

CYCLOSPORIASIS

**PERTUSSIS
(Whooping Cough)**



Saginaw County
HEALTH DEPARTMENT

SPRING 2019

COMMUNICABLE DISEASE

NEWSLETTER



CYCLOSPORIASIS

DISEASE

Cyclosporiasis is an intestinal illness caused by the microscopic parasite *Cyclospora cayatanensis*. People become infected with *Cyclospora* by consuming food or water contaminated with the parasite/ cysts. People living or traveling in countries where cyclosporiasis is endemic may be at increased risk for infection. In 2018 a *Cyclospora* outbreak occurred in McDonald restaurant salads sickening over 500 people in 15 different states. Cases of *Cyclospora* infections have been linked to fresh fruits and vegetables, such as raspberries and lettuce. *Cyclospora* is not killed by chlorine and can be found in municipal water systems.

SYMPTOMS

Symptoms of cyclosporiasis begin an average of 7 days (range, 2 days to 2 weeks) after ingestion of cysts. Symptoms include: watery diarrhea, loss of appetite, weight loss, abdominal cramps, bloating, nausea, vomiting, fatigue and low-grade fever. The infection is diagnosed by performing a stool culture which specifically tests for the parasite. Routine testing of ova and parasites do not examine for *cyclospora*. Several cultures may have to be done to confirm the diagnosis.

COMMUNICABILITY

An infected person sheds non-infective cysts in their feces. The cysts are thought to require at least 1–2 weeks in favorable environmental conditions to become infective. Therefore, direct person-to-person transmission is unlikely. Transmission is via ingestion of newly contaminated food or water.

TREATMENT

Patients with cyclosporiasis are usually treated with antibiotics. People with healthy immune systems may recover without treatment, however, the illness can last up to a month and subside and then return. Anti-diarrheal medications can decrease symptoms.

PREVENTION

The best way is to avoid food or water that might have been contaminated with stool.

REFERENCES

www.cdc.gov

Pertussis (Whooping Cough)

Disease

Pertussis, more commonly known as Whooping Cough, is a highly contagious respiratory disease, caused by bacterium *Bordetella pertussis*. The bacteria enters the lung and attaches to cilia that line the upper respiratory tract. Toxins are secreted by the bacteria which causes damage and swelling to the cilia. Prolonged coughing occurs due to irritation from swelling and breathing is made difficult. Complications such as pneumonia, convulsions, broken ribs, broken blood vessels, apnea, encephalopathy and death can occur. Worldwide, it is estimated that 24.1 million cases and about 160,700 deaths per year result from pertussis. Babies and young children are most at risk for severe complications.



Symptoms

Once infected, symptoms will appear in seven to ten days. Early symptoms will appear as mild and cold-like. These can include runny nose, nasal congestion, red/watery eyes, fever, and cough. After a week or two has passed, symptoms worsen as thick mucus accumulates inside the airways. More severe symptoms include prolonged coughing fits that can induce vomiting (the face can turn red or blue while coughing), extreme tiredness, and a high-pitched “whoop” while inhaling when coughing. Not all infected people will have the characteristic “whoop” sounding cough, some may have a hacking cough, and young children may not cough at all, instead they struggle to breathe or stop breathing.

Communicability

Pertussis is highly contagious and transmitted from person-to-person. When an infected person coughs or sneezes, tiny infectious droplets are sprayed into the air and anyone nearby can breathe them in. Young children are often infected by older family members who may be unaware they have the disease. An infected person is most contagious up to about 2 weeks after onset of cough.

Treatment

Early treatment is very important. Antibiotics can help shorten the length of the disease process and the severity, if started early. Serious cases of pertussis can require hospitalization for treatment and close monitoring. Good handwashing, rest, reducing irritants such as smoke, chemicals and perfume, and proper hydration are important aspects of treatment in or out of the hospital.

Prevention

The best prevention is vaccination. Babies and children should be vaccinated with DTaP, a combination vaccine that helps protect against diphtheria, tetanus and pertussis. It is important to follow the vaccine schedule closely as a series of DTaP is needed in childhood. Adolescents, adults and pregnant women in their 3rd trimester should receive Tdap, a combination vaccine that protects against tetanus, diphtheria and pertussis. Other important prevention measures include proper handwashing, avoiding people who feel ill, and covering coughs and sneezes with the elbow.

References

<https://www.cdc.gov/pertussis/index.html>

<https://www.mayoclinic.org/diseases-conditions/whooping-cough/symptoms-causes/syc-20378973>

**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
FOR THE QUARTER
01/01/2019-3/31/2019**

Disease	No. Reported
AIDS, AGGREGATE	0
CAMPYLOBACTER	3
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	347
CRYPTOSPORIDIOSIS	4
FLU LIKE DISEASE	2956
GASTROINTESTINAL ILLNESS	1172
GIARDIASIS	1
GONORRHEA	139
HEAD LICE	105
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	0
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	26
INFLUENZA	29
LEGIONELLOSIS	2
MENINGITIS-ASEPTIC	1
MENINGITIS-BACTERIAL OTHER	0
MUMPS	0
PERTUSSIS	1
RABIES-ANIMAL	0
RABIES: POTENTIAL EXPOSURE & PEP	39
SALMONELLOSIS	2
SHIGELLOSIS	0
SHINGLES	1
STREP THROAT	63
STREPTOCOCCUS PNEUMONIA, INVASIVE	10
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	1
VZ INFECTION, UNSPECIFIED	3
YERSINIA ENTERITIS	0
ZIKA	0

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01/01/2019-3/31/2019**

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Please visit our website at www.saginawpublichealth.org

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