



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

# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 6

JUNE 15, 2016

## SPECIAL POINTS OF INTEREST:

- Practice pool safety to prevent illness this summer
- Get back-to-school vaccinations done before the August rush
- Now available: newly updated reportable disease list on PCHD's website
- Watch out for heat-related illnesses this summer

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

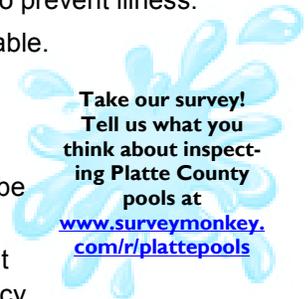
## Did you know?? Pool Health

A recent CDC report found that **nearly 80% of public aquatic venues inspected in 2013 had at least one violation**, and **1 in 8 had to be closed immediately** due to serious health and safety violations. These numbers do not even account for the almost 1/3 of local health departments that do not regulate, inspect, or license public aquatic venues.<sup>1</sup> That is why it is always important to follow these healthy swimming steps to prevent illness:<sup>2</sup>

- ◆ Check out the pool! See if the latest **inspection** results are available.

You can also do your own inspection:

- ◆ Make sure the water's **pH and free chlorine or bromine** concentration are in the right range
- ◆ Check to see that the **water is clear** enough for the drain to be visible and that drain covers are secure and in good repair
- ◆ Check for a **lifeguard** on duty, or if not, that safety equipment such as a rescue ring or pole is available in case of emergency
- ◆ Before you swim, **DO**:
  - ◆ **Stay out of the water if you have diarrhea** and until 2 weeks after diarrhea ends
  - ◆ Stay out of the pool if you have an open wound that is not covered
  - ◆ Shower before you get into the water to **rinse off dirt and other gunk\***
- ◆ While swimming, **DON'T**: **Don't pee, don't poop, don't swallow the water**, and don't forget to use sunscreen and life jackets appropriately.



*Did you know?? Adults swallow 1 tablespoon and kids swallow 2.5 tablespoons of water in only 45 minutes of swimming<sup>3</sup>*

*Did you know?? The "chlorine" smells at the pool actually occur when chlorine chemicals combine with other gunk in the pool (like pee, poop, sweat, and dirt). When this happens, there is less chlorine available to kill germs in the pool, so stronger chlorine smells are actually a sign of a dirtier pool<sup>3-4</sup>*

Source: CDC<sup>3</sup>

**\* Here are the microbes and gunk the average swimmer can bring into the pool:**

- Hair:** 10 million microbes
- Nose, mouth, skin:** Billions of microbes
- Spit:** 8 million microbes in a single drop
- Skin products:** Lotions, cosmetics, soaps
- Hands:** 5 million microbes
- Sweat:** 1 or 2 soda cans
- Poop:** 140 billion microbes
- Pee:** 1 cup

A kid brings 10 grams of poop—the weight of 4 pennies—with 10 trillion microbes.

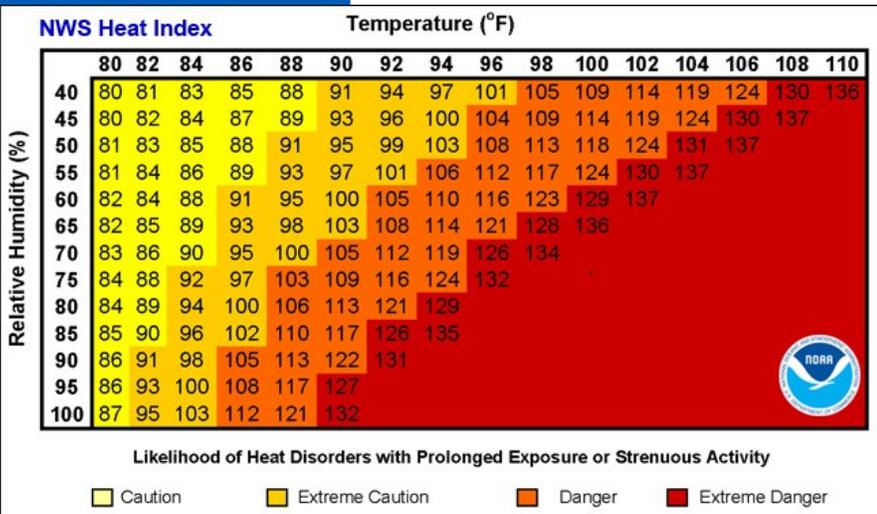
# Spotlight PCHD

Vaccines for Children  
20 years of protecting America's children



Vaccination of children between 1994 and 2013 prevented an estimated 322 million illnesses. [Click to learn more](#)<sup>5</sup>

