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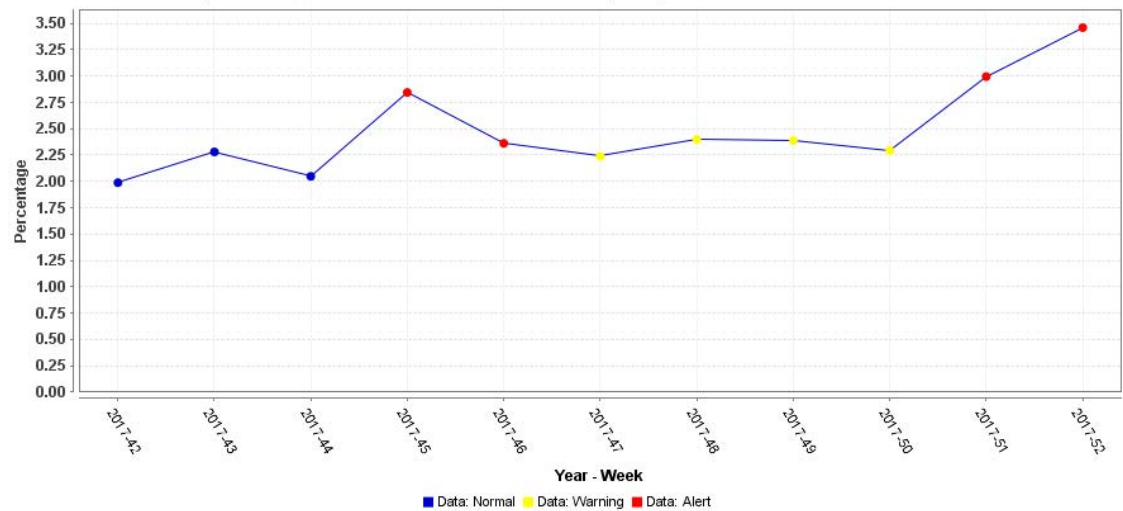
Influenza Season 2017-2018 Update

It's not too late to get your flu shot! By Suzi Turner

The goal of influenza surveillance is to detect changes in the influenza virus, detect outbreaks, and identify severe presentations of influenza infection. Palm Beach County relies on a variety of surveillance systems that include syndromic data from hospital emergency department visits, positive influenza laboratory results from hospitals and private physicians, school health reports, and influenza-specific reports from long-term care facilities.

Since October 1, 2017, the official start of the 2017-2018 influenza season, the Epidemiology Department has investigated three influenza outbreaks. As expected for this time of the year, influenza activity has steadily increased over the last few weeks in Palm Beach County. Across the state, more outbreaks have been reported so far this season than in previous seasons at this time, which may be an early indication of a more severe influenza season. Nationally, the Centers for Disease Control and Prevention (CDC) noted that several influenza activity indicators were higher than typically observed for this time of year. The Florida Department of Health, Bureau of Public Health Laboratories continues to identify Influenza A (H3) as the predominately circulating strain.

Weekly Percentage of ILI Visits at Palm Beach County Hospitals, Week 40, 2017 - Week 52, 2017



Although, interim vaccine effectiveness (VE) estimates for Australia's 2017 influenza season revealed low VE estimates for influenza A (H3) viruses, VE estimates were higher for influenza A 2009 (H1N1) viruses (50%) and influenza B viruses (57%). Vaccine effectiveness for the United States are not currently available. **Flu vaccines can vary in effectiveness from season to season but they continue to be the best way to prevent influenza infection among yourself and those who are more vulnerable to complications from influenza infection.**

COLD VS. FLU

By Sydney Agnew

Low or None	Fever	High
Occasional	Headache	Often
Mild	Body Aches	Severe
Often	Sore Throat	Occasional
Mild	Cough	Severe
Stuffy, Runny	Nose	Stuffy, Runny
Common	Sneezing	Occasional
Mild	Fatigue	Severe
Seven to Ten Days	Duration	Several Weeks

Fast Facts About the Flu!

