



Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 2, ISSUE 10

OCTOBER 13, 2015

SPECIAL POINTS OF INTEREST:

- Wash your hands to protect yourself from the current *Shigella* outbreak
- Are you ready for the 2015-16 flu season? Get your flu reporting form!
- CDC is no longer screening travelers to the U.S. from Liberia
- Learn about food insecurity in Platte County

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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 *Shigella*

The Kansas City, Missouri, Health Department recently reported a significant increase in the number of reported *Shigella* cases in Kansas City, with the majority of cases occurring in children in daycare and elementary schools.¹ Here is what you need to know about *Shigella*:

Symptoms

- Symptoms include diarrhea (sometimes watery or bloody), fever, stomach cramps, nausea, vomiting, and in severe cases seizures or convulsions²
- Symptoms can start 1-7 days after exposure but typically within **1-3 days**, with illnesses lasting around 4-7 days^{3,4}

Transmission

- Infections occur when someone gets the **feces of an infected person in their mouth**. This can occur through contact with infected hands, objects, food, or water.²
- It can take **as few as 10 *Shigella* organisms to infect someone!**^{3,5}
- Persons infected with *Shigella* **can spread disease even when they don't seem sick**. They are infectious as long as *Shigella* is present in their feces.⁴

See your provider

- Persons with symptoms of *Shigella* should **consult their health care provider**
- In severe cases, antibiotics may be effective in shortening the duration of symptoms²
- Providers should be aware that the CDC recently announced **antibiotic-resistant *Shigella* strains are increasing in the U.S.**⁶
- Stool cultures can be done to diagnose *Shigella* and determine antibiotic-resistance

Stop the Spread

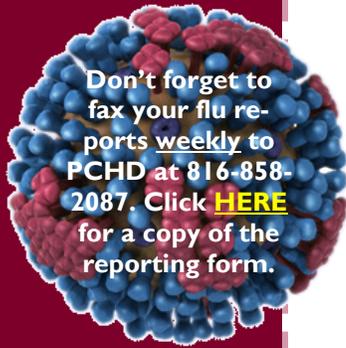
- **Handwashing is the best way to prevent shigellosis! Wash hands for at least 20 seconds with soap and warm running water and dry them completely.**^{2,4}
- In particular, make sure you wash hands carefully **before eating or preparing food and after using the bathroom** or helping someone else with the bathroom or diapers^{2,4}
- Infected people should not use recreational water until at least **2 weeks after their diarrhea ends**^{4,7}

Exclusion³

- Infected **children and staff in childcare** should be excluded until 24 hrs after diarrhea ceases and 1 stool culture tests negative for *Shigella*
- Infected persons working in **food service or healthcare must have 2 negative stool cultures** at least 24 hours apart before returning to work
- Exclude school children and staff with diarrhea until 24 hrs after diarrhea ends
- If antibiotics were prescribed, negative stool specimens used for exclusion must be taken no earlier than 48 hours after discontinuing antibiotics



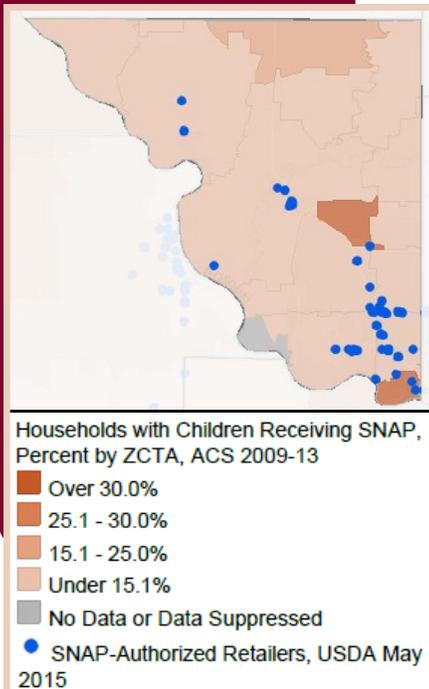
Shigella bacteria, CDC



Don't forget to fax your flu reports weekly to PCHD at 816-858-2087. Click [HERE](#) for a copy of the reporting form.

