



Epi Update

A newsletter for healthcare professionals in Platte County, MO

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SPECIAL POINTS OF INTEREST:

- August is National Immunization Awareness Month! Promote vaccinations for your patients, students, and community
- Access to E-cigarettes is dangerous for small children
- Learn more about salmonella outbreaks caused by frozen raw chicken products

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Why Do We Need to Immunize?

Many vaccine-preventable infectious diseases may be uncommon or completely eradicated in the United States, but diseases we vaccinate for are still present in many parts of the world. Frequent international travel in today's world increases opportunities for these diseases to be brought back into the United States, especially [if vaccination rates drop](#).¹ Here are some reasons why it is still important to protect the health of the individual and the community from vaccine-preventable diseases by staying up-to-date on vaccinations.

Measles 20 million cases of measles occur worldwide each year.² Measles can be found all over the world and in recent years has been brought into the U.S. by people traveling from countries such as England, France, India, the Philippines, and [more](#).²

Measles is highly contagious and can live in the air for up to 2 hours after an infected person coughs or sneezes.³ This makes it easy for measles to spread unknowingly, particularly in frequently-traveled locations such as [theme parks](#)⁴ and [airports](#).⁵

In 2014, the U.S. had 668 reported measles cases, the highest number seen since the U.S. documented measles elimination in 2000.⁶ In 2015, an immunocompromised Washington resident was the first confirmed measles death in the U.S. since 2003.⁷

Mumps Mumps outbreaks can hit close to home—[this July](#) a mumps outbreak was reported at a university in central Missouri.⁸

Mumps can spread in highly vaccinated populations, particularly in close-contact settings like college campuses, but high vaccination rates still help in [keeping outbreaks small](#).^{8,9}

Pertussis Almost 9,000 cases of pertussis (also known as whooping cough) have already been reported to the CDC so far this year.⁶ Platte County has had 6 reported cases.

Though protection from childhood vaccines against pertussis fades over time, those who have been vaccinated against pertussis and still get the disease are likely to have a much [milder illness](#) than those who never received the vaccine.⁶

Polio Polio may have been eliminated from the U.S. in 1979, but it is still found in parts of Africa and Asia, including countries like Nigeria, Pakistan, Somalia, and [more](#).^{10,11}

Travelers to certain countries may need a polio booster vaccine even if they have been previously vaccinated.¹⁰ People intending to travel internationally should always visit <http://wwwnc.cdc.gov/travel/> first to see what travel vaccines they might need.

For more information about National Immunization Awareness Month, including materials for your website or office and links to vaccination schedules, visit <https://www.nphic.org/niam> or <http://www.cdc.gov/vaccines/events/niam.html>.

ENSURE A HEALTHY FUTURE
with vaccines.

#NIAM15
national
IMMUNIZATION
awareness month

“E-cigarette liquids
as currently sold
are a threat to
small children...”

- CDC Director
Tom Frieden

Many e-cigarettes
are manufactured
to look like tradi-
tional tobacco
products, but some
may look like every-
day objects such as
pens or USB
memory sticks.
Source: FDA¹⁹

Electronic Cigarette Use on the Rise

In 2014, 3.9% (up from 0.6% in 2011) of middle school students and 13.4% (up from 1.5% in 2011) of high school students reported using electronic cigarettes (e-cigarettes) in the last 30 days.¹²

Currently, there is **no regulation by the FDA** for e-cigarette safety. E-cigarettes contain many of the same toxins and chemicals found in tobacco products including



known carcinogens such as formaldehyde.¹³⁻¹⁵

The CDC reported **a rise in the number of calls to poison centers involving e-cigarette liquids** containing nicotine from 1 per month in September 2010 to 215 per month in February 2014. Of those calls, more than half (51%) involved children under age 5.¹⁶

Poisoning related to e-cigarette liquids containing nicotine can occur in three ways: by ingestion, inhalation, or absorption through the skin or eyes.¹⁶

Nausea and vomiting are the most common symptoms of nicotine poison-

ing, but can also include salivation, weakness, high blood pressure, fast heart rate, and **in severe cases seizure, coma and death.**¹⁶⁻¹⁷

Average e-cigarette liquid cartridges have 6-12mg of nicotine (some can have up to 100mg/mL). It takes **as little as 1mg to cause nicotine poisoning in a toddler.**¹⁸

“E-cigarette liquids as currently sold **are a threat to small children** because they are not required to be childproof, and they come in candy and fruit flavors that are appealing to children.”
- CDC Director Tom Frieden, M.D.,M.P.H.¹⁶

Salmonella in Frozen Chicken

The CDC is currently investigating 2 separate *Salmonella* Enteritidis outbreaks linked to raw, frozen, stuffed chicken.²⁰ Several brands of these products produced by [Aspen Foods](#) and [Barber Foods](#) have been recalled.²⁰⁻²¹ Consumers are advised to check their freezers for any of the frozen, raw chicken breast products that have been recalled and not eat them.²¹

All products containing frozen, raw chicken should be handled safely, re-

gardless of recall status. Always follow these steps to prevent illness when handling raw poultry:²⁰⁻²¹

- Always check packaging for words like “raw” or “undercooked”, even if items don’t look raw.
- Follow cooking instructions on the package. Make sure chicken products are cooked to an internal temperature of at least 165° F. Color is not a reliable indicator to tell if bacteria have been killed.
- Clean and disinfect all surfaces, dishes, and utensils the raw product may have touched.
- Wash hands thoroughly for 20 seconds before and after touching the raw product.
- Do not let raw poultry touch other food, particularly food that won’t be cooked before eating.

Visit <http://www.cdc.gov/salmonella/outbreaks-2015.html> to get a list of recalled chicken products and learn more about how to prevent Salmonella infection when cooking raw poultry.

Source: CDC²⁰

THE RAW STORY

Some frozen chicken entrees look like they’re cooked—but they’re not!



Handle raw frozen chicken — including frozen meals, entrees, and appetizers — the same way you handle raw fresh chicken to prevent foodborne illness:



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Learn more: www.cdc.gov/foodsafety/prevention

CS298054

Communicable Disease Report

Notable this month:

Reporting of GI diseases was above average in July and YTD* is nearly twice the 5 year average. Reports of hepatitis and animal bites are also above average YTD.

Reportable Diseases July 2015	YTD*							5 YR AVG†
	2015	2014	2013	2012	2011	2010		
Animal Bites	4	33	19	23	21	27	6	19
Gastrointestinal Diseases	6	28	15	26	11	17	13	16
Hepatitis	11	51	39	44	55	35	17	38
STD	7	30	35	21	62	23	41	36
Tuberculosis	1	17	22	47	23	31	15	28
Other	5	41	60	45	70	32	18	45
TOTAL	34	200	190	206	242	165	110	183

*Year-to-date (counts reflect total cases January through July 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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