

LISTERIOSIS

VACCINES FOR CHILDREN (VFC) PROGRAM

SENTINEL FLU PROVIDERS

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INFLUENZA ("Flu")



Saginaw County  
HEALTH DEPARTMENT

WINTER 2019

# COMMUNICABLE DISEASE

NEWSLETTER



## LISTERIOSIS

### DISEASE

Listeriosis is a serious infection caused by eating food that is contaminated with the *Listeria monocytogenes* bacterium. People who are at the greatest risk of *Listeria* infection are pregnant women, newborns, elderly and those with weakened immune systems. Most people who become infected may not notice the illness and recover. *Listeria* is the third leading cause of death from food poisoning in the U.S. Pregnant women are 10 times more likely to get *Listeria* infection and the infection can be passed on to their unborn baby. *Listeria* can cause miscarriages, stillbirths, preterm labor, serious illness or death in newborns.

### SYMPTOMS

*Listeria* infection can cause headaches, stiff neck, fever, muscle aches, confusion, loss of balance and seizures. Symptoms in pregnant women are only fever and flu-like symptoms like muscle aches and fatigue, however, the infection can be passed on to fetus or newborn.

### COMMUNICABILITY

Listeriosis is acquired through foodborne transmission, except for fetal or neonatal infection which is acquired in utero from an infected mother. The infection is not contagious from person to person.

### TREATMENT

Listeriosis is diagnosed by a culture of blood, spinal fluid or placenta. A positive culture will grow *Listeria monocytogenes*. The treatment for exposed symptomatic patients is antibiotics. Standard therapy includes IV ampicillin and gentamicin for 14-21 days. If the blood culture is negative, antibiotic therapy may be discontinued.

### PREVENTION

*Listeria* is a bacterium which can hide in many foods. Outbreaks have been linked to deli meats, hot dogs, dairy products and produce. High risk people (pregnant, newborns, elderly or immune compromised individuals) should avoid consuming high risk foods such as: soft cheeses, celery, sprouts, cantaloupe, ice cream and any unpasteurized milk, cider or cheese products. Be aware of recalled foods which contain *Listeria* and seek medical care if exposed.

### REFERENCE

<https://www.cdc.gov>

### **Vaccines for Children (VFC) Program**

One of the primary goals of the VFC Program is to offer comprehensive medical care to children 18 years of age and younger through the provision of quality immunization services in the medical home. Additional benefits include:

- Offering convenient, client-centered immunization services
- Increasing the likelihood of children beginning the immunization series as scheduled and remaining up-to-date
- Vaccines recommended by the Advisory Committee on Immunization Practices (ACIP) are provided free of charge\*
- Increasing clients' protection against vaccine preventable diseases

*\*Vaccine is free of charge to providers for administration to eligible children*

#### **Who is eligible for the VFC Program?**

Children less than 19 years of age are eligible to receive vaccines through the VFC Program if they are:

- Medicaid-eligible
- Uninsured (have no health insurance at all)
- Underinsured (have private insurance which does not cover immunizations)
- American Indian or Alaskan Native

The Saginaw County Health Department (SCHD) is looking for additional providers to join the VFC Program. If you are interested in becoming a VFC Provider, or would like more information, contact the SCHD Immunization Program at (989) 758-3840.

#### **References:**

[www.michigan.gov/vfc](http://www.michigan.gov/vfc)

## INFLUENZA (“Flu”)

### DISEASE

Influenza (flu) is a contagious respiratory illness affecting the nose, throat, bronchial tubes and lungs caused by various influenza viruses. The flu can cause mild to severe illness, and even death.

### SYMPTOMS

Signs and symptoms of flu infection include:

abrupt onset of fever (101-102°F)	chills
dry cough	sore throat
runny or stuffy nose	muscle or body aches
headaches, fatigue (very tired)	

### COMMUNICABILITY

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. This makes handwashing very important not only during flu season, but all year round.

