



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

Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 10

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SPECIAL POINTS OF INTEREST:

- Flu season is coming! Reporting forms are now available on PCHD's website
- CDC has issued new guidance for preconception counseling and travel related to Zika virus
- Need a flu shot? Come to PCHD's Parkville office, or to our [FREE drive thru flu clinic](#) in Riverside on Oct 22. Details inside

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

2015-16 Flu Season Review

As flu season is beginning once again we acknowledge annual flu viruses infect up to 20% of Americans, put 200,000 in the hospital with flu-related complications, and cause thousands of flu-associated deaths every year.¹⁻² Check out some statistics from last flu season in Platte County:

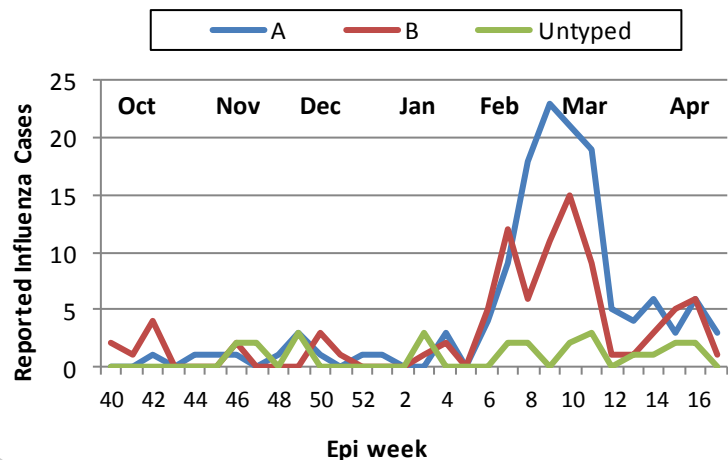
How many cases? In 2015-16, the Platte County Health Department received **255** reports of influenza in Platte County residents. **53% of the cases were type A**, 36% were type B, and 11% of reported cases were untyped. Overall, fewer total flu cases were seen in 2015-16 when compared to the past 3 flu seasons in Platte County.

When did flu season peak? Seasonal flu usually peaks in January or February, but it can occur as early as October and as late as May. In 2016, reported influenza in Platte County was at a **high the week of March 6th** and dropped back to low levels by April (*above*), which followed trends seen in the state of Missouri.³

What age groups were most affected? Good question, the age group with the **highest flu rates were 5-14 year olds**.

How many flu cases were not vaccinated? **150** Platte County residents with the flu in 2015-16 **had not received their flu vaccine**, meaning nearly 4 in 5 flu cases with a reported vaccination history had not been vaccinated (*right*).

Reported influenza cases in Platte County residents by type, 2015-16 season, Epidemiological weeks 40-17



Percent of Platte County flu cases that had not received the 2015-16 flu vaccine, by age group*

Age Group	Percent Unvaccinated
0-4	77%
5-14	87%
15-24	89%
25-49	81%
50-64	61%
65+	36%
Total	77%

*Only includes cases for which a history of flu vaccination was provided (N=196)



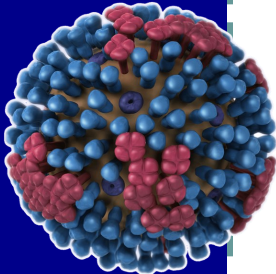
Don't forget! Positive influenza results are reportable to local health departments weekly.

This season's **updated reporting form** is available on PCHD's website www.plattecountyhealthdept.com under "Clinic Services" > "Flu Reporting Form 2016-17", or just **clinic [this link](#)**. Providers can also call PCHD at 816-858-2412 to get a copy of the form.

Completed forms can be faxed to PCHD at 816-858-2087.



Spotlight PCHD



Influenza Virus
Source: CDC

Find more information
about the latest Zika
recommendations at
[www.cdc.gov/zika/
whats-new.html](http://www.cdc.gov/zika/whats-new.html)

Free
Drive Thru
FLU Clinic

Spotlight: Influenza Vaccines

The flu is a contagious respiratory illness that can cause mild to severe illness, at times **leading to death**. People who have the flu often feel some or all of these signs and symptoms: fever or chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and sometimes vomiting and diarrhea, though this is more common in children than adults.⁴

The best way to prevent the flu is by getting a flu vaccine each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory illnesses like the flu. The American Academy of Pediatrics (AAP) **recommends annual seasonal influenza vaccination for everyone 6 months and older**, including children and adolescents, during the 2016–2017 influenza season.^{4,5}

Get a flu shot! Flu vaccine is available Mon-Fri from 8:00am-4:30pm at Platte County Health Department's Parkville location. **PCHD's available vaccine:**

- Pediatric Quadrivalent Preservative Free
- Flucelvax Quadrivalent Preservative Free (for those who have allergies to egg) **VFC participants only**
- Fluarix Quadrivalent
- Fluzone High Dose (65 and older)

Pediatric and Adult Quadrivalent vaccines are available for \$25.00 and high dose vaccines for \$30.00. **Vaccine is free** for those who qualify for [Vaccine For Children](#) (children and adolescents who are uninsured, underinsured, Medicaid, American Indian, Alaskan Native)⁶ or for **317** (adults who are uninsured or underinsured).

Contact PCHD at 816-587-5998 to ask about getting your flu shot today!

Updated Zika Recommendations

New guidance for preconception counseling⁷ CDC now recommends that all men with possible Zika virus exposure who are considering attempting conception with their partner **wait to conceive until at least 6 months** after symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic). Recommendations for women planning to conceive remain unchanged (waiting to conceive until at least 8 weeks after symptom onset or last possible Zika exposure). Couples with possible Zika virus exposure, who are

not pregnant and do not plan to become pregnant, who want to minimize their risk for sexual transmission of Zika virus should use a condom or abstain from sex for the same time periods described above.

Travel to Southeast Asia⁸ After findings that Zika has been endemic in [areas of Southeast Asia](#) for many years, CDC recommends that pregnant women consider postponing non-essential travel to Southeast Asia countries with reports of Zika virus, and adjacent countries where information to evaluate Zika risk is limited.

Drive thru the **Riverside Fire Station** on Saturday, October 22nd from 10am-2pm* for a **free flu shot**, It's so easy and ***FREE while supplies last!!!**
Want it to be even easier and faster? Go to www.dispenseassist.net/flu.html to fill out your paperwork ahead of time (don't forget to print!)
Must be 9 yrs. old or older

For more details, call **816-858-2412** or visit www.plattecountyhealthdept.com

Brought to you by the Platte County Health Department



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Communicable Disease Report

Notable this month: Overall, reporting was slightly higher than average in September and remains above average YTD*.

Gastrointestinal diseases: Reporting was significantly above average this month. Cases reported to PCHD this month included 2 campylobacter, 2 salmonella, 1 shiga-toxin positive (unknown organism), and 2 reports of gastrointestinal illness.

Respiratory diseases: Cases reported this month included 2 influenza A, 1 legionellosis, and 1 Nontuberculosis Mycobacterium (NTM or MOTT).

Reportable Diseases September 2016	YTD*							5 YR AVG†
	2016	2015	2014	2013	2012	2011		
Animal Bites	3	45	47	24	29	28	29	31
Gastrointestinal Diseases	10	50	45	17	35	16	33	29
Hepatitis	2	64	74	47	58	68	50	59
STD	7	69	40	45	25	80	28	44
Tuberculosis	4	43	24	32	56	40	37	38
Other	14	103	56	84	67	104	43	71
TOTAL	40	374	286	249	270	336	220	272

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