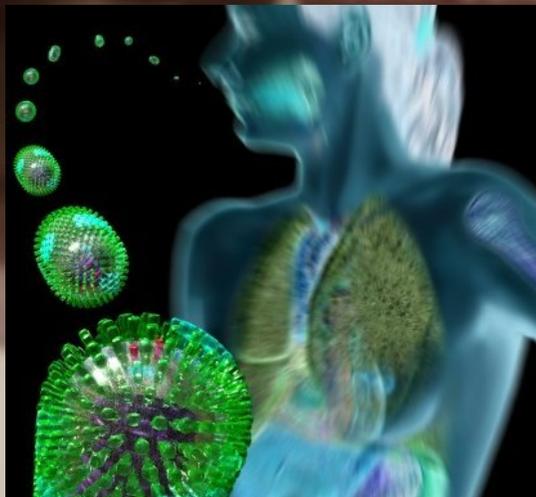


# Communicable Disease Newsletter

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### FLU REVIEW

Fall 2010

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## FLU REVIEW

**Influenza** (flu) is a contagious respiratory illness caused by various influenza viruses. Most often, the “flu” is spread by direct contact with droplets transferred from one person to another through coughing, sneezing and talking. Flu viruses can also be spread by touching surfaces or objects with flu virus on them and then touching one’s own mouth, eyes, or nose. The flu can cause mild to severe illness, and even death. Each year in the United States, up to 20% of the population is infected with influenza accounting for greater than 200,000 hospitalizations and 36,000 related deaths.

### Signs & Symptoms

It is possible for a sick individual to infect others before showing signs and symptoms of illness. Healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming ill. Adults and children with weakened immune systems may be able to infect others for an even longer period of time. Signs and symptoms of flu infection include:

- fever (not everyone with flu will have a fever)
- chills
- dry cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (very tired)
- vomiting and diarrhea (this is more common in children than adults)



### Cold vs. Flu

It is important not to confuse a common cold with the flu, although differentiating between the two may be difficult. In general, common colds are usually milder than the flu. Flu symptoms such as fever, body aches, extreme tiredness, and dry cough are usually more common and intense. Common colds generally do not result in hospitalization or cause serious health problems such as pneumonia or bacterial infections. Due to the fact that colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference based on symptoms alone. It is very important to contact your healthcare provider at the onset of illness.

### Prevention

The best way to prevent the flu is to receive a flu vaccination. The flu viruses which can cause illness change from season to season, so it is important to get vaccinated every year. During the 2009-2010 flu season, the 2009 H1N1 virus spread worldwide causing the first flu pandemic in more than 40 years. Just as in prior years, the 2010-2011 flu vaccine will offer protection against 3 different flu viruses, including 2009 H1N1. There are 2 different types of flu vaccine available:

- **The "flu shot"** is an inactivated (dead) vaccine and is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women
- **The "nasal spray"** is a live, weakened vaccine and is approved for use in people 2-49 years of age in the absence of pregnancy and chronic medical conditions

Full antibody protection develops against influenza virus infections about two weeks after vaccination. It is important to remember that flu vaccination will not cause flu infection or stop any infectious process already in progress.

Yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout the flu season. The flu season can begin early as October with seasonal flu activity peaking in January or later. You should contact your healthcare provider to receive the flu vaccine as soon as it becomes available. Flu vaccine is also available at the Saginaw County Department of Public Health for individuals 6 months of age and older. For more information call (989) 758-3840 or visit [www.saginawpublichealth.org](http://www.saginawpublichealth.org).

## WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL OR DAYCARE

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In an effort to limit the spread of communicable disease, a child with the symptoms listed below should be kept at home. Should any symptoms be noted while the child is in school, he/she should be directed to the principal, or to another responsible person, who should contact the parents and urge them to have the child seen by a physician. The child should be excluded from school or daycare until fully recovered or until approved to return by the physician.

### SYMPTOMS COMMON TO COMMUNICABLE DISEASE:

- 1) Red or watery eyes, sneezing, or nasal discharge.
- 2) Cough; if persistent or productive.
- 3) Sores and/or crust on the scalp, face, or body (particularly if red, swollen, draining, or spreading)
- 4) Skin eruption or rash.
- 5) Swelling and tenderness of lymph glands.
- 6) Sore throat.
- 7) Fever or 100 degrees F or greater (should be verified with a thermometer)
- 8) Nausea and vomiting
- 9) Headache, stiff neck
- 10) Jaundice (yellowing of eyes or skin).
- 11) Diarrhea and/or persistent abdominal pain.