FACT

The viruses in flu vaccines cannot cause infection.

MYTH

The flu shot can give me the flu!

MYTH

The vaccine protects you as soon as you get it.

FACT

It takes about 2 weeks to develop antibodies after receiving the vaccine.

Flu Shot Incentives!

Many combination retail/pharmacy stores are offering incentives for shoppers to receive their flu shot. Here is a list of participating stores and their incentives.

Publix

\$10 gift card

CVS

20% off coupon

Target

5% off coupon

Safeway

10% off coupon

Giant Food

Coupon book worth \$30

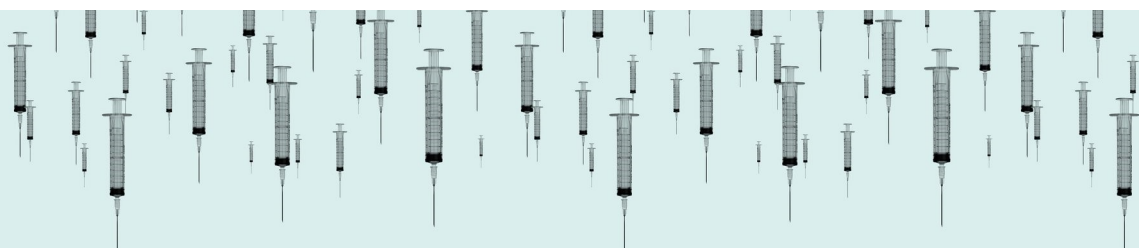
Walgreens

“Get a Shot. Give a Shot.”

Rite Aid

Workplace Flu Shot Clinics

Most insurance plans cover flu shots with a \$0 co-pay. Check with your local pharmacy for more details.



Signs of Rabies in Pets:

LOSS OF APPETITE or difficulty eating or drinking



Drooling EXCESSIVELY



Becoming partially or completely PARALYZED



BEHAVIOURAL CHANGE:

More quiet or depressed
Unusually friendly when normally timid
Increased aggression



BITING THE SITE OF THE WOUND exposed to rabies



STAGGERING or FALLING



Barking or meowing DIFFERENTLY



OVERREACTING to touch, sound or light



Once a pet shows symptoms, it will usually die within



2017 Five Rabid Animals Found in Palm Beach County Hundreds Potentially Exposed

Understanding Vaccinations Following Exposure

By Ryan Burke

In 2017 there were 270 potential rabies exposures with 157 of those cases receiving post-exposure prophylaxis. While rabies is a rare occurrence in Palm Beach County, the risk is still present. In 2017, five animals tested positive for the virus: a raccoon in July, a fox in August, a raccoon and a dog in November and a raccoon in December.

All those who came into contact with these rabid animals received proper care and completed the rabies post-exposure prophylaxis series, preventing possible infection with the fatal virus.

Anytime a person is exposed to the saliva of a mammal, be it a scratch or bite, there is a potential for rabies transmission. To ensure that there was no transmission and subsequent infection, wild animals are tested for the virus while pets and other domesticated animals undergo quarantine procedures. With rabies being a fatal disease, it's recommended a person receive the rabies vaccinations anytime it cannot be confirmed that an animal was not infected with rabies.

The rabies vaccination schedule has undergone some changes throughout the years and is now a four dose regimen for post-exposure prophylaxis. On Day 0, a person receives the rabies vaccine as well as the Human Rabies Immune Globulin (HRIG) in the deltoid, not the gluteals. On Days 3, 7, and 14, the person receives

only the vaccine. It is important to note that the days for the vaccinations are in reference to Day 0, not when the most recent dose was administered.

Some people, such as veterinarians, may undergo pre-exposure prophylaxis due to being in a high-risk setting. This schedule is different in that the vaccine is administered on Day 0, 7, 21, and 28. In this instance, no HRIG is necessary.

