

SCARLET FEVER

Scarlet fever is a bacterial illness that can develop when a person has strep throat. Scarlet fever can also be known as Scarlatina. Scarlet fever is common in children 5 to 15 years of age. In the past, scarlet fever was known as a very serious condition. Today, proper treatment with antibiotics has made it less threatening. If scarlet fever is not treated properly it may become serious and affect the heart and kidneys.

Symptoms

The clinical symptoms of scarlet fever include:

- **Red Rash:** The rash looks like a sunburn and feels like sandpaper. The rash begins on the face or neck and spreads over most of the body. If pressure is applied to the rash, it will turn pale. Red lines in the folds of the skin around the groin, elbows, neck and armpits may develop and are a deeper red than the surrounding rash
- **Fever:** 101 F (38.3 C) or higher with chills
- **Sore Throat:** Very sore and red with development of white patches
- **Strawberry Tongue:** The tongue can look very red and bumpy. Early in the disease the tongue may be covered with a white coating
- **Other symptoms can include:** a flushed face with a pale ring around the mouth, difficulty swallowing, enlarged glands in the neck, nausea, vomiting and headache



Communicability

Scarlet fever is most contagious during the acute phase of the illness, 2-4 days after the rash appears.

Treatment

The doctor will do a throat swab to check for strep bacteria. When diagnosed with scarlet fever an antibiotic will be prescribed. The following steps can reduce the pain and discomfort of scarlet fever: usage of antipyretics to reduce fever and pain, increase fluid intake, use a cool mist room humidifier and provide comforting foods such as warm soup and popsicles to decrease throat pain. The child can return to school 24-48 hours after antibiotic therapy is started and when the fever is gone.

Prevention

Prevention strategies for scarlet fever are: wash your hands, or use hand sanitizers when you can't properly wash, don't share eating utensils and cover your mouth and nose when coughing or sneezing.

<http://www.mayoclinic.org> www.cdc.gov/Features/ScarletFever www.cdc.com

Vaccines for Children (VFC) Program

The Vaccines for Children (VFC) Program was created on August 10, 1993, under the *Omnibus Budget Reconciliation Act*. Known as *Section 1928* of the *Social Security Act*, the VFC Program has been operational since October 1, 1994. Michigan has participated since 1995. 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. Other benefits include:



- Offering convenient, client-centered immunization services
- Increasing the likelihood of children beginning the immunization series as scheduled and remaining up-to-date
- Offering the provider the ability to order all vaccines recommended by the Advisory Committee on Immunization Practices (ACIP) 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:

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

If you are interested in becoming a VFC Provider, or would like more information, contact the Saginaw County Department of Public Health's Immunization Program at (989) 758-3840.

References

<http://www.cdc.gov/vaccines/programs/vfc/about/index.html>

PNEUMONIA

Pneumonia is an infection of the lungs that is caused by bacteria, viruses, and rarely fungi. In the US, the most common bacterial cause of pneumonia is *Streptococcus pneumoniae*, also known as pneumococcus. The most common viral causes are influenza and respiratory syncytial viruses. Pneumonia can cause mild to severe illness in people of all ages - adults 65 years of age and older, children younger than 5 years of age, smokers and people with asthma are more susceptible to the condition. Annually approximately 400,000 hospitalizations are attributed to pneumococcal pneumonia, with a 5-7% case fatality rate.

Symptoms

Illness may be manifested by an abrupt onset of fever and chills, pleuritic chest pain, productive cough, fatigue, rapid heart rate (tachycardia), rapid breathing (tachypnea) and shortness of breath (dyspnea). In addition, infection with pneumococcus can cause other conditions such as meningitis, otitis media (middle ear infection) and blood stream infections (bacteremia), any of which may be characterized by a combination of the signs and symptoms listed above.

Communicability

The bacteria that cause pneumonia are normally found in the nose, throat, mouth, sinuses and environment. Disease-causing bacteria and viruses are spread by coughing, sneezing, or any other contact with respiratory secretions. The incubation period is 1-3 days. Disease can be contracted from people who are infected, regardless of whether they display signs/symptoms of illness. When the bacteria and viruses spread to the lungs for unknown reasons, pneumonia can develop.

