



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

Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 2

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SPECIAL POINTS OF INTEREST:

- Stay up-to-date on info about Zika virus
- Spotlight PCHD: Learn how to get travel vaccines
- Find out how STDs are trending in Platte County
- Tell us your thoughts about Platte County pools in our survey: <https://www.surveymonkey.com/tr/plattepools>

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

Questions about Zika?

What is Zika virus? Zika is a mosquito-borne virus. It was first identified in Uganda in the 1940s and since then has been found in Africa, the Americas, Asia, and the Pacific.¹

What are the symptoms? Illness is usually mild. Symptoms include fever, rash, joint pain, and red eyes and typically begin 2-7 days after being bitten by an infected mosquito. Only 1 in 5 people infected with Zika will experience symptoms.²

How is it transmitted? Zika is mainly transmitted by the bite of infected *Aedes* mosquitoes. There have also been reports of Zika virus transmitted through sexual contact, blood transfusion, or from a mother to her newborn at the time of birth.³ The CDC has posted [guidelines for prevention of sexual transmission of Zika virus](#).⁴ Investigations are also underway to learn more about how Zika can be transferred during pregnancy from a mother to her baby.³

Are there any complications? There have been reports of a birth defect called microcephaly and other poor pregnancy outcomes in babies whose mothers were infected with Zika virus while pregnant. Zika virus infection has also been associated with Guillain-Barré syndrome (GBS), an auto-immune disorder that can cause muscle weakness and paralysis. However, much is unknown about the relationships between Zika virus and these outcomes and whether Zika plays a causal role, so research is ongoing to learn more.¹⁻²

Where is Zika virus found and what are the recommendations for travelers to these areas? The list of countries that have Zika and corresponding travel recommendations are changing as information is collected. Check www.cdc.gov/zika/geo/index.html for an updated list of countries with Zika virus transmission and wwwnc.cdc.gov/travel for updated travel guidance and alerts. Currently, CDC is recommending that pregnant women consider postponing travel to areas with Zika virus transmission, and that women who are trying to become pregnant talk to their doctor about their plans before traveling to these areas.²

How do I prevent Zika virus? Those in an area with active Zika virus transmission can best [prevent Zika](#) by avoiding mosquito bites. This can be done by wearing long-sleeved shirts and long pants, staying indoors in places that have air conditioning and/or screens for windows and doors, using EPA-registered insect repellents, and treating clothing and other gear with permethrin. People who have Zika virus should also avoid mosquito bites during their first week of illness to avoid infecting other mosquitos and to prevent further spread.⁵

Guidance for Providers: CDC recently created several guidelines for health care providers, including guidelines for [pregnant and reproductive aged women](#)⁶, [evaluation and testing of infants](#)⁷, diagnostic testing, and FAQs for obstetrical and pediatric HCPs, all of which can be found at www.cdc.gov/zika/hc-providers/index.html. Diagnostic testing is currently only available at the CDC, so physicians should **contact their local or state health departments to facilitate testing**. Missouri-specific recommendations for this process are available in the [1/15/16 Health Advisory](#).⁸ The CDC COCA call "Zika Virus – What Clinicians Need to Know" also provides further information and continuing education on Zika for clinicians. Find it online at http://emergency.cdc.gov/coca/calls/2016/callinfo_012616.asp.⁹

To find the most up-to-date information on Zika virus, visit www.cdc.gov/zika/.



The *Aedes aegypti* mosquito (above) is the primary vector for Zika virus and can be found in the southern U.S.⁹⁻¹⁰ *Aedes albopictus* mosquitos, which are found in Missouri, are considered possible (but less efficient) vectors of Zika virus⁹⁻¹⁰

Spotlight PCHD

Spotlight on Travel Vaccinations

Did you know the Platte County Health Department offers a **walk-in clinic for travel vaccines?**

If you are **planning a trip overseas** we can help you with your immunizations. It is important to remember that **some types of international travel have higher health risks.** We have a competent, caring and knowledgeable staff of Registered Nurses to assist you with your travel immunizations. We offer a competitive rate and will be happy to sup-

ply an itemized receipt to assist you getting reimbursed from your insurance company.