If you have any questions about rabies or how and when to administer the rabies vaccine, do not hesitate to call epidemiology at the health department.

"With rabies being a fatal disease, it's recommended a person receive the rabies vaccinations anytime it cannot be confirmed an animal was not infected with rabies"



Seasonal Salmonella Increase No Longer Limited to Easter Holiday

By Ana Howerton

In the United States, out-breaks of human salmonel-losis associated with live poultry contact have been reported since 1955. In the past, these outbreaks were more frequently seen around Easter when baby chicks and ducklings were given as Easter gifts. Now, baby poultry are not only sold during Easter, but can be purchased all year long from mail-order hatch-eries and agricultural feed stores for backyard flocks. A total of 53 outbreaks of Salmonella infections have

been linked to contact with live poultry between 1990 and 2014 in the U.S. A total of 62% of case-patients reported contact with baby poultry, and 45% of the cases were ≤ 10 years of age. High-risk behaviors included keeping poultry inside the house and having close contact with them. Outbreaks can be prevented by educating people about the risk factors for infection with salmonella. It is important to know that poultry are a natural reservoir for salmonella and account for a large portion of human salmonella infections

A way to mitigate infection is to wash hands properly and thoroughly after handling poultry and to ensure poultry are kept outside and never in the home. This is especially important for young children, the elderly, and immuno-compromised individuals who are at higher risk of infections and complications. Palm Beach County has had a steady increase in the number of salmonella cases, 542 in 2017. More than 50% of these cases were children under four years.

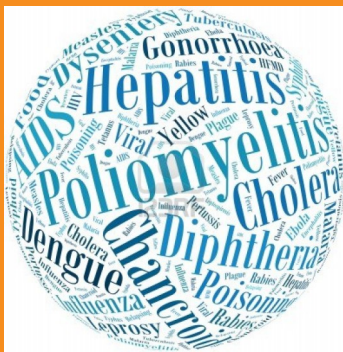
Basler, C., Nguyen, T.A., Anderson, T.C., Hancock, T., & Barton, C. (2016). Outbreaks of Human Salmonella Infections Associated with live poultry, United States, 1990-2014. *Emerging Infectious Diseases*, 22(10), 1705-1711.



Summary of Changes to Disease Reporting Requirements:

1. Zika Fever was added as a reportable disease and is classified as reportable upon initial suspicion.
2. Dengue Fever was updated to be reported upon initial suspicion.
3. Babesiosis was added as a reportable disease.
4. Leptospirosis now includes all species of Leptospira.
5. The blood lead level considered as lead poisoning was lowered from ≥ 10 $\mu\text{g}/\text{dL}$ to ≥ 5 $\mu\text{g}/\text{dL}$.
6. Salmonella isolates or specimens are now required to be forwarded to BPHL or another state PHL for laboratory confirmation.

Reportable Disease List Update



The Bureau of Epidemiology is constantly working to improve and expand the list of reportable diseases in order to increase reporting of communicable disease and to improve surveillance efforts. All practitioners, hospitals, and laboratories in Florida are required to notify the Florida Department of Health (DOH) of diseases or conditions of public health significance under section 381.0031, Florida Statutes, and

Chapter 64D-3, Florida Administrative Code. The full list of changes made to the Reportable Diseases/Conditions in Florida list is posted on the Disease Reporting Information for Health Care Providers and Laboratories website www.FloridaHealth.gov/DiseaseReporting. Check out the sidebar on the right for a summary of some of the disease reporting changes.

Uninvited Guests at Your Table

By Dr. Karen Thomas



A food borne illness can ruin any party, so don't let germs through the door in the first place!. It is worthwhile to take precautions every step of the way to make food safe for eating. Most food related illnesses are caused by consuming products contaminated by a bacteria, virus, parasite or a toxic chemical substance, resulting in gastro intestinal symptoms such as nausea, vomiting, abdominal cramps, fever, and diarrhea.



