



# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 2, ISSUE 7

JULY 15, 2015

## SPECIAL POINTS OF INTEREST:

- Outbreaks associated with recreational water use are on the rise, and often occur in chlorinated pools
- The Ebola outbreak is ongoing in West Africa
- New STD treatment guidelines are available from the CDC
- Melanoma is on the rise in the U.S.

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

## Swim Safely This Summer

Recreational water illnesses (RWIs) are described by the CDC as being “caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans.”<sup>1</sup> Many people may think that RWIs can be prevented by swimming in pools and other venues treated with chlorine. However, this is not always the case.

A recent [CDC review](#) found that 77% of recreational water-associated outbreaks reported in 2011-2012 occurred in venues with treated recreational water.<sup>2</sup> Half of these outbreaks were caused by *Cryptosporidium*, a parasite that is extremely chlorine-tolerant. Additionally, nearly 20% of outbreaks in treated venues occurred in hotels.<sup>2</sup>

*E. coli* was the most common cause of RWI outbreaks associated with untreated water venues, with the large majority of outbreaks in untreated water venues occurred in the month of July.<sup>2</sup> Overall, summer is the most common time of year for recreational water-associated outbreaks in both treated and untreated venues: 2/3 of all reported outbreaks in 2011-2012 occurred between June and August.<sup>2</sup>

In total, 90 recreational water-associated outbreaks were reported to the CDC in 2011-2012, and the incidence of these outbreaks is rising.<sup>2</sup> Here are a [few tips](#) for preventing RWIs and related outbreaks while swimming this summer:<sup>3</sup>

- People of all ages should not swim if they have diarrhea, which can contain millions of germs.<sup>4</sup> Those with infectious diarrhea (including illnesses caused by *Cryptosporidium*, *Giardia*, *E. coli*, etc.) should also stay out of recreational water until 2 weeks after symptoms have resolved.<sup>5</sup>
- Shower before getting in the water. On average, people have about 0.14 grams of feces on their bottoms which, when rinsed off, can contaminate recreational water.<sup>4</sup>
- Do not swallow the water. Swallowing even a small amount of water contaminated with germs can make you sick.<sup>4</sup>
- Check the chlorine and pH levels in pools and hot tubs before jumping in. Maximize germ-killing power with pH levels of 7.2-7.8 and free chlorine levels of 1-3 ppm in pools and 2-4 ppm in hot tubs/spas.<sup>3</sup>

### Did you know?\*

This is how long it takes the following germs to be disinfected in chlorinated water\*:

<i>E. coli</i> O157:H7	< 1 min
Hepatitis A	~16 mins
<i>Giardia</i>	~45 mins
<i>Cryptosporidium</i>	~10.6 days

\*Approximate disinfectant times for a pool with 1 ppm of free chlorine, pH of 7.5, temp of 77°F, and no chlorine stabilizers

# Ebola Virus Disease Update

Ebola continues to persist in West Africa, with a total of 30 new cases confirmed in Guinea, Liberia, and Sierra Leone the week of 6/28/15.<sup>7</sup>

**Liberia:** The [outbreak](#) in Liberia was declared over on 5/9/15 after the last reported case of Ebola in Liberia died on 3/20/15. However, 3 confirmed Ebola cases were reported in Liberia the week of 6/28/15. The cause of these cases is still under investigation.<sup>7</sup>

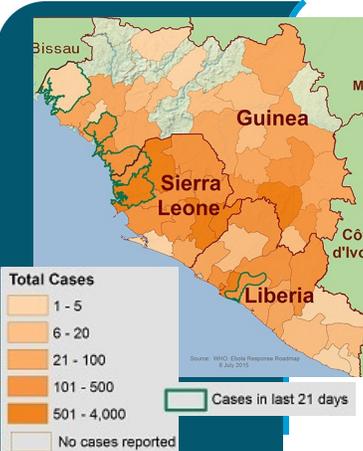
**Screening:** Travelers to the U.S. from Guinea and Sierra Leone con-

tinue to be [screened](#) upon entry into the U.S. and monitored by local public health agencies. Travelers from Liberia are no longer being monitored, but will continue to be screened upon entry into the U.S. and provided with a [CARE kit](#) containing information about Ebola, a thermometer, and contact information for state health departments. CDC will encour-

age them to monitor their health for the next 21 days and provide instructions on who to contact if they become ill.<sup>8</sup> These screening and monitoring guidelines are subject to change as the situation in West Africa changes.

