



Public Health
Prevent. Promote. Protect.

Platte County Health Department

Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 4, ISSUE 2

FEBRUARY 15, 2017

SPECIAL POINTS OF INTEREST:

- Wash your hands! Prevent the spread of flu, norovirus, and other diseases
- Combat prescription drug abuse by properly disposing of old prescription drugs
- Health care providers and travelers should be aware of recent travel notices to China and Brazil
- Flu rates in Platte County are high and rising















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For more information or questions about Epi Update, contact Erin Sanders, PCHD Epidemiology Specialist at: (816) 858-2412

Is it the Flu or “Stomach flu”?

Did you know the flu you are vaccinated for every year is not what it is traditionally called the “stomach flu”? Many pathogens may cause gastrointestinal illnesses referred to as “stomach flu”, but the most common cause is actually a virus called norovirus.¹ Influenza and norovirus may get confused for each other because they frequently circulate at the same time of year; however, they are not the same. Learn how to tell the difference between the flu and norovirus and how to prevent the spread:

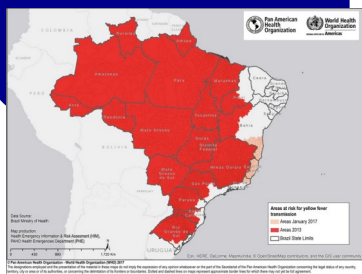
	Flu ^{2,3}	Norovirus “Stomach Flu” ^{1,2}
Cause	Influenza Virus	Norovirus
Spread	 Droplet transmission: contact with droplets created by the cough or sneeze of an infected person in the air or by touching droplet-contaminated surfaces and then the mouth or nose	 Fecal-oral transmission: feces of an infected person enter another person when hands, food, or objects contaminated with feces are placed in the mouth
Symptoms	Fever/chills, headache, muscle or body aches, fatigue, cough, sore throat, runny or stuffy nose; sometimes vomiting and diarrhea 	Nausea, vomiting, diarrhea, stomach cramps or pain; sometimes fever/chills, muscle aches, headaches, fatigue 
Incubation Period	 1-4 days from exposure to symptoms	 12-48 hours from exposure to symptoms
Contagious Period	1 day before and through 5-7 days after symptoms begin (can be even longer for young children)	Most contagious while symptomatic (usually 72 hours), but virus can shed for up to 3 weeks
Prevention Measures	<ul style="list-style-type: none"> • Annual flu vaccine  • Regular handwashing with soap and water, especially after contact with nose or mouth or handling used tissues  • Cover nose and mouth while coughing or sneezing with a tissue/sleeve • Clean and disinfect contaminated or commonly touched surfaces • Don't share drinks or eating utensils 	<ul style="list-style-type: none"> • Regular handwashing with soap and water, especially after using the bathroom and before eating or preparing food  • Practice appropriate food safety, and don't prepare food when sick⁴ • Clean and disinfect contaminated surfaces • Wash contaminated laundry thoroughly 
Treatment	Antiviral drugs 	None; prevent dehydration 
Vaccine?	Yes, annually	No
Go back to school/work?	Not until fever and signs of fever are gone for at least 24 hours without the use of fever-reducing medications 	Not until free from diarrhea and vomiting for at least 24 hours ; avoid food preparation until 72 hours after symptoms end 

Spotlight PCHD



Medication disposal pouches are available for **FREE** at PCHD

A map of areas in Brazil at risk for yellow fever transmission is available from **WHO**¹¹



Spotlight on Rx Drug Disposal

Did you know? The number of overdose deaths in the U.S. involving opioids have quadrupled since 1999. Today, nearly half of all U.S. opioid overdose deaths involve prescription opioids.⁵ Platte County residents can act to prevent prescription drug abuse by safely dispensing of unused or expired prescription drugs. There are several ways to do this:

- Pick up a free [medication disposal pouch](#) from PCHD. These pouches are available free of charge through a donation by Mallinckrodt Pharmaceuticals to the Missouri Substance Abuse Prevention Network.⁶ Simply add unused medications and water to the pouch and seal it. Ingredients in the pouch work to deactivate the medications, and sealed pouches can be safely disposed of in household garbage. Bags are available at both of PCHD's locations, Mon-Fri 8am-4:30pm:

