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Sumter County Quarterly Epidemiology Report

Volume 2, Issue 4

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Disease Summary

During the last quarter, Sumter County Epidemiology staff investigated and or recorded 139 cases of reportable disease, and investigated one gastrointestinal illness (GI) outbreak. Other notable case investigations conducted include, one case of travel related Anaplasmosis, eight Salmonella cases, and a case of Varicella.

Brucellosis

Background:

Brucellosis is caused by a gram-negative, non-motile, bacteria in the genus *Brucella*. While relatively rare, Brucellosis is an epidemiologically important zoonotic disease. Humans are accidental host and most identified cases are in pig hunters. Less frequently infections occur in persons at occupational risk due to contact with feral swine, or domestic swine in contact with feral swine. Persons at occupational risk include taxidermists and others working with potentially infected wildlife, farm and livestock workers, veterinarians, slaughterhouse employees, abattoir workers, meat inspectors, laboratory personnel.

Reservoirs:

Reservoirs include swine, ruminants (i.e. goats, sheep, and cattle), and canids. *Brucella suis*, in wild hogs, is endemic in Florida.



Transmission:

Brucella can be transmitted, to humans, through contact with infected animals or animal products

such as blood, tissue and urine that is contaminated with the bacteria. While there is no danger from eating properly cooked meat products, it is possible to contract Brucella by consuming raw milk and unpasteurized dairy products from infected animals. Infection through inhalation of contaminated aerosols can occur although this is rare except in a laboratory setting.

Incubation period:

The incubation period is five days to six months with an average onset of 2-4 weeks.

Clinical Presentation:

Symptoms of Brucella are non-specific and can be intermittent or chronic. The most consistent symptom is intermittent or constant fever. Other symptoms of Brucella include:

- Chills
- Night sweats
- Headache
- Loss of appetite
- Fatigue
- Joint pain
- Muscle pain

Brucella is a reportable disease and needs to be reported to the Florida Department of Health **immediately 24/7 upon initial suspicion**.

(More on Brucellosis prevention on pg. 2)

Food Recalls

In the last 30 days the following food recalls were issued. More information can be found at, <http://www.floridahealth.gov/>

Brand Names	Food	Date of Recall	Health Risk
Chocolate Shoppe	Various ice cream flavors containing Cookie Dough	10/11/2016	Listeria monocytogenes
Blue Bell	Various ice cream flavors containing Cookie Dough	10/11/2016	Listeria monocytogenes
Publix	Premium Chocolate Chip Cookie Dough Ice Cream	10/10/2016	Listeria monocytogenes
Nestlé USA	Nestlé Drumstick	10/7/2016	Listeria monocytogenes

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FERAL SWINE & BRUCELLOSIS

Take steps before, during, and after each hunting trip to protect yourself and your family members from brucellosis.

Brucellosis is a bacterial disease that can spread to humans after contact with infected hog's blood, body fluids, or tissues (such as meat, testicles, liver, and other organs). Infections can cause fever, headaches, chills, weight loss, and joint/muscle pain. If the illness is not diagnosed and treated quickly, you could have serious problems in your bones, joints, or heart.

THESE PRACTICES ARE RECOMMENDED FOR HANDLING ALL GAME ANIMALS.



WEAR PROTECTIVE GEAR WHILE HUNTING AND BUTCHERING.

- Wear eye protection such as safety glasses or goggles.
- Wear rubber gloves when handling carcasses.
- Wear boots or other closed footwear that can be disinfected.
- Clean gloves and boots with a disinfectant such as a diluted bleach solution.
 - 10% diluted bleach can be made with one cup of bleach for every nine cups of water.



USE SAFE FIELD DRESSING METHODS.

- Don't approach or handle animals that look sick.
- Prepare game in a well-ventilated area with plenty of fresh air, such as outdoors or in a room with open windows.
- Don't eat, drink, smoke, or dip tobacco while dressing your game.
- Use clean, sharp knives for field dressing and butchering.
- Make sure that you have enough lighting to see properly.
- Slow down. Watch your hands and take the time to make clean cuts.
- Clean all tools and surfaces that come in contact with the carcass with a disinfectant such as diluted bleach.
- Wash your hands with soap and warm water for at least 20 seconds and dry them with a clean cloth after dressing.
 - If soap and water are not available, use an alcohol-based hand sanitizer or wipe.
- Clean any cuts or scratches with soap and warm water; treat with an antiseptic and cover with a bandage.
- Check with your state hunting agency for proper disposal of field dressing waste (paper products, animal carcass and tissues, etc.).



AVOID DIRECT CONTACT WITH FERAL SWINE.

- Adults and children should not touch the carcass with bare hands, and children should be kept a safe distance away from the field dressing site to reduce the risk of being splashed with body fluids.
- Dogs can also become sick with brucellosis. The disease can then spread from dogs to humans.
 - Don't feed your dog raw meat or let them play with the animal carcass.
 - If your dog comes in contact with a hog during your hunt, watch for signs of illness (swollen glands, failed pregnancies, swollen testicles, weak newborn puppies).
 - Contact your veterinarian with any questions or concerns.