It is possible for a sick individual to infect others before showing signs and symptoms of illness. Affected individuals may be contagious beginning 2 days 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.

### TREATMENT

Flu symptoms can be managed with and without medication. The most common treatments include:

- \* over-the-counter medications (pain reliever/fever reducer, cough suppressants, etc.)
- \* rest
- \* drinking plenty of fluids like water, broth, and sports drinks/electrolyte beverages
- \* gargling with warm salt water to soothe a sore throat

Your healthcare provider may also opt to prescribe an antiviral medication which can decrease the length and severity of the illness (if diagnosed within the first 2 days of exhibiting symptoms).

### PREVENTION

One of the best ways to prevent the flu is to receive a flu vaccination. It is estimated that influenza vaccination prevented an estimated 1.6–6.7 million illnesses, 790,000–3.1 million outpatient medical visits, 39,000–87,000 hospitalizations, and 3,000–10,000 respiratory and circulatory deaths during each of the past six (6) flu seasons in the United States. Vaccination is universally recommend for all persons 6 months of age and older without contraindications to vaccination. During the 2019-2020 flu season, flu vaccine has been manufactured in both injectable and intranasal presentations and contain either 3 (trivalent) or 4 (quadrivalent) viral strains, representing viruses recently circulating world-wide. Due to the varying composition of the vaccine each year, and declining immunity throughout the season, annual vaccination using the current vaccine is required.

Full antibody protection develops against influenza virus infections approximately 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 late September, or as soon as vaccine is available, and continue throughout the flu season. The flu season can begin as early as October with flu activity peaking in December through February 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 Health Department (SCHD) for individuals 6 months of age and older. The SCHD accepts Medicaid, Medicare, Blue Care Network, Health Plus, Priority Health and some Blue Cross Blue Shield plans for flu vaccine administration. For clinic hours or more information call (989) 758-3840 or visit [www.saginawpublichealth.org](http://www.saginawpublichealth.org).

### REFERENCES

- Centers for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preventable Diseases* 13<sup>th</sup> ed. Hamborsky, J., Kroger, A., & Wolfe, S. eds. Washington DC: Public Health Foundation, 2015.
- Centers for Disease Control and Prevention. Influenza (Flu). Retrieved from <http://www.cdc.gov/flu/index.htm>.  
[https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s\\_cid=rr6803a1\\_w](https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s_cid=rr6803a1_w)

## Sentinel Flu Providers

The Saginaw County Health Department (SCHD) is seeking providers to participate in the Michigan Influenza Sentinel Provider Surveillance Program. This is a collaborative effort between the Centers for Disease Control and Prevention (CDC), the Michigan Department of Health and Human Services (MDHHS), local health departments, and volunteer sentinel clinicians for the purposes of influenza surveillance. As a sentinel site, clinicians report the total number of patient visits to their facilities each week, as well as the number of patient visits for influenza-like illness (ILI) within five age categories (0-4 years, 5-24 years, 25-49 years, 50-64 years, and 65+ years). Additionally, sentinel sites collect respiratory specimens from a sample of patients with ILI for respiratory virus panel testing at no charge by the MDHHS (lab kits and shipping paid for by MDHHS).

Medical providers of any specialty (e.g., family medicine, internal medicine, pediatrics, infectious disease) in nearly any setting (e.g., private practice, public health clinic, urgent care center, emergency room, university student health center) who are likely to see patients with influenza-like illness can be flu sentinel sites. The only exception is for those providers who primarily care for institutionalized populations (e.g., nursing homes, prisons). The advantages of being a sentinel provider include: free laboratory testing (respiratory virus culture) for approximately 11 specimens per site per year, weekly feedback on submitted data, free online subscriptions to the CDC's *Emerging Infectious Diseases* and *Morbidity and Mortality Weekly Report*, and two (2) free registrations to an MDHHS Fall Regional Immunization Conference (reporting for ½ the weeks of the year required).