Any of the above symptoms may be associated with communicable disease, or they may be symptoms of non-communicable diseases which may require medical attention. A child who has had a fever greater than 100 degrees F should not return to school or daycare until he/she has had a normal temperature without fever-reducing medication for 24 hours. Children with symptoms of diarrhea or vomiting should wait until they have been without symptoms for 24 hours before returning to school or daycare.

## REMEMBER TO WASH YOUR HANDS!

Here are some additional online resources on this subject:

<http://www.webmd.com/cold-and-flu/features/your-child-too-sick-for-school>.

<http://csd49.org/wp-content/uploads/2009/09/when-to-keep-sick-children-home-from-school-8-27-09>

[http://www.michigan.gov/mdch/0,1607,7-132-2940\\_2955\\_22779-120619--,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_22779-120619--,00.html)

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## HEAD LICE UPDATE

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As of October 1, 2010, the Saginaw County Department of Public Health will no longer be doing routine head checks. We will still continue to offer educational resource materials and metal head lice combs to assist with nit removal (while supplies last) for those who come to the health department. We will continue to provide services for referral of specific chronic cases and those involving child protective services.



Early detection of communicable disease such as head lice can be detected earlier and spread of disease prevented when parents or caregivers check children's heads on a regular basis. So, daily head checks should be encouraged, during bathing or shampooing, and especially whenever children are noticed scratching their heads. If you have any questions, please refer to our website ([www.saginawpublichealth.org](http://www.saginawpublichealth.org)) and the link on the homepage entitled "Got these? Get this" and the "Library" section for information on head lice and other communicable diseases, or contact the Communicable Disease office at 989-758-3887.

**COMMUNICABLE DISEASE  
REPORTED FOR SAGINAW COUNTY  
FOR THE QUARTER  
7/1/2010 – 9/30/2010**

Disease	No. Reported
ANIMAL BITE	10
CAMPYLOBACTER	3
CHICKENPOX (Varicella)	5
CHLAMYDIA (Genital)	330
CRYPTOSPOVIDIOSIS	2
FLU-LIKE DISEASE	525
GASTROINTESTINAL ILLNESS	21
GIARDIASIS	1
GONORRHEA	61
HEAD LICE	29
HEPATITIS A	1
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	6
HEPATITIS C CHRONIC	50
HISTOPLASMOSIS	1
HIV	7
INFLUENZA, 2009 NOVEL	2
LEGIONELLOSIS	3
LYME DISEASE	1
MEASLES	1
MENINGITIS ASEPTIC	9
MENINGITIS BACTERIAL	1
NOROVIRUS	1
PERTUSSIS	6
Q FEVER ACUTE	1
SALMONELLOSIS	3
SHIGELLOSIS	2
STREP THROAT	48
TUBERCULOSIS	3



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

**If you would like to receive this newsletter by e-mail please submit your e-mail address to: [eatkins@saginawcounty.com](mailto:eatkins@saginawcounty.com)**

**COMMUNICABLE DISEASE YTD  
REPORTED FOR SAGINAW COUNTY  
1/1/2010 – 9/30/2010**

Disease	No. Reported
ANIMAL BITE	21
CAMPYLOBACTER	6
CHICKENPOX (Varicella)	47
CHLAMYDIA (Genital)	1134
COCCIDIOIDOMYCOSIS	1
CRYPTOSPORIDIOSIS	3
FLU LIKE DISEASE	9578
*GASTROINTESTINAL ILLNESS	21
GIARDIASIS	1
GONORRHEA	218
GUILLAIN-BARRE SYNDROME	1
HEAD LICE	139
HEPATITIS A	2
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	33
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	145
HISTOPLASMOSIS	2
HIV	29
INFLUENZA	5
INFLUENZA, 2009 NOVEL	14
LEGIONELLOSIS	3
LYME DISEASE	2
MEASLES	2
MENINGITIS ASEPTIC	18
MENINGITIS BACTERIAL	2
MUMPS	1
NOROVIRUS	3
PERTUSSIS	14
Q FEVER ACUTE	1
SALMONELLOSIS	7
SHIGELLOSIS	2
STREP THROAT	363
SYPHILIS	10
TOXIC SHOCK	1
TUBERCULOSIS	11
VZ INFECTION	3

\*Gastrointestinal disease—aggregate numbers surveillance beginning 9/1/10

Articles for this newsletter are written and researched by the following members of the Personal and Preventive Health Services Division:  
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Please visit our website at [www.saginawpublichealth.org](http://www.saginawpublichealth.org) where our communicable disease pamphlets are available.