COOK YOUR MEAT THOROUGHLY AND FOLLOW FOOD SAFETY TIPS.

- Wash your hands with soap and warm water for at least 20 seconds before and after preparing the meat.
- Clean surfaces with hot, soapy water before and after butchering.
- Separate raw game meat from cooked game meat and other foods.
- Chill raw and cooked game meat immediately.
- Cook game meat to an internal temperature of 160°F as measured with a food thermometer.
- Freezing, smoking, drying, and pickling do not kill the bacteria that cause brucellosis. For more information on Food Safety, visit: www.foodsafety.gov

If you get sick with a flu-like illness within 1 week to 6 months after contact with feral swine, tell your doctor about your hunt. Testing and treatment for brucellosis are available!



For more information

visit the CDC brucellosis website at:
<http://www.cdc.gov/brucellosis/>

Or visit the APHIS website at: <http://www.aphis.usda.gov>
and search "Feral Swine" in the search toolbar.

The 2016-2017 flu season officially started October 2, 2016. While influenza activity remains at low levels across the state, it is never too early to start taking prevention steps.

Prevention Tips:

- Get Vaccinated!
- Wash your hands often.
- Keep your hands away from your face.
- Keep your distance from others when you are sick.
- Keep your distance if you are around someone else who is sick.
- Stay home if you are sick.
- Cover your mouth and nose with a tissue when sneezing and coughing.
- Be aware that you can still spread germs up to 7 days after getting sick.

Vaccination:

The CDC recommends annual flu vaccination for everyone 6 months of age and older with rare exceptions. Only injectable flu vaccines, the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV), are recommended this year. The live attenuated influenza vaccine (LAIV), or nasal spray flu vaccine, should not be used during the 2016-2017 flu season.

The 2016-2017 influenza vaccination recommendations can be found in their entirety at www.cdc.gov.

Report to the Health Department:

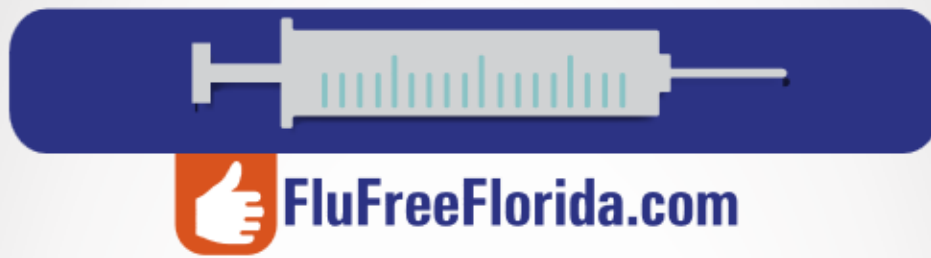
The beginning of flu season is an excellent time to keep in mind that the following should be reported to the Florida Department of Health in Sumter County:

- abnormal spikes in illness
- outbreaks
- confirmed and suspected cases of influenza
- confirmed and suspected cases of other reportable diseases

Timely reporting will allow us to improve disease surveillance and our understanding of influenza and influenza like illnesses (ILI). This will help us identify which diseases are causing illness in our community and help with the planning of future prevention efforts. You play a vital role in this endeavor. Without your reporting it will be impossible to gain an accurate picture of what is happening in Sumter County or how we can best protect residents.

Remember, any time there is an outbreak, or higher than usual occurrence of any illness in your practice please report those to our Epidemiology Department: by phone at (352)569-3115 or by fax at (352)512-6555

Your flu shot is the first & most important step to fight the flu.



For the most current information about influenza in Florida, see Florida's [Weekly Surveillance Report](#), the Florida Flu Review.



Mosquito Bite Protection in Florida

FloridaHealth.gov • Florida Department of Health

Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

Mosquitoes can live indoors and will bite at any time, day or night.



Use Environmental Protection Agency (EPA)-registered insect repellents

Wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellents if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.



USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS



DEET →→

BRAND EXAMPLES*
Overseas brand names may vary.

Off!, Cutter, Sawyer, Ultrathon

Picaridin (KBR 3023),
Bayrepel and icaridin →→

Skin So Soft Bug Guard Plus

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) →→

Repel

IR3535 →→

Skin So Soft Bug Guard Plus Expedition, Skin Smart

Higher percentages of active ingredient=longer protection

If you have a baby or child:

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child's face.
- Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.



Cover up with clothing

- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing. Treat clothes with permethrin or another EPA-registered insecticide for extra protection.



Use permethrin-treated clothing and gear.

- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

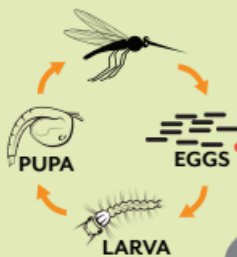
www.cdc.gov/features/StopMosquitoes

*The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

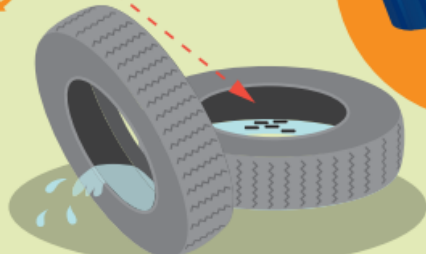
Keep mosquitoes **outside**



Stop mosquitoes from **breeding**



Mosquitoes breed by laying eggs in and near standing water.



As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

At your house or business:
Put away items that are outside and not being used because they could hold standing water.



In your garden:
Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.



Around all buildings:

At least once a week, empty, turn over or cover anything that could hold water:

- tires
- buckets
- toys
- pools & pool covers
- birdbaths
- trash, trash containers and recycling bins
- boat or car covers
- roof gutters
- coolers
- pet dishes



Florida Department of Health in Sumter County

Reportable Disease Count Year to Date 2016



Disease Category	Sumter			State	
	Cumulative (YTD)			Cumulative (YTD)	
	2016	2015	Expected	2016	2015
B. CNS Diseases & Bacteremias					
H. Influenzae	3	2	2	249	187
Meningococcal Disease	-	-	0	11	20
Strep Pneumoniae, Invasive, Drug Resistant	1	1	1	151	125
Strep Pneumoniae, Invasive, Susceptible	2	1	1	337	186
C. Enteric Infections					
Campylobacteriosis	10	12	10	2734	2757
Cryptosporidiosis	8	3	5	415	675
Escherichia Coli Shiga Toxin +	9	3	5	486	337
Giardiasis	6	4	4	863	767
Salmonellosis	16	12	16	4422	4408
Shigellosis	2	3	5	676	1650
Vibriosis (All Reportable Species)	-	-	1	141	149
D. Viral Hepatitis					
Hepatitis A	2	-	0	90	88
Hepatitis B, Acute	3	1	3	491	378
Hepatitis B, Chronic	20	16	16	3804	3718
Hepatitis C, Acute	3	1	3	209	132
Hepatitis C, Chronic	266	165	201	24685	17321
Hepatitis +HBsAg in pregnant women	-	-	0	318	340
E. Vector Borne, Zoonoses					
Post-Exposure Prophylaxis for Rabies (PEP)	11	10	10	2429	2469
Rabid Animals	-	-	0	55	54
Lyme Disease	5	1	2	290	136
Rocky Mountain Spotted Fever	-	-	0	20	14
F. Others					
Carbon Monoxide Poisoning	-	-	0	193	193
Creutzfeldt - Jakob Disease (CJD)	-	1	2	13	24
Legionellosis	4	-	1	236	229

* Mid year population based on 2014 & 2015 est. U.S Census Bureau (<http://quickfacts.census.gov/qfd/states/12/12119.html>)

* Case number based on total number of cases reported during reporting year 2014 & 2015

* Expected rates based on US Census population growth estimates, 2015

EPI Quiz Question



What health promotion campaign, celebrated the third week of October, was established by President Ronald Regan in 1986?

(Answer on pg 6.)



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[\(Click here to learn more\)](#)



MISSION :

To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

VISION :

To be the *Healthiest State* in the Nation

VALUES (ICARE) :

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

Excellence: We promote quality outcomes through learning & continuous performance improvement.



Epi Quiz Answer



What health promotion campaign, celebrated the third week of October, was established by President Ronald Regan in 1986?

International Infection Prevention Week **International Infection Prevention Week October 16-22, 2016**



International Infection Prevention Week (IIPW) was established in 1986 by President Ronald Regan. Each year during the third week of October, IIPW is celebrated as part of the Infection Prevention and You campaign which helps patients, families, and healthcare professionals understand their roles in infection prevention. This year IIPW focused on the importance of “Breaking the Chain of Infection”

Break the Chain of Infection:

Germs are everywhere, and despite the variety of viruses and bacteria found inside and outside the healthcare setting, these germs are spread person to person through a common series of events, known as the Chain of Infection. There are six links in the Chain of Infection which include:

- **Infectious Agent**– the pathogen
- **Reservoir**– environment where the pathogen lives
- **Portal of Exit**– way the infectious agent leaves the reservoir
- **Means of Transmission**– way the infectious agent can be passed
- **Portal of Entry**– way the infectious agent enters the new host
- **Susceptible Host**– any person not immune to the infectious agent

Interrupting this chain at any one of the six links breaks the chain of infection and stops the infectious agent from infecting others. Break the chain by cleaning your hands frequently, staying up to date on your vaccines, covering coughs and sneezes and staying home when sick, following the rules for standard and contact isolation, using personal protective equipment the right way, cleaning and disinfecting the environment, sterilizing medical instruments and equipment, following safe injection practices, and using antibiotics wisely to prevent antibiotic resistance.

For more information visit: <http://professionals.site.apic.org/iipw/>