Treatment

With invasive pneumococcal disease, early diagnosis and treatment is key. It is very important to identify the causative organism, which is usually done through blood and/or cerebrospinal fluid samples. Specific treatment will depend on the cause. If a bacterial cause is suspected, only then will treatment begin with a broad spectrum antibiotic which is then narrowed (if necessary) once a specific bacterium is identified. In addition, pain reliever/fever reducers, cough medications, fluids, and rest are recommended.

Prevention

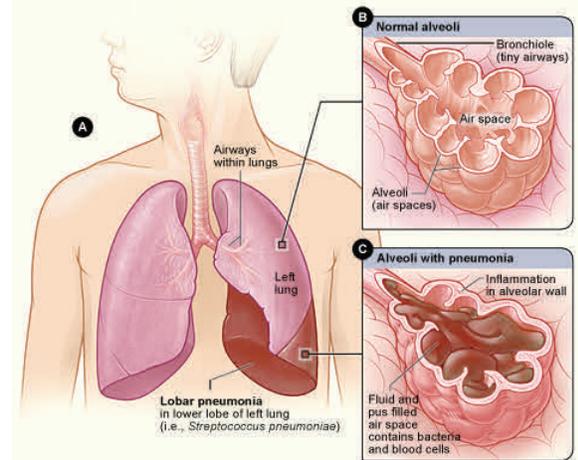
Pneumonia can be prevented by using good hygiene habits such as handwashing and coughing or sneezing into your elbow, sleeve, or a tissue and discarding it immediately. In addition, two pneumococcal vaccines have shown promise in preventing severe pneumococcal disease, hospitalization and even death. Prevnar 13 (pneumococcal conjugate vaccine) is routinely used for vaccination of children, and Pneumovax 23 (pneumococcal polysaccharide vaccine) is routinely administered to adults. In 2014, due to the prevalence and burden of disease among the elderly, the Advisory Committee on Immunization Practices recommended routine vaccination of adults 65 years of age and older with both Prevnar 13 and Pneumovax 23 (administered on different dates).

For more information on pneumococcal vaccination recommendations, consult your primary care provider or the Saginaw County Department of Public Health's Immunization Program at (989) 758-3840 or visit www.saginawpublichealth.org

References

Centers for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preventable Diseases*. Wolfe, S., Hamborsky J., Kroger, A. eds. 13th ed. Washington DC: Public Health Foundation, 2015.

Centers for Disease Control (CDC). <http://www.cdc.gov/Features/Pneumonia>



**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
FOR THE QUARTER
10/01/2015-12/31/2015**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	19
CAMPYLOBACTER	2
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	303
CRYPTOSPORIDIOSIS	2
FLU LIKE DISEASE	1715
GASTROINTESTINAL ILLNESS	1299
GIARDIASIS	1
GONORRHEA	79
HEAD LICE	134
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	3
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	19
INFLUENZA	9
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	7
MENINGITIS-BACTERIAL OTHER	2
MUMPS	0
MYCOBACTERIUM	4
PERTUSSIS	1
RABIES	0
SALMONELLOSIS	3
SHIGELLOSIS	0
SHINGLES	2
STREP THROAT	223
STREPTOCOCCUS PNEUMONIA, INVASIVE	7
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	1
VZ INFECTION, UNSPECIFIED	3
YERSINIA ENTERITIS	0

**COMMUNICABLE DISEASE YTD
REPORTED FOR SAGINAW COUNTY
01/01/2015-12/31/2015**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	110
CAMPYLOBACTER	12
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	1245
CRYPTOSPORIDIOSIS	8
FLU LIKE DISEASE	6340
GASTROINTESTINAL ILLNESS	3612
GIARDIASIS	4
GONORRHEA	356
HEAD LICE	254
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	15
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	85
INFLUENZA	52
LEGIONELLOSIS	8
MENINGITIS-ASEPTIC	19
MENINGITIS-BACTERIAL OTHER	5
MUMPS	0
MYCOBACTERIUM	7
PERTUSSIS	4
RABIES	0
SALMONELLOSIS	14
SHIGELLOSIS	5
SHINGLES	2
STREP THROAT	358
STREPTOCOCCUS PNEUMONIA, INVASIVE	24
SYPHILLIS-LATE LATENT	2
TUBERCULOSIS	3
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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