Our nurses recommend **starting your vaccination process early** as some vaccines may require a 6 month interval between immunizations.

Not sure what vaccines you need? Talk with your health care professional when you are planning international travel, especially if you have any health conditions, and check out <http://wwwnc.cdc.gov/travel> for specific travel

recommendations and updates.

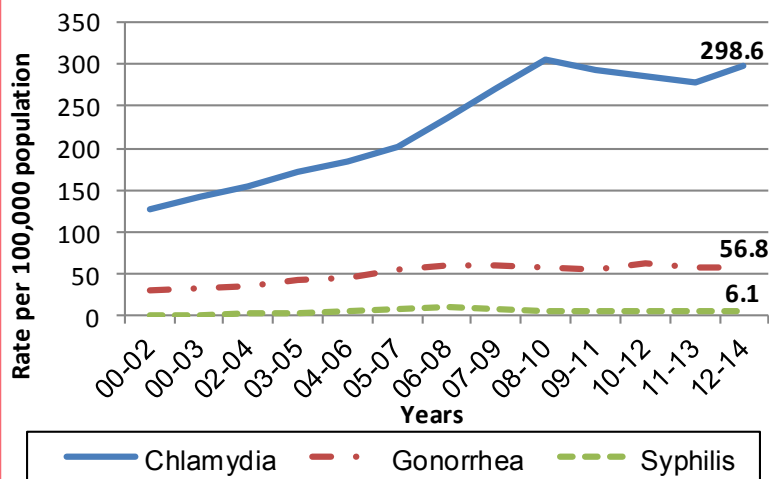
The PCHD immunization nurses are available to assist you **Monday-Friday 8:00am-4:30pm at our Parkville location.** Please arrive by 3:30pm to allow time for questions, immunizations, and documentation. Happy Traveling!



Fast Stats: STDs in Platte County

Did you know? STD rates are on the rise. Here are some stats about STDs in Platte County and the U.S.:

Three year moving average rates of reported STDs in Platte County residents, 2000-2014



- In the U.S. in 2014, annual rates of 3 nationally notifiable STDs – chlamydia, gonorrhea, and syphilis – **rose across the board for the first time since 2006¹¹**
- Though lower than national rates, **STD rates in Platte County have also been climbing** over the past 15 years (see left)¹²
- **Chlamydia rates rose 21%** in Platte County from 2005-2009 to 2010-2014, and **gonorrhea rates rose 6%**
- 303 chlamydia, 50 gonorrhea, and 4 syphilis cases were diagnosed in Platte County residents in 2014¹²
- The number of gonorrhea cases reported to PCHD in December 2015 was **over 3 times higher than the monthly average** for the year. In fact, nearly half of all gonorrhea cases reported to PCHD in 2015 were reported in November and December



Let Us Know — Take Our Survey!

Platte County Health Department is surveying Platte County residents about their knowledge of health department services so that we can better serve the Platte County community. This survey is only a few questions and should take less than 5 minutes to complete. The survey can be found at <https://www.surveymonkey.com/r/plattepools>. Thank you for your participation and partnership with PCHD!

Platte County Influenza Report

Platte County 2015-16 Reported Influenza Cases							
1/3/15-1/30/15		Epi Week				Total	STD* (40-52, 1-4)
Age Group	Type	1	2	3	4		
0-1	Type A					0	0
	Type B					0	0
	Type A or B					0	0
2-4	Type A					0	1
	Type B					0	1
	Type A or B					0	0
5-14	Type A					0	1
	Type B			1	1	2	4
	Type A or B					0	2
15-24	Type A				1	1	1
	Type B				1	1	2
	Type A or B			1		1	3
25-49	Type A	1			2	3	6
	Type B					0	7
	Type A or B			2		2	4
50-64	Type A					0	3
	Type B					0	1
	Type A or B					0	1
65+	Type A					0	1
	Type B					0	1
	Type A or B					0	0