Graphic of generic influenza virus
Source: CDC

Percent of Platte County Households with Children Receiving SNAP¹⁶



Source: Community Commons¹⁶

Be Prepared for Flu in 2015-16

2014-15 Recap Platte County residents saw a **five-year high** in reported influenza last season, with **451 cases** diagnosed from Oct—May. Of those with a reported flu vaccination history, **64% had not received their flu vaccine**. In particular, those **under 25 had the highest rates** of reported flu and highest percentage of cases that were unvaccinated.

Vaccinate Flu vaccination is recommended for **all persons aged ≥6 months** who do not have contraindications.⁸ Inform

patients with questions about **last season's low vaccine effectiveness** that even vaccines with low effectiveness **can provide some protection against the flu**.⁹⁻¹⁰

Though this year's vaccine effectiveness cannot be predicted with certainty, the **CDC's analysis** of flu viruses circulating in the U.S. and around the world from May 24—Sept 5, 2015 found that **all viruses collected during that time were antigenically and/or genetically similar to the components of the**

2015-2016 flu vaccine.¹¹

Report In the state of Missouri, positive **influenza cases are reportable weekly** to your local health department. Platte County Health Department's 2015-16 reporting form is available on our website under the tab "Clinic Services" or at the following link: <http://plattecountyhealthdept.com/docview.aspx?docid=42953>

For more info on the 2015-16 flu season, visit www.cdc.gov/flu/about/season/upcoming.htm.

Ebola Outbreak Screening Update

On September 3, 2015, WHO declared **Liberia free of Ebola** virus transmission for the second time this year. Liberia is now undergoing a 90-day period of heightened surveillance.¹²

As of September 21, 2015, the CDC is **no longer performing enhanced entry screening for travelers to the U.S. from Liberia**, meaning these travelers will not need to be funneled through the U.S. airports conducting entry screening or monitored by

local health departments. Travelers will continue to undergo exit screening before departing from Liberia. CDC also recommends that travelers from Liberia still monitor their health for 21 days after departure.¹²

Enhanced entry screening and monitoring will continue for travelers to the U.S. from Sierra Leone and Guinea.¹² Guinea and Sierra Leone each have had fewer than 6 new confirmed Ebola cases per week since the end of July.¹³

Food Insecurity in Platte County

According to the USDA, "Food security means access by all people at all times to enough food for an active, healthy life."¹⁴ By this definition, food insecure households may not always be food insecure, but may sometimes make trade-offs between affording certain basic needs, such as deciding to pay a housing or medical bill instead of purchasing nutritionally adequate foods.¹⁵

Food insecurity can happen anywhere. Here are some stats about food insecurity in Platte County:¹⁵

- Nearly **14% of Platte County residents** and **17% of Platte County children** were food insecure in

2013

- An estimated **one half** of food insecure Platte County residents are **ineligible** for SNAP and other nutritional assistance programs
- The **average cost of a meal was \$3.31 in Platte County** in 2013, much higher than the average cost of a meal in Missouri (\$2.60) and the U.S. (\$2.79) as a whole
- The average meal price in Platte County **increased 25% from 2009 to 2013**, meaning if Platte County residents ate 3 meals a day, they spent nearly **\$750 more annually on meals than they did 5 years before**

Communicable Disease Report

Notable this month: Reporting of gastrointestinal diseases continues to be above average this month and YTD*. Reported gastrointestinal diseases in September included 3 lab-positive cases of cryptosporidiosis. No cases of *Shigella* were reported to PCHD in September. However, a recent rise in *Shigella* regionally indicates the need for continued vigilance to identify and prevent *Shigella* and other GI illnesses.

Reportable Diseases September 2015		YTD*						5 YR AVG†
		2015	2014	2013	2012	2011	2010	
Animal Bites	5	47	24	29	28	29	8	24
Gastrointestinal Diseases	12	45	17	35	16	33	23	25
Hepatitis	14	74	47	58	68	50	23	49
STD	2	40	45	25	80	28	62	48
Tuberculosis	4	24	32	56	40	37	22	37
Other	5	56	84	67	104	43	24	64
TOTAL	42	286	249	270	336	220	162	247

*Year-to-date (counts reflect total cases January through September 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/reportablediseaseelist2.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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Platte County Health Department

North

212 Marshall Road
Platte City, MO 64079
(816)858-2412
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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