**Clinicians:** Information for U.S. healthcare workers about Ebola, including [updated guidelines](#) for evaluating patients from Liberia, are available from the CDC at <http://www.cdc.gov/vhf/ebola/healthcare-us/evaluating-patients/index.html>.<sup>9</sup>

As of 7/5/2015, Ebola has caused a reported **27,609 cases** and **11,261 deaths** worldwide since the outbreak began<sup>7</sup>



**Ebola Outbreak Distribution Map**  
Source: CDC<sup>10</sup>



The pdf version of these guidelines are available at: <http://www.cdc.gov/mmwr/pdf/rr/rr6403.pdf><sup>11</sup>



For more [truths about tanning](#)<sup>14</sup>, posters, and promotional resources for social media, visit <http://www.cdc.gov/cancer/skin/badges.htm>

## New STD Treatment Guidelines

The CDC has published new sexually transmitted disease treatment guidelines in a June 2015 issue of *MMWR Recommendations and Re-*

*ports*.<sup>11</sup> These recommendations include clinical guidance for treatment, prevention strategies, and diagnostic recommendations for STDs.

To see the complete guidelines, visit [http://www.cdc.gov/mmwr/indrr\\_2015.html](http://www.cdc.gov/mmwr/indrr_2015.html).

## Melanoma on the Rise

A recent [CDC Vital Signs report](#) unveiled concerning statistics about the rise of melanoma in the US.<sup>12</sup> Some of the findings:

- Melanoma cases have doubled in the past 30 years
- The most deadly form of skin cancer, more than 9,000 Americans die from melanoma each year
- People who die of melanoma lose an average of 20 years of life expectancy
- The annual cost for treating melanoma has grown faster than the annual treatment costs for all cancers combined, and is expected to triple by 2030

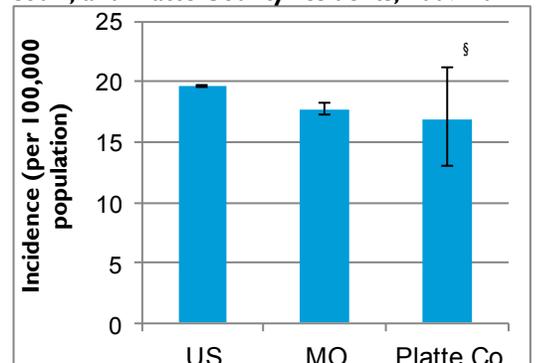
In Missouri, melanoma mortality has increased steadily over the past 30 years.<sup>13</sup> On average, 15 Platte County residents were diagnosed with melanoma each year in 2007-2011.<sup>13</sup>

The good news: The CDC estimates

that implementing community skin cancer prevention programs can prevent 21,000 melanoma cases each year beginning in 2020.<sup>12</sup>

Read the Vital Signs report to learn more about melanoma and how communities, providers, employers, schools, and the general public can [prevent](#) skin cancer.<sup>12</sup>

**Melanoma incidence in United States, Missouri, and Platte County residents, 2007-2011**<sup>13</sup>



<sup>§</sup> Bars indicate 95% confidence intervals

# Communicable Disease Report

## Notable this month:

Animal bite reporting was higher than average in June and YTD\*. GI reporting was average for the month but also continues to be significantly above average YTD.

Reportable Diseases June 2015		YTD*						5 YR AVG†
		2015	2014	2013	2012	2011	2010	
Animal Bites	7	29	17	18	20	22	4	16
Gastrointestinal Diseases	3	22	13	21	8	15	9	13
Hepatitis	7	40	31	36	49	32	15	33
STD	3	23	26	19	52	18	33	30
Tuberculosis	5	16	19	40	19	17	11	21
Other	8	36	46	38	58	26	12	36
<b>TOTAL</b>	<b>33</b>	<b>166</b>	<b>152</b>	<b>172</b>	<b>206</b>	<b>130</b>	<b>84</b>	<b>149</b>

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