Recently Palm Beach County has seen an increase in the number of individuals affected by Campylobacter, Salmonella,

and Shigella, which are bacteria that cause diarrheal illnesses and are transmitted by unwashed hands, eating raw or undercooked meat, coming into contact with infected human or animal fecal matter, as well as drinking contaminated or unpasteurized products. Symptoms usually last between 2-7 days and are not life threatening in most instances. Your pets and other cute critters can sometimes be the culprit as they may be carriers of these diseases, even though they do not appear to be ill themselves. For example, baby chicks, turtles, and certain reptiles can carry Salmonella.

Some basic tips to prevent gastro intestinal illnesses include:

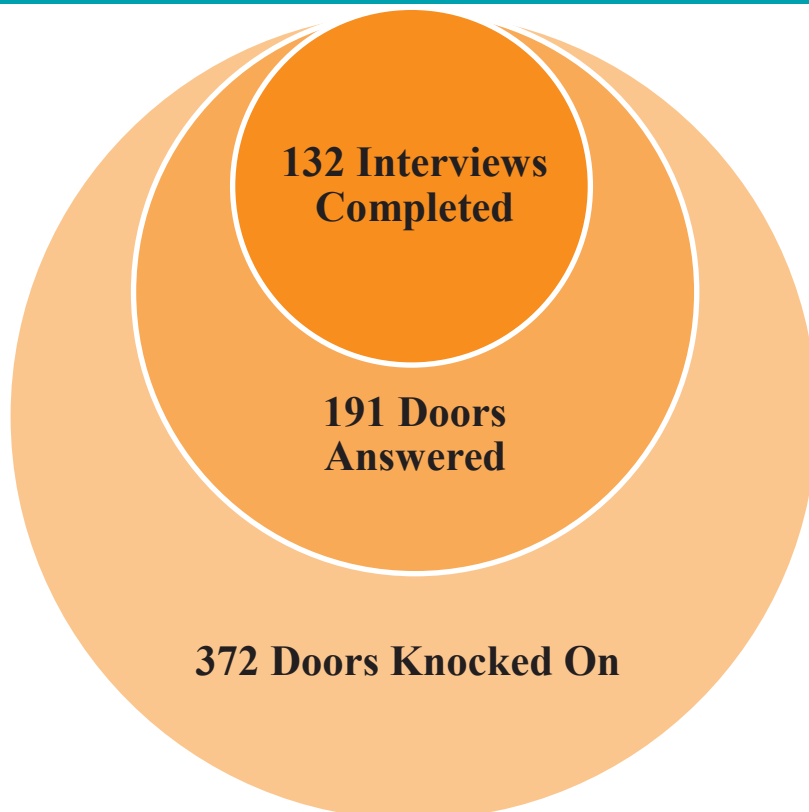
- Always wash hands before handling food, after using the bathroom, changing diapers, and cleaning up animal waste.
 - Scrub and rub hands under warm running water for at least 20 seconds. Pay attention to backs of the hands, wrists, between the fingers, and under the fingernails.
 - Clean and sanitize cooking surfaces, dishes and utensils after use.
 - Be careful not to cross contaminate foods by washing your hands, counter tops, cooking utensils, or other items after they have touched raw meat or poultry and their juices.
 - Don't let food sit at room temperature for more than two hours. Hot foods should be held at 140°F or warmer, and cold foods should be held at 40°F or colder.
 - Wash fruits and vegetables thoroughly before eating.
 - Make an effort to use pasteurized milk and juice in your recipes.
 - Make sure to cook food to the USDA recommended internal temperatures.
- www.IsItDoneYet.gov



Preliminary Results from RAPID

By Briana O'Sullivan

From July 15th through August 31st, the Florida Department of Health in Palm Beach County worked in conjunction with the American Red Cross in Palm Beach and Martin Counties on a project called RAPID (Real Time Assessment for Providing Information for Decisions). Participants in Belle Glade and Pahokee were asked about their preparedness for a disaster and their emergency plans. With volunteers going door-to-door, 132 interviews were conducted. Prior to this project, a needs assessment had not been conducted in this part of the county. Here is some of what was found:



60.0%

The percentage of respondents who reported having a household member with a chronic health condition

92.5%

The majority of households reported they would evacuate in the event of a natural disaster.