- * 1201 East St, Parkville, MO
- * 212 Marshall Rd, Platte City, MO

- Bring medications to a prescription drug drop-off location and put them in the collection box. This is free and anonymous and requires no paper-

work. A complete list of drop-off locations in the Northland is available at <https://northlandcoalition.com/current-trends/prescription-drugs/>.⁷ Drop-off locations in Platte County include:

- * **Platte County Sherriff's Dept**
415 Third Street
Platte City, MO 64079
(816) 858-2424
Drop Off Hours: M-F, 8am-5pm
- * **Riverside Police Division**
2990 NW Vivion Road
Riverside, MO 64150
(816) 741-1191
Drop Off Hours: Open 24/7

- Dispose of medications at home by mixing medication with an undesirable substance (such as used coffee grounds or kitty litter). Put into an empty can or bag and discard in the trash.⁷

Some reminders:

- **Remove any personal identifiable information** from prescription bottles or packages before you throw them away.
- **Do not flush medications down the toilet!** This contaminates the water supply.

CDC Travel Notices: China, Brazil

China: Avian Flu (H7N9), 1/26/17

On Jan 16, 2017, Chinese authorities confirmed 120 new human cases of Avian Influenza A (H7N9) since Sep 2016. Most cases reported exposure to live poultry or poultry markets. CDC [advises people traveling to China](#) to **avoid contact with poultry** (including markets and farms), birds, and their droppings, and to avoid eating undercooked poultry. There are **no recommendations against travel to China**.⁸

Clinicians should consider the possibility of H7N9 virus infection in people presenting with respiratory illness within 10 days of travel to China, particularly if they report exposure to birds or poultry markets. If H7N9 is suspected, clinicians should initiate airborne, droplet, and contact infection control precautions and notify the Missouri De-

partment of Health and Senior Services immediately at 573-751-6113 or 800-392-0272 (24/7) to have patients tested for suspected H7N9 infection.⁹

For more info from DHSS, visit <http://health.mo.gov/emergencies/ert/alertsadvisories/pdf/phm2817.pdf>.

Brazil: Yellow Fever, 2/1/17

Brazil has reported an ongoing outbreak of yellow fever since Dec 2016.¹⁰ In response to this outbreak, health authorities have recently expanded the [list of areas](#) in which **yellow fever vaccination is recommended for travelers**.¹¹ Anyone 9 months or older who travels to these areas should be vaccinated against yellow fever.

For more information, see the advisory at <https://wwwnc.cdc.gov/travel/notices/alert/yellow-fever-brazil>.¹⁰

Platte County Influenza Report

Platte County 2016-17 Reported Influenza Cases								
1/1/2017-2/4/2017		Epi Week					Total	STD*
Age Group	Type	1	2	3	4	5		(40-52, 1-5)
0 - 1	Type A				1	2	3	4
	Type B	1				1	2	3
	Type A or B						0	0
2 - 4	Type A			1	3	1	5	5
	Type B						0	0
	Type A or B				1		1	1
5 - 14	Type A		4	6	10	13	33	37
	Type B			2	2	3	7	7
	Type A or B					3	3	3
15 - 24	Type A	2	4	6	8	11	31	42
	Type B			1			1	1
	Type A or B					1	1	1
25 - 49	Type A	3	8	6	8	6	31	36
	Type B				2	3	5	5
	Type A or B	1			1	3	5	5
50 - 64	Type A	3	7	4	6	2	22	23
	Type B		1		1	1	3	7
	Type A or B		2	1		3	6	6
65 +	Type A	3	7	1	3	11	25	29
	Type B				1	1	2	3
	Type A or B						0	0

Flu totals[†]

Weeks: 1-5

A	150
B	20
A or B	16

*Season to date:

