



Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 2, ISSUE 9

SEPTEMBER 9, 2015

SPECIAL POINTS OF INTEREST:

- September is National Preparedness Month! Learn how you can be prepared for emergencies
- West Nile Virus activity is widespread in Missouri
- Find out how you can get a free flu shot at PCHD's Drive Thru Flu Clinic on October 12th

INSIDE THIS ISSUE:

- West Nile Virus in Missouri 2
- Free Drive Thru Flu Shots 2
- August CD Report 3
- References 3

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

Be Prepared for Emergencies!

Emergencies can come in many forms, such as fires, floods, tornados, winter storms, power outages, or even terrorist attacks. Here are some steps individuals and communities can follow to make sure they are prepared for emergencies.¹⁻³

Make a Plan: Create a [communication plan](#) to identify how you and those around you will communicate and get help if you're apart during an emergency. Additionally, have a disaster plan in place for situations in which you would need to stay home or evacuate.^{1,2} Materials to [create plans](#) are available at [emergency.cdc.gov/preparedness/plan/index.asp](#), [health.mo.gov/emergencies/readyn3/plan.php](#), and [www.ready.gov/make-a-plan](#).

Create a Kit: Did you know that you should have a [3-day supply of water](#), which is 1 gallon per person per day (including pets!), in your home in case of an emergency?⁴ Also included in your kit should be at least a 3-day supply of nonperishable food, a battery powered radio, extra batteries and cell phone chargers, first aid supplies, and other supplies that your family might need.¹⁻³ For more ideas of supplies to include in your kit, visit [emergency.cdc.gov/preparedness/kit/disasters/index.asp](#), [health.mo.gov/emergencies/readyn3/kit.php](#), and [www.ready.gov/build-a-kit](#).

Stay Informed: Stay up-to-date on recommended protective measures you will need to take before, during, and after an emergency.^{1,3} Know how you will receive emergency alerts, no matter where you are or whether you have power. Make sure you have a battery powered radio to listen for updates during emergencies, such as a [NOAA Weather Radio All Hazards](#), which broadcasts alerts of weather and non-weather emergencies through the Emergency Alert System.⁵ Learn more about how to sign up for alerts at [www.ready.gov/alerts](#).

Don't limit preparedness activities to your own household! Emergencies can happen anywhere. Include other family members, workplaces, schools, your neighborhood, and your community in your plans.⁶

Many resources are available online to help individuals and communities prepare for emergency situations. For more information, visit [www.ready.gov](#), [emergency.cdc.gov](#), and [health.mo.gov/emergencies](#).

Other ways to be prepared:⁷

- Learn first aid and/or CPR
- Teach your family healthy hygiene habits like proper hand washing
- Stay up-to-date on vaccinations
- Meet your neighbor
- Volunteer with a local emergency preparedness group

National Preparedness Month 2015 Prepare for Everywhere



family



neighborhood



workplace



global

[emergency.cdc.gov/npm](#)





Culex quinquefasciatus, one type of Missouri mosquito that can transmit WNV
Source: CDC¹¹

West Nile Virus in Missouri

The Missouri Department of Health and Senior Services released a health advisory on Sept 8, 2015 regarding widespread West Nile Virus (WNV) activity in Missouri.⁸ Seven cases of neuroinvasive WNV and 4 positive blood donors were recently identified, primarily in eastern Missouri. In addition, 8 equine cases of WNV have been reported in Missouri year-to-date, including one case in Gentry county in Northwestern Missouri that onset in mid-August.⁹

Symptoms of WNV include a sudden onset of fever, headache, myalgia and/or arthralgia, gastrointestinal tract symptoms, and maculopapular rash. About 80% of those who become infected with WNV do not experience any symptoms, and less than 1% de-

velop the neuroinvasive form of WNV. For more information on testing for WNV, see the [DHSS Health Advisory](#).⁸

To prevent illness due to WNV infection, avoid mosquito bites. Wear EPA-approved mosquito repellent and long pants and sleeves when going outdoors. In addition, reduce places for mosquitoes to breed by removing standing water from yards. Prevent mosquitoes from entering homes by maintaining screens on all windows and doors and using air conditioning if available.⁸

WNV is the leading cause of arboviral disease in the U.S. In 2014, incidence of WNV peaked in late August, with most illnesses onsetting July-September.¹⁰ Missouri had 10 reported cases of neuroinvasive WNV in 2014.¹⁰

Flulapalooza

Get your FREE FLU SHOT

at Platte City Middle School

on October 12!

It's so easy and FREE!!!

The drive thru clinic will be open from

10am—2pm while supplies last

Must be over 18

Routine annual influenza vaccination is recommended for all persons aged ≥6 months who do not have contraindications.¹²

For more information, see the [ACIP Recommendations for the 2015-2016 Influenza Season](#) at <http://www.cdc.gov/flulprofessionals/acip/index.htm>



Public Health
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Platte County Health Department

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Communicable Disease Report

Notable this month: PCHD and other local jurisdictions investigated cases of *Shigella* related to child care and *Cryptosporidium* related to recreational water exposure. Talk to patients with diarrheal illnesses about their exposures to these potential sources of infection and how to avoid continued spread by taking appropriate preventive measures.

Animal bite, GI, and Hepatitis reporting YTD* remained higher than the 5 year average.

Reportable Diseases August 2015		YTD*						5 YR AVG†
		2015	2014	2013	2012	2011	2010	
Animal Bites	9	42	24	26	25	28	8	22
Gastrointestinal Diseases	5	33	15	33	12	27	16	21
Hepatitis	9	60	42	50	62	37	21	42
STD	8	38	39	25	75	26	49	43
Tuberculosis	3	20	27	50	34	33	21	33
Other	10	51	73	59	88	36	22	56
TOTAL	44	244	220	243	296	187	137	217

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

† Five year average is of YTD counts for years 2010-2014.

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://www.sos.mo.gov/adrules/csr/current/19csr/19c20-20.pdf>

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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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