

COMMUNICABLE DISEASE



WINTER 2014

NEWSLETTER

SHIGELLA



hep c



What is Shigellosis?

Shigellosis is a disease caused by bacteria (Shigella) that infect the intestines. This is one of the easiest germs to give to others because it only takes a few bacteria to make you ill. The germ is found in an infected person's bowel movement or in contaminated food or water. Many people have Shigellosis but are never tested.

What are the symptoms?

- Stomach ache
- Fever
- Diarrhea that may contain blood and mucus
- Constant pressure to have a bowel movement
- Nausea/vomiting

Symptoms usually start 1 to 3 days after infection with the bacteria and last 4-7 days. Some people may not feel sick!

How is it spread?

Shigellosis is spread to others when infected people do not wash their hands after using the bathroom or after changing the diaper of a child with the illness. The bacteria may be spread for 4 weeks after the illness. Asymptomatic carriers may transmit disease. Food can be contaminated from flies, sewage or infected food handlers.

How is it treated?

If you have severe diarrhea request a stool culture. If you do have the disease, your doctor will order an antibiotic medication for you to take. Make sure that you take all of the medication.

DO NOT stop taking the medicine even if you feel better. Check back with your Doctor after the medicine is gone to make sure that you are cured. If you or anyone in your family is diagnosed with this disease, ALL members of the family should be checked by the doctor for shigella. DO NOT use anti-diarrhea medicine, like Imodium; it can make the illness worse.

If you have Shigellosis:

- **Do not** prepare food
- **Wash** your hands after using the bathroom.
- Clean the bathroom, including the toilet flushing handle, faucets and doorknobs, with 1 tablespoon bleach to 1 gallon water; make solution fresh each day
- Drink plenty of fluids, such as water and juice, to reduce the risk of dehydration.

When children are infected with Shigella you should:

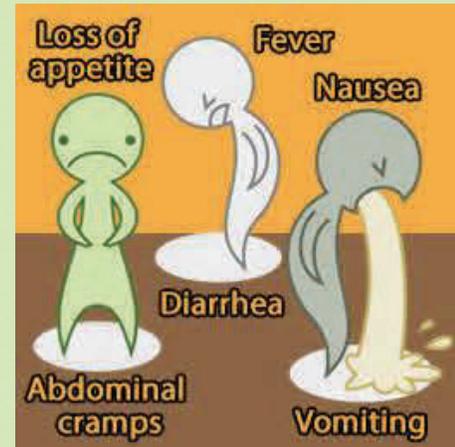
- Wash your hands after changing diapers; wash your child's hands after using bathroom.
- Put disposable diapers in a plastic bag and throw out in tightly closed garbage can.
- Keep sick children away from other children until they are well.
- Wash dirty sheets, clothes, and cloth diapers in **hot soapy water and dry in a dryer.**
- Wash toys that can be put in a child's mouth after each use (use 1 tablespoon bleach to 1 gallon of water)

If you are a food service worker, a health care worker, or childcare worker, report illness to your supervisor and don't work until you are no longer ill. Your Doctor will tell you when it is okay to return to work.

How is it prevented?

- Wash your hands often, especially before preparing food and eating, and after using the bathroom or changing diapers.
- Teach your children how to wash their hands.
- Keep your bathroom clean.
- Avoid swallowing water from ponds, lakes, or untreated pools.

Centers for Disease Control & Prevention at: www.cdc.gov



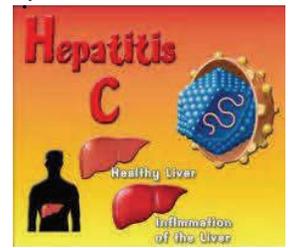
What is Hepatitis C?

Hepatitis C is a liver disease caused by the *hepatitis C Virus* (HCV). The virus is found in the blood of an infected person. If a person contracts Hepatitis C they can become chronically ill. More than half of patients who have chronic Hep C will develop liver damage; this may eventually develop into cirrhosis or liver cancer.

HEP C

What are the Symptoms of Hepatitis C?

Symptoms of Hepatitis C may include: yellowing of the skin and eyes (jaundice), clay-colored bowel movements, fever, fatigue, nausea and vomiting, dark urine and joint pain. Symptoms can appear 2 weeks to 6 months after the exposure. However, most people who are infected with HCV will have no symptoms and can pass the virus to others without knowing it.



How is it spread?

Hepatitis C virus is spread by direct contact with infected blood or body fluids. It can be spread through blood exposure, blood transfusions prior to 1992, tattooing, body piercing, injecting drugs, needle-sticks, and through sexual contact. Pregnant women who are infected can pass the virus to their baby.

How do I know if I have Hepatitis C?

Your healthcare provider can order a blood test to check for Hepatitis C antibodies. If that test is positive, your healthcare provider will order a blood test called HCV RNA-PCR. When positive, this test confirms Hepatitis C. Other testing may be done, such as a liver biopsy.

How is Hepatitis C prevented?

Don't share needles, toothbrushes, shaving razors or eating utensils as they could be contaminated with blood or body fluids.

Don't use IV drugs. If getting a tattoo or body piercing; make sure it is at an inspected parlor and they sterilize their tools properly.

Healthcare workers should follow proper Personal Protective Equipment (PPE) requirements. Use latex gloves, and all surfaces contaminated with blood or body fluids should be cleaned up with a bleach solution (1 tablespoon to 1 gallon water).

Avoid multiple sex partners. Always use a condom and know your partner's history of IV drug usage.