A	176
B	26
A or B	16

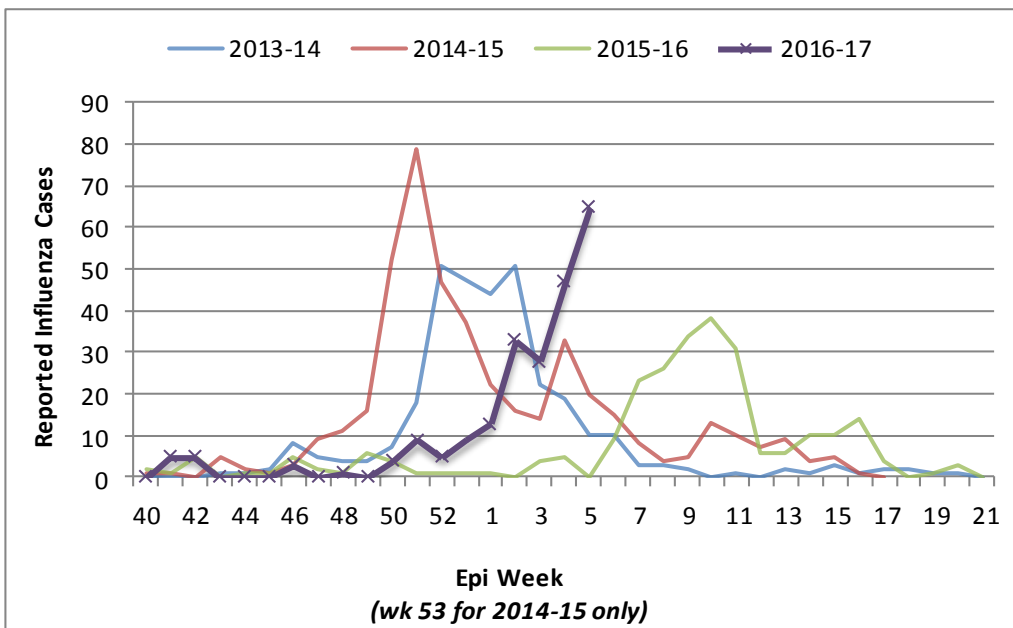
[†] Reflect total reports received as of 2/14/17

Notable this Month:

Reported influenza cases increased rapidly in Platte County residents during the month of January, with a total of 186 cases reported from Jan 1—Feb 4. It is important to note that flu season **had not peaked as of week 5**, as 93 flu cases to date have already been reported for week 6.

The 5-14 year old age group had the highest incidence of reported flu in Jan and season to date, followed by 15-24 year olds.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2016-17 season-to-date[†]



Reported flu is increasing rapidly in Platte County, with current reporting showing that this season's peak reporting week is on track to exceed the previous 3 seasons.

Communicable Disease Report

Notable this month: Overall, reporting was average for the month of January. Diseases reported to PCHD in January included 1 cryptosporidiosis, 1 salmonellosis, 1 yersiniosis, and 1 case of invasive pneumococcal disease.

Reportable Diseases January 2017		YTD*						5 YR AVG†
		2017	2016	2015	2014	2013	2012	
Animal Bites	5	5	0	2	4	2	2	2
Gastrointestinal Diseases	5	5	8	0	0	4	1	3
Hepatitis	4	4	9	7	6	8	9	8
STD	5	5	11	3	2	7	8	6
Tuberculosis	4	4	4	2	5	4	3	4
Other	11	11	7	6	3	9	12	7
TOTAL	34	34	39	20	20	34	35	30

*Year-to-date (counts reflect total cases through January of the given year)

† Five year average is of YTD counts for years 2012-2016.

Please note that categories are grouped communicable diseases or conditions, most of which are mandatory by law to report (see links below). Totals reported for each category represent total number of reports and inquiries to the health department, not total number of cases.

Categories: Animal bites category includes any type of bite. Gastrointestinal Disease category includes all reportable GI diseases. Hepatitis category could include chronic or acute infections of Hepatitis A, B or C. Sexually Transmitted Disease category includes all reportable STDs other than Hepatitis. Tuberculosis category includes all reports, calls/inquiries, requests for previous records, etc., regarding active or latent cases of TB. Other category includes reports or inquiries regarding individual diseases that do not fit previous categories.

List of Reportable Diseases & Conditions: <http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaselist2.pdf>

Rules of Department of Health and Senior Services - Division 20—Division of Community and Public Health Chapter 20—Communicable Diseases: <http://s1.sos.mo.gov/cmsimages/adrules/csr/current/19csr/19c20-20.pdf>

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South

1201 East Street
Parkville, MO 64152
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Fax (816)587-6028

Services Provided

- Disease Surveillance
- Emergency Preparedness
- Environmental Health
 - *Restaurant & Septic Inspections*
- Health Education
- Special Deliveries Program
- Women, Infants & Children (WIC)
- Vital Records
 - *Birth & Death Certificates*
- Family Healthcare Clinic
 - *Physician*
 - *Nurse Practitioner*
- Walk-In Clinic
 - *Adult/Child /Travel Vaccinations*
 - *HIV/STD Testing*
 - *Pregnancy Testing*

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