13.0%

Over one-tenth of households reported they would evacuate to a shelter, church, or to the American Red Cross in case of a disaster.

3 most commonly reported emergencies people were concerned about:



Hurricane
(84.2%)



Flood
(76.9%)



Tornado
(31.6%)

CENTRAL NERVOUS SYSTEM AND INVASIVE DISEASES:	TOTAL THIS WEEK	TOTAL THIS YEAR	TOTAL SAME TIME LAST YEAR
H. influenzae Invasive Disease	2	32	24
Meningococcal Disease	0	0	2
Listeriosis	0	9	5
S. pneumoniae Invasive Disease, Drug-Resistant	1	14	2
S. pneumoniae Invasive Disease, Drug-Susceptible	1	29	19
Meningitis, Bacterial or Mycotic	0	5	10
Creutzfeldt-Jakob Disease (CJD)	0	4	3
Influenza-Associated Pediatric Mortality	0	0	1
Staphylococcus aureus, Resistance to Vancomycin (GISA/VISA)	0	1	0
VACCINE PREVENTABLE DISEASES:			
Mumps	0	6	1
Pertussis	0	30	25
Varicella (Chickenpox)	1	43	21
HEPATITIS:			
Hepatitis A	0	16	12
Hepatitis B, Acute	0	51	33
Hepatitis B, Chronic	8	452	393
Hepatitis B, HBsAg in Pregnant Women	3	50	58
Hepatitis C, Acute	1	37	10
Hepatitis C, Chronic	33	1779	2180
Hepatitis C, Perinatal	0	1	4
Hepatitis E	0	1	1
OTHER DISEASES:			
Malaria	0	4	5
Mercury Poisoning	0	8	5
Pesticide-Related Illness or Injury, Acute	0	9	0
Rocky Mountain Spotted Fever or Spotted Fever Rickettsiosis	0	0	1
Zika Virus Disease and Infection, Non-Congenital	0	9	71

ENTERIC DISEASES:	TOTAL THIS WEEK	TOTAL THIS YEAR	TOTAL SAME TIME LAST YEAR
Campylobacteriosis	4	229	199
Cryptosporidiosis	2	26	26
Cyclosporiasis	0	3	1
Giardiasis, Acute	0	58	62
Salmonellosis	14	542	521
Shiga Toxin-Producing E. coli (STEC) Infection	0	64	60
Shigellosis	1	87	40
Typhoid Fever (Salmonella serotype Typhi)	0	11	4
Vibriosis (Vibrio cholerae, Type Non-O1)	0	0	2
Vibriosis (Vibrio alginolyticus)	0	9	2
Vibriosis (Vibrio fluvialis)	0	1	0
Vibriosis (Vibrio parahaemolyticus)	0	4	1
Vibriosis (Vibrio vulnificus)	0	1	4
Vibriosis (Other Vibrio Species)	0	3	1
OTHER DISEASES:			
Rabies, Animal	0	5	3
Rabies, Possible Exposure	11	280	141
Herpes B Virus, Possible Exposure	0	4	0
Arsenic Poisoning	0	0	1
Babesiosis	0	2	0
Brucellosis	1	1	0
Carbon Monoxide Poisoning	0	82	32
Chikungunya Fever	0	0	4
Ciguatera Fish Poisoning	0	6	2
Dengue Fever	0	2	4
Hansen's Disease (Leprosy)	0	1	0
Hemolytic Uremic Syndrome (HUS)	0	1	2
Lead Poisoning	0	30	34
Legionellosis	1	40	36
Lyme Disease	0	16	0