



**Public Health**  
Prevent. Promote. Protect.  
Platte County Health Department

# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 8

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## SPECIAL POINTS OF INTEREST:

- Know about *Legionella*, including symptoms, diagnosis, and how to prevent it
- Spotlight PCHD! Learn about the Voluntary Healthy Pool Program administered by PCHD Environmental Health Staff
- Get updated information on Zika

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

## Learn about Legionellosis

The number of people in the United States with Legionnaires' disease has grown nearly 4 times from 2000-2014.<sup>1</sup> This increasing trend has also been seen in the state of Missouri.<sup>2</sup> About 5,000 cases of Legionnaires' disease and at least 20 outbreaks are reported every year in the U.S.<sup>1</sup> Here are some things to know about Legionellosis:

**What is it?** Legionellosis is a respiratory disease caused by the *Legionella* bacteria. It may present as a type of pneumonia called Legionnaires' disease, or as a milder flu-like illness called Pontiac fever. Though Pontiac fever usually resolves quickly and without treatment, Legionnaires' disease can be deadly—about 1 in 10 who get sick will die.<sup>1,3</sup>

**Symptoms:** Symptoms of Legionnaires' disease are similar to other types of pneumonia and typically include cough, shortness of breath, fever, muscle aches, and headaches. Symptoms of Pontiac fever are primarily fever and muscle aches.<sup>3</sup>

**Incubation period:** Legionnaires' disease typically develops 2-10 days after exposure but may take as long as 2 weeks, while symptoms of Pontiac fever begin between a few hours to 3 days after exposure.<sup>3</sup>

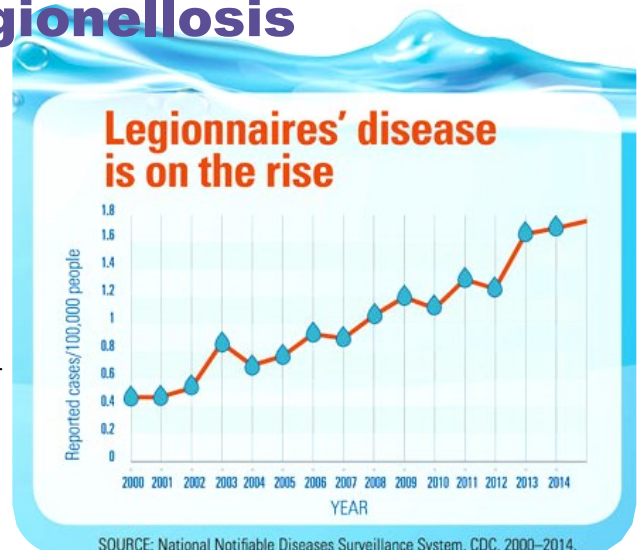
**Transmission:** People become infected by breathing in mist or droplets of water contaminated with *Legionella* bacteria. *Legionella* is not generally spread from person to person.<sup>3</sup>

**Sources:** *Legionella* is naturally found in freshwater environments like lakes and streams but becomes a concern when it grows and spreads in human-made water systems, such as hot tubs, hot water tanks and heaters, large plumbing systems, cooling towers, and fountains. *Legionella* grows best in warm water. More than 20% of all reported cases occur in people who have traveled, and 7% occur in people who have stayed overnight in a healthcare facility.<sup>3,4</sup>

**Diagnosis:** The Infectious Diseases Society of America and the American Thoracic Society have [guidelines](#) listing indications that warrant testing for Legionnaires' disease. Respiratory culture and urine antigen test are recommended for diagnosis.<sup>4</sup>

**Risk factors:** Most people exposed to *Legionella* do not get sick. Risk factors for illness include age >50 years, smokers or former smokers, and people with chronic lung diseases or weakened immune systems.<sup>3</sup>

**Prevention:** Most identified outbreaks occur in buildings with large water systems, and *Legionella* grows best in systems that are not well maintained. Building owners and managers can adopt a *Legionella* [water management program](#) to reduce the risk. Hot tubs are another potential source. Disinfectant levels in hot tubs should be checked regularly and cleaned as recommended by the manufacturer.<sup>1,5</sup>





What do you think about inspecting Platte County pools? Take our survey! [www.surveymonkey.com/r/plattepools](http://www.surveymonkey.com/r/plattepools)

## Environmental Health and Pools

Did you know that disease-causing germs such as *Cryptosporidium*, *Giardia*, *Shigella*, Norovirus, Hepatitis A, *E.coli* O157:H7, *Legionella*, and more can be spread by contaminated water in aquatic venues? Proper operation and maintenance of aquatic facilities can help **prevent** some of these recreational water illnesses from spreading. The Platte County Health Department sponsors a **Voluntary Healthy Pool Program**. To be endorsed as a Platte County Healthy Pool, facilities must meet the inspection criteria based on PCHD's [Guidelines for the Operation and Maintenance of Aquatic Venues](#), which can be found on PCHD's website.

