



Epi Update

A newsletter for healthcare professionals in Platte County, MO

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SPECIAL POINTS OF INTEREST:

- Use the 2014-15 measles outbreak as an opportunity to learn more about the disease and vaccination recommendations
- February is American Heart Month
- Flu type B increased in Platte County 5-14 year olds in January

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

Things to Know about Measles

Following the December outbreak of measles at Disneyland in California, the U.S. has seen over 100 measles cases in at least 17 states in 2015 to date, with cases continuing to rise.^{1,2} Measles can be very serious, particularly for young children, and may lead to complications such as pneumonia, encephalitis, and death.³

Measles **symptoms** typically begin with a high fever, cough, runny nose, and conjunctivitis. After 2-3 days of symptoms, tiny white spots (Koplik spots) may appear in the mouth. The rash typically breaks out 3-5 days after symptoms begin, starting with flat red spots on the face that spread downward to the rest of the body.⁴

Measles is **highly contagious** and spread through coughing or sneezing, and may **live in airspace or on surfaces for up to 2 hours** after a contagious person has coughed or sneezed. The virus can be spread from four days before to four days after the rash appears.⁵

The CDC recommends that children should get 2 doses of the **MMR vaccine** by age 6. Students at post-high school educational institutions should also receive 2 doses if they do not have any previous evidence of immunity. Adults born during or after 1957 should get at least one dose of MMR vaccine if they have no evidence of immunity against measles.⁶

A person is considered to have **evidence of immunity** against measles if they have written documentation of adequate vaccination. Adequate vaccination is:

- one or more doses of a measles-containing vaccine administered on or after the first birthday for preschool-age children and adults not at high risk⁶
- two doses of measles-containing vaccine for school-age children and adults at high risk, including college students, healthcare personnel, and international travelers⁶

Other forms of evidence of immunity against measles include laboratory evidence of immunity, laboratory confirmation of measles, or birth in the U.S. before 1957.⁶

Further **vaccination recommendations**, including those for international travelers and healthcare workers, can be found at <http://www.cdc.gov/vaccines/vpd-vac/measles/vacc-in-short.htm>.⁶



Photos of conjunctivitis and rash due to measles (CDC, Public Health Image Library)⁷

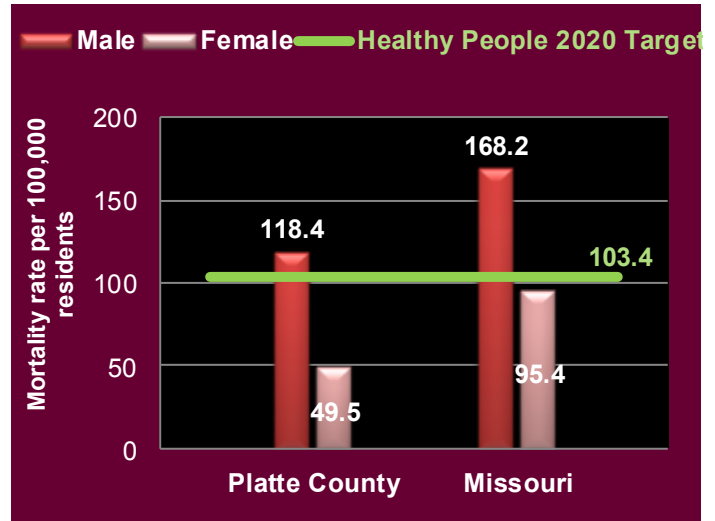
Platte County Heart Disease Stats

Heart disease was the **second leading cause of death** in Platte County residents in 2009-2013.⁸

In 2012 alone, heart disease accounted for **920 inpatient hospitalizations** of Platte County residents, costing over **\$37,000,000** in hospital charges.⁹

Reducing coronary heart disease deaths to below **103 per 100,000** people is a goal of Healthy People 2020.¹⁰ This target has been met in women in Platte County and Missouri, **but not men** (Figure 1).⁸

Figure 1. Coronary heart disease mortality rates by gender, Platte County and Missouri residents, 2009-2013^{8,10}

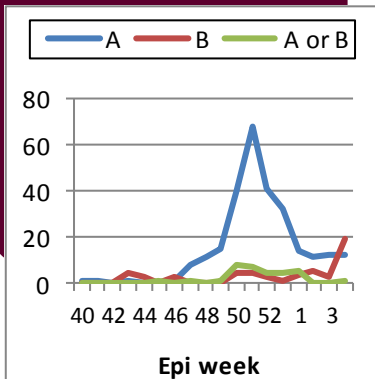


For more information about American Heart Month and related educational materials, visit the American Heart Association at www.heart.org.

Platte County Influenza Report

Remember to fax your flu reports weekly to PCHD at (816) 858-2087

Figure 2. 2014-15 Influenza Season: Reported Influenza Cases, Weeks 40-53, 1-4



January Flu Report		Epi Week				Month	YTD	Notable this month:
Age Group	Type	1	2	3	4	total	(wks 40-53, 1-4)	
0 - 1	Type A			1	1	2	12	Reported flu decreased in January from highs reached in December, but ticked up the week of Jan 22 (week 4). Though flu type A has predominated this season, flu type B rates were higher in week 4. Incidence rates in 5-14 year olds in week 4 were the highest they had been since the week of Dec 14.
	Type B				1	1	1	
	Type A or B					0	0	
2 - 4	Type A	4	2			6	23	
	Type B	1			1	2	4	
	Type A or B					0	2	
5 - 14	Type A		3	1		4	74	
	Type B		4	2	15	21	25	
	Type A or B					0	8	
15 - 24	Type A		1	2	1	4	32	
	Type B	1				1	2	
	Type A or B	1				1	4	
25 - 49	Type A	5	3	3	6	17	64	
	Type B	1	1			2	8	
	Type A or B	3				3	14	
50 - 64	Type A	2		3	1	6	30	
	Type B					0	4	
	Type A or B				1	1	2	
65 +	Type A	3	2	1	3	9	32	
	Type B					0	2	
	Type A or B	1				1	2	

Flu totals*

Weeks 1-4:

A	48
B	27
A or B	6

Year to date:

A	267
B	46
A or B	32

*Reflect total reports received as of 2/9/15.

Communicable Disease Report

Notable this month:

Overall, January numbers reflect expected reporting for this time of year.

JANUARY Reportable Diseases	2015		YTD					5 YR AVG
	MO	YTD	2014	2013	2012	2011	2010	
Animal Bites	2	2	4	2	2	2	0	2
Gastrointestinal Diseases	0	0	0	4	1	0	0	1
Hepatitis	7	7	6	8	9	12	1	7
STD	3	3	2	7	8	7	6	6
Tuberculosis	2	2	5	4	3	5	2	4
Other	6	6	3	9	12	4	1	6
TOTAL	20	20	20	34	35	30	10	26

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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