For more information, please visit the Michigan Department of Health and Human Services Influenza Sentinel Provider website at [www.michigan.gov](http://www.michigan.gov) or contact Jalyn Ingalls, Influenza Epidemiologist, at [IngallsJ@michigan.gov](mailto:IngallsJ@michigan.gov) or the SCHD immunization program at (989) 758-3840.

## MONONUCLEOSIS

### DISEASE

Mononucleosis (mono), is a contagious disease often caused by the Epstein-Barr virus (EBV). Approximately 50% of those infected with EBV will develop mono. Mononucleosis is most common among teenagers and young adults.

### SYMPTOMS

Symptoms of mono usually appear 4 to 6 weeks after being infected with Epstein-Barr virus. The symptoms include: extreme fatigue, fever, sore throat, head and body aches, swollen lymph nodes in the neck and armpits, swollen liver or spleen, or both, and a rash. The symptoms may develop slowly and may not all appear at the same time.

### COMMUNICABILITY

Mono is spread from person-to-person via the oropharyngeal route through saliva. Kissing and sharing drinks facilitates the spread among young adults. The disease can also be spread through blood during blood transfusions and organ transplantations.

### TREATMENT

Diagnosis of infectious mono is typically made based on symptoms. It is usually treated through management of symptoms. Drink plenty of fluids to maintain hydration; get plenty of rest; and take over-the-counter medications for pain and fever. With treatment of symptoms, most people will get better in 2-4 weeks, however some people may feel fatigued for several more weeks.

### PREVENTION

Mononucleosis can be prevented by use of hygienic measures, including handwashing, to avoid salivary contamination from infected individuals through intimate or other contact. Avoid kissing, sharing drinks and food or personal items with those who have mono.

### REFERENCE

<https://www.cdc.gov/epstein-barr/about-mono.html>

**COMMUNICABLE DISEASE  
REPORTED FOR SAGINAW COUNTY  
FOR THE QUARTER  
10/01/2019-12/31/2019**

Disease	No. Reported
AIDS, AGGREGATE	0
CAMPYLOBACTER	3
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	321
CRYPTOSPORIDIOSIS	2
FLU LIKE DISEASE	1315
GASTROINTESTINAL ILLNESS	980
GIARDIASIS	1
GONORRHEA	216
HEAD LICE	63
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	0
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	26
INFLUENZA	233
LEGIONELLOSIS	2
MENINGITIS-ASEPTIC	1
MENINGITIS-BACTERIAL OTHER	0
MUMPS	0
PERTUSSIS	0
RABIES-ANIMAL	0
RABIES: POTENTIAL EXPOSURE & PEP	4
SALMONELLOSIS	5
SHIGELLOSIS	0
SHINGLES	0
STREP THROAT	141
STREPTOCOCCUS PNEUMONIA, INVASIVE	13
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	1
YERSINIA ENTERITIS	0
ZIKA	0

**COMMUNICABLE DISEASE YTD  
REPORTED FOR SAGINAW COUNTY**

01/01/2019-12/31/2019

Disease	No. Reported
AIDS, AGGREGATE	0
CAMPYLOBACTER	17
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	1291
CRYPTOSPORIDIOSIS	26
FLU LIKE DISEASE	6492
GASTROINTESTINAL ILLNESS	3153
GIARDIASIS	7
GONORRHEA	709
HEAD LICE	251
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	3
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	84
INFLUENZA	284
LEGIONELLOSIS	8
MENINGITIS-ASEPTIC	8
MENINGITIS-BACTERIAL OTHER	3
MUMPS	0
PERTUSSIS	2
RABIES-ANIMAL	0
RABIES: POTENTIAL EXPOSURE & PEP	73
SALMONELLOSIS	16
SHIGELLOSIS	1
SHINGLES	1
STREP THROAT	371
STREPTOCOCCUS PNEUMONIA, INVASIVE	33
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	1
VZ INFECTION, UNSPECIFIED	8
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.

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

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