How is Hepatitis C treated?

There is NO vaccine for Hepatitis C. Patients who develop acute Hep C maybe hospitalized or advised to rest at home and increase fluids. The BEST policy is to never become Hep C positive. Recently two new oral medications (Sovaldi and Olysio) have become available to treat Chronic Hepatitis C. These drugs can be obtained by seeing an Infectious Disease specialist. The drugs are expensive, but can have a 93% cure rate for some patients.

www.hhs.gov/opa/pdfs/hepatitis

www.cdc.gov/hepatitis/HCV

MUMPS



Mumps is a contagious acute viral illness acquired by respiratory droplets (either through airborne transmission or direct contact with infectious droplets). Replication of the mumps virus occurs in the nasopharynx and regional lymph nodes. The incubation period is 12-25 days, with an average of 14-18 days. After the incubation period, a viremia occurs marked by loss of appetite, fatigue, muscle aches, headache and low grade fever which lasts from 3-5 days. The infectious period is considered to be 3 days before the onset of illness into the 4th day of active disease. The Centers for Disease Control and Prevention recommends quarantine of the infected person for 5 days after their glands begin to swell.

While up to 20% of individuals may be asymptomatic, characteristic symptoms of mumps infection include parotitis (unilateral or bilateral inflammation of the major salivary glands) and aseptic meningitis. Parotitis is the most common manifestation and affects approximately 30-40% of individuals. The virus can also spread to the meninges, pancreas, ovaries and testes. Orchitis (inflammation of one or both testicles) may occur in as many as 50% of post pubertal males with the condition. Symptoms typically decrease after 1 week and usually resolve after 10 days

While the number of mumps cases in the United States has increased recently, the overall occurrence is rare thanks to concerted vaccination efforts. Mumps rates have decreased from a high of 212,000 US cases in 1964 to a low of 229 cases in 2012. The largest US mumps outbreak since the introduction of Measles, Mumps & Rubella (MMR) vaccine occurred in 2006 with 6,000 cases being reported that year. The routine mumps vaccination series includes 1 dose of MMR vaccine administered at 12 months of age and another dose at 4-6 years of age. If the vaccine is not administered at the routine age and interval, vaccination may be completed with the 2 doses being administered 28 days apart. All children, adolescents and adults born in 1957 or later without a valid contraindication should have documentation of vaccination or other evidence of immunity (laboratory confirmation). Additionally, some healthcare providers who were born before 1957 may also need proof of vaccination or other evidence of immunity. Pregnant women are not recommended to receive MMR because it is a live virus vaccine. Recommendations for travelers may differ as well. For additional information on vaccine recommendations, visit the Advisory Committee for Immunization Practices website at <http://www.cdc.gov/vaccines/hcp/acip-recs/>.

For more information on mumps vaccination, contact your primary care provider or the Saginaw County Department of Public Health's Immunization Program at (989) 758-3840. If you would like more information on mumps infection, visit <http://www.cdc.gov/mumps/about/index.html>.

References

Centers for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preventable Diseases* 12th ed. Atkinson, W., Wolfe, S., & Hamborsky, J. eds. Washington DC: Public Health Foundation, 2011.

Centers for Disease Control and Prevention. Vaccines & Preventable Diseases <http://www.cdc.gov/vaccines/vpd-vac/mumps/default.htm>

**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
FOR THE QUARTER
10/01/2014-12/31/2014**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	13
CAMPYLOBACTER	4
CHLAMYDIA (Genital)	286
CRYPTOSPORIDIOSIS	0
FLU LIKE DISEASE	2974
GASTROINTESTINAL ILLNESS	971
GIARDISSIS	2
GONORRHEA	87
HEAD LICE	76
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	3
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	13
INFLUENZA	6
LEGIONELLOSIS	2
MENINGITIS-ASEPTIC	0
MENINGITIS-BACTERIAL OTHER	2
MUMPS	0
MYOBACTERIUM	1
PERTUSSIS	1
RABIES	0
SALMONELLOSIS	3
SHIGELLOSIS	8
SHINGLES	1
STREP THROAT	131
STREPTOCOCCUS PNEUMONIA, INVASIVE	2
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	1
YERSINIA ENTERITIS	0

**COMMUNICABLE DISEASE YTD
REPORTED FOR SAGINAW COUNTY
01/01/2014—12/31/2014**

Disease	No. Reported
AIDS, AGGREGATE	2
ANIMAL BITE	84
CAMPYLOBACTER	10
CHLAMYDIA (Genital)	1214
CRYPTOSPORIDIOSIS	3
FLU LIKE DISEASE	7998
GASTROINTESTINAL ILLNESS	1481
GIARDISSIS	12
GONORRHEA	330
HEAD LICE	169
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	11
HEPATITIS C ACUTE	5
HEPATITIS C CHRONIC	124
INFLUENZA	68
LEGIONELLOSIS	11
MENINGITIS-ASEPTIC	7
MENINGITIS-BACTERIAL OTHER	5
MUMPS	0
MYOBACTERIUM	2
PERTUSSIS	3
RABIES	0
SALMONELLOSIS	16
SHIGELLOSIS	12
SHINGLES	2
STREP THROAT	460
STREPTOCOCCUS PNEUMONIA, INVASIVE	8
SYPHILLIS-LATE LATENT	1
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	7
YERSINIA ENTERITIS	0

Please visit our website at www.saginawpublichealth.org where our communicable disease pamphlets are available.

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: sellison@saginawcounty.com

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