others do not develop symptoms until much later. Symptoms can come and go. Men with trichomoniasis may feel itching or irritation inside the penis, burning after urination or ejaculation, or discharge from the penis. Women with trichomoniasis may notice itching, burning, redness or soreness of the genitals, discomfort with urination, or change in their vaginal discharge (i.e., thin discharge or increased volume) that can be clear, white, yellowish, or greenish with a fishy odor. Having trichomoniasis can make it feel unpleasant to have sex. Without treatment, trich can last for months or even years.

### **COMMUNICABILITY**

The parasite is passed from an infected person to an uninfected person during sex. In women, the most commonly infected part of the body is the lower genital tract (vulva, vagina, cervix or urethra), and in men, the most commonly infected body part is the inside of the penis (urethra). During sex, the parasite is usually transmitted from penis to a vagina, or from a vagina to a penis, but it can be passed from a vagina to another vagina.

### **TREATMENT**

Trichomoniasis cannot be diagnosed based on symptoms alone. An examination and laboratory test is needed for diagnosis. Trich can be treated with medication (with metronidazole or tinidazole), which can be taken by mouth. It is safe for pregnant women to take this medication. It is not recommended to drink alcohol within 24 hours after taking this medication. People who have been treated for trichomoniasis can get it again. About 1 in 5 people get infected again within 3 months after receiving treatment. To avoid getting reinfected, make sure that all sex partners get treated and wait 7-10 days after all individuals have been treated to have sex again. Get checked again if symptoms return.

### **PREVENTION**

The only way to avoid sexually transmitted infections is to not have vaginal, anal or oral sex. If sexually active, do the following things to lower the chances of getting trichomoniasis: establish a long-term mutually monogamous relationship with a partner who has been tested and has negative STI test results and use latex condoms the right way every time during sex. This can lower the chances of getting trichomoniasis, but the parasite can infect areas that are not covered by a condom- so condoms may not provide full protection from getting trichomoniasis.

### **REFERENCE**

<https://www.cdc.gov/std/trichomonas/default.htm>

**COMMUNICABLE DISEASE  
REPORTED FOR SAGINAW COUNTY  
FOR THE QUARTER  
04/01/2019-06/30/2019**

Disease	No. Reported
AIDS, AGGREGATE	0
CAMPYLOBACTER	4
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	334
CRYPTOSPORIDIOSIS	7
FLU LIKE DISEASE	1195
GASTROINTESTINAL ILLNESS	845
GIARDIASIS	2
GONORRHEA	151
HEAD LICE	72
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	0
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	21
INFLUENZA	21
LEGIONELLOSIS	0
MENINGITIS-ASEPTIC	0
MENINGITIS-BACTERIAL OTHER	1
MUMPS	0
PERTUSSIS	1
RABIES-ANIMAL	0
RABIES: POTENTIAL EXPOSURE & PEP	16
SALMONELLOSIS	6
SHIGELLOSIS	0
SHINGLES	0
STREP THROAT	104
STREPTOCOCCUS PNEUMONIA, INVASIVE	6
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	2
YERSINIA ENTERITIS	1
ZIKA	0

**COMMUNICABLE DISEASE YTD  
REPORTED FOR SAGINAW COUNTY**

01/01/2019-06/30/2019

Disease	No. Reported
AIDS, AGGREGATE	0
CAMPYLOBACTER	7
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	680
CRYPTOSPORIDIOSIS	12
FLU LIKE DISEASE	4249
GASTROINTESTINAL ILLNESS	2017
GIARDIASIS	4
GONORRHEA	288
HEAD LICE	177
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	0
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	44
INFLUENZA	50
LEGIONELLOSIS	2
MENINGITIS-ASEPTIC	2
MENINGITIS-BACTERIAL OTHER	1
MUMPS	0
PERTUSSIS	2
RABIES-ANIMAL	0
RABIES: POTENTIAL EXPOSURE & PEP	55
SALMONELLOSIS	8
SHIGELLOSIS	0
SHINGLES	1
STREP THROAT	170
STREPTOCOCCUS PNEUMONIA, INVASIVE	16
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	1
VZ INFECTION, UNSPECIFIED	5
YERSINIA ENTERITIS	1
ZIKA	0



Saginaw County  
**HEALTH DEPARTMENT**

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Please visit our website at [www.saginawpublichealth.org](http://www.saginawpublichealth.org)

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

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