National Heat Index Chart, National Weather Service<sup>11</sup>



## Walk In Clinic: Immunizations

The Platte County Health Department walk in clinic offers the following services Monday-Friday from 8-4:30

- ✓ Comprehensive child and adult immunization program
  - Vaccines For Children Program
    - ⇒ See this link to check if your child qualifies for free vaccine: <http://health.mo.gov/living/wellness/immunizations/pdf/InformationforParents.pdf>
- ✓ STD testing and treatment
- ✓ Lead screening
- ✓ Pregnancy testing
- ✓ TB skin testing (No Thursdays)
- ✓ Quantiferon Gold Testing (TB testing with blood test)

- ✓ Free Blood Pressure Checks

Our clinic is staffed with Registered Nurses with many years of public health experience.

With back to school quickly approaching we encourage families to get their **school immunizations before the rush!** Please bring your immunization record with you.

Check out the new **2016-2017 school requirements** for immunizations at: <http://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>.

For more information see [www.plattecountyhealthdept.com](http://www.plattecountyhealthdept.com) or call 816-587-5998.

## UPDATED: Notifiable Disease List

Missouri's [Reportable Diseases and Conditions list](#) was updated in May 2016.<sup>6</sup> Providers can now find links to this updated list and forms for reporting on PCHD's [website](#) under "Clinic Services" > "Reportable Diseases and

Conditions in Missouri" on our menu, or at <http://plattecountyhealthdept.com/pView.aspx?id=51607&catid=518>.

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

## Heat-Related Illness: Resources

Over 350 Missourians died of hyperthermia from 2000-2013, and 80% of these deaths occurred in the months of July and August.<sup>7</sup> As a result, it is important during the summer months to take steps to [prevent hyperthermia](#), [recognize the symptoms early](#), and [report](#) cases appropriately.<sup>8-10</sup> In particular, the elderly, chronically ill, children, the homeless and poor, athletes,

and people working outdoors are all at highest risk for heat-related illness.<sup>9</sup>

- Senior citizens or adults with disabilities suffering from the heat and needing assistance can be reported to **Missouri's abuse and neglect hotline** at 1-800-392-0210 (7am-12am, Sun-Sat)<sup>3</sup>
- A **map of cooling centers** in the state of Missouri can be found online at <https://ogi.ia.mo.gov/DHSS/coolingCenter/index.html><sup>8</sup>
- Heat-related illnesses including hyperthermia and hypothermia are [reportable conditions](#) in the state of Missouri, and providers are required to report cases of heat-related illness to MDHSS or their local health department. Reporting forms can be found on PCHD's [website](#)<sup>7</sup>
- For more information and flyers about hyperthermia, including prevention information and symptoms, visit <http://health.mo.gov/living/healthcondiseases/hyperthermia/>

# Communicable Disease Report

**Notable this month:** STD and Hepatitis reporting were above average in May, and STD reporting and GI reporting remain well above average YTD\*.

Other diseases reported in May included 1 case of rocky mountain spotted fever, 1 case of legionella, and 1 animal bite requiring rabies post-exposure prophylaxis.

Reportable Diseases May 2016	YTD*							5 YR AVG†
	2016	2015	2014	2013	2012	2011		
Animal Bites	5	20	22	14	8	16	20	16
Gastrointestinal Diseases	3	26	19	8	18	8	10	13
Hepatitis	14	39	33	23	32	42	29	32
STD	11	47	20	21	17	42	17	23
Tuberculosis	7	19	11	16	33	13	13	17
Other	8	45	28	40	30	49	21	34
<b>TOTAL</b>	<b>48</b>	<b>196</b>	<b>133</b>	<b>122</b>	<b>138</b>	<b>170</b>	<b>110</b>	<b>135</b>

\*Year-to-date (counts reflect total cases January through May 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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## Platte County Health Department

### North

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Fax (816)858-2087

### South

1201 East Street  
Parkville, MO 64152  
(816)587-5998  
Fax (816)587-6028

## 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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