Flu totals[†]

Weeks 1-4:

A	4
B	3
A or B	3

*Season to date:

A	13
B	16
A or B	10

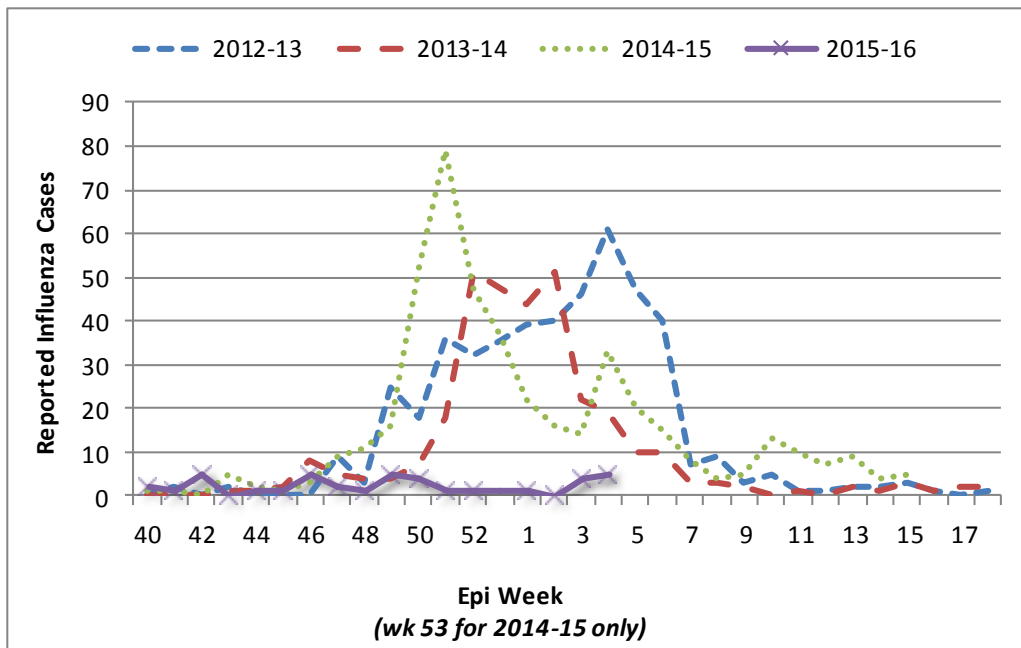
[†] Reflect total reports received as of 2/8/16

Notable this Month:

The number of reported flu cases in Platte County was low in the month of January, but started to increase at the end of the month. Platte County has had 39 flu cases this season.

Flu incidence remains fairly evenly distributed among age groups so far this season, with 5-14 year olds and 25-49 year olds experiencing the highest incidence of flu, followed closely by 15-24 year olds.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2015-16 season-to-date[†]



Reminder:

Fax your flu reports **weekly** to PCHD at 816-858-2087. Click [HERE](#) for a copy of the reporting form.

Flu season begins—

Though influenza rates are still low in most of the country, the CDC announced on February 1st that surveillance indicators show signs of increasing influenza activity.¹³

Communicable Disease Report

Notable this month: Continuing trends from the end of 2015, gastrointestinal disease reports were higher than average for the month. GI diseases reported in January included 2 salmonella and 5 shigella cases. STD reporting was also higher than average, with 6 chlamydia, 3 gonorrhea, and 2 out of jurisdiction cases reported in January.

Reportable Diseases January 2016		YTD*						5 YR AVG†
		2016	2015	2014	2013	2012	2011	
Animal Bites	0	0	2	4	2	2	2	2
Gastrointestinal Diseases	8	8	0	0	4	1	0	1
Hepatitis	9	9	7	6	8	9	12	8
STD	11	11	3	2	7	8	7	5
Tuberculosis	4	4	2	5	4	3	5	4
Other	7	7	6	3	9	12	4	7
TOTAL	39	39	20	20	34	35	30	28

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