Want your HOA or local pool to become a Platte County Healthy Pool? Contact your HOA or local pool to request they participate.\* There is no fee associated with participating in the program. PCHD wants to help provide a **healthy swimming environment to all Platte County residents**.

Find more information about maintaining healthy pools at PCHD's website [www.plattecountyhealthdept.com](http://www.plattecountyhealthdept.com) under Consumer Protection > [Swimming Pools/Aquatic Venues](#).

*\*Pools inside the city limits of the City of Kansas City are under an inspection program administered by the Kansas City Health Department.*

For the latest information on Zika, visit [www.cdc.gov/zika/whats-new.html](http://www.cdc.gov/zika/whats-new.html)

## Zika Updates

### Local Transmission in the U.S.

The Florida Department of Health has identified an area in one neighborhood of [Miami where Zika is being spread](#) by mosquitoes.<sup>6</sup> New [testing and travel guidance](#) has been implemented for people who live in or travel to this area any time after June 15.<sup>7</sup> As of Aug 9, 21 non-travel related Zika cases have been identified in Florida (6 meet the CDC case definition).<sup>8</sup>

outbreak, while *Aedes albopictus* are suspected to be a potential vector for Zika virus. As of August 4, no *A. aegypti* mosquitos have been found in Missouri through this project. In addition, no *A. albopictus* mosquitos have been identified in Platte County, though this mosquito has been found in many Missouri counties including several in the surrounding area.<sup>13</sup>

### Sexual Transmission

[Guidelines](#) for prevention of sexual transmission of Zika were updated on July 29 after the identification of a case of [female to male sexual transmission in New York](#).<sup>9,10</sup> These guidelines also address pregnancy and intended or potential pregnancy. CDC also provides guidance for healthcare providers [discussing travel](#) to Zika-affected areas or possible Zika virus exposure with men and women of [reproductive age](#).<sup>11,12</sup>

### Zika Testing

The FDA has issued an Emergency Use Authorization for [several Zika diagnostic tests](#).<sup>14</sup> Molecular testing for Zika RNA via rRT-PCR is recommended for specimens collected less than 2 weeks after symptom onset or possible exposure, while serological testing for Zika virus-specific IgM and neutralizing antibodies are recommended for testing samples 2-12 weeks after symptom onset or possible exposure.<sup>14,15</sup>

### Local Mosquito Surveillance

Missouri Department of Health and Senior Services (DHSS) is collaborating with Missouri State University to conduct surveillance for mosquitoes in Missouri beginning in June 2016. *Aedes aegypti* are the primary species associated with the current Zika virus

Zika testing can be done through Missouri's State Public Health Laboratory. Testing must be requested by medical providers. Patients must meet specific screening criteria in order to be approved for testing. Local health departments cannot approve testing; final approval must be given by Missouri DHSS. For more info, providers can call their local health department or [Missouri DHSS](#).<sup>16</sup>

Reported Zika Cases	
<b>Total in US*</b>	<b>1,825</b>
Sexually transmitted	16
Guillan-Barre Syndrome	5
Travel-associated	1,818
Locally Acquired Mosquito-borne (all FL)	6
Laboratory acquired	1
<b>Total in Missouri** (all travel-related)</b>	<b>16</b>
*US cases as of 8/3/16 <sup>17</sup>	
**Missouri cases as of 8/4/16 <sup>18</sup>	

# Communicable Disease Report

**Notable this month:** Reporting was significantly higher than average for the month of July, particularly for animal bites and other reports, and remains above average YTD\*.

Gastrointestinal illnesses and other conditions reported in Platte County residents in July included 1 *Campylobacter*, 1 *Cryptosporidium*, 1 *Salmonella*, 1 Shiga-like toxin producing *E. coli*, 1 Ehrlichiosis, 1 Lyme disease, 1 Tularemia, and 3 heat-related illnesses.

Reportable Diseases July 2016		YTD*						5 YR AVG†
		2016	2015	2014	2013	2012	2011	
Animal Bites	8	35	33	19	23	21	27	25
Gastrointestinal Diseases	5	32	28	15	26	11	17	19
Hepatitis	7	54	51	39	44	55	35	45
STD	8	54	30	35	21	62	23	34
Tuberculosis	9	38	17	22	47	23	31	28
Other	16	72	41	60	45	70	32	50
<b>TOTAL</b>	<b>53</b>	<b>285</b>	<b>200</b>	<b>190</b>	<b>206</b>	<b>242</b>	<b>165</b>	<b>201</b>

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

† Five year average is of YTD counts for years 2011-2015.

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/reportablediseaseelist2.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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## 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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