



# The McLennan County Quarterly Report on Communicable Diseases & Public Health Preparedness

Date of publication **April, 2016**

Covering the quarter from **December, 2015—February, 2016**

## Reportable Disease Counts

*McLennan County, December 2015—February 2016*

Conditions	Dec 2015—Feb 2016	Sept—Nov 2015	Jun—Aug 2015
<i>Campylobacteriosis</i>	2	7	16
<i>Cryptosporidiosis</i>	1	9	6
<i>Dengue</i>	2	0	0
<i>Haemophilus influenza, invasive</i>	1	0	0
<i>Hepatitis A, acute</i>	1	1	1
<i>Hepatitis B, acute</i>	2	0	0
<i>Hepatitis B Viral Infection, Perinatal</i>	0	1	0
<i>Legionellosis</i>	1	2	1
<i>Listeriosis</i>	0	0	1
<i>Lyme disease</i>	0	1	0
<i>Measles (Rubeola)</i>	2	0	0
<i>Pertussis</i>	1	1	3
<i>Rabies, animal</i>	0	9	23
<i>Salmonellosis</i>	14	46	31
<i>Shiga toxin-producing Escherichia coli (STEC)</i>	4	8	3
<i>Shigellosis</i>	20	14	4
<i>Spotted Fever Rickettsiosis</i>	0	0	2
<i>Streptococcus pneumoniae, invasive disease (IPD)</i>	8	4	3
<i>Streptococcus, invasive Group A</i>	7	0	2
<i>Streptococcus, invasive Group B</i>	5	5	5
<i>Tuberculosis</i>	1	1	1
<i>Varicella (Chickenpox)</i>	2	5	1
<b>Grand Total</b>	<b>74</b>	<b>114</b>	<b>103</b>

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# Severe Weather Preparedness

**Severe weather season in Texas typically runs from March through May.** However, as recent flooding and tornado events in October and December of 2015 have shown, severe weather can be a threat at any time of year. A few simple steps can help prepare you and your family for all types of severe weather threats.

## Build a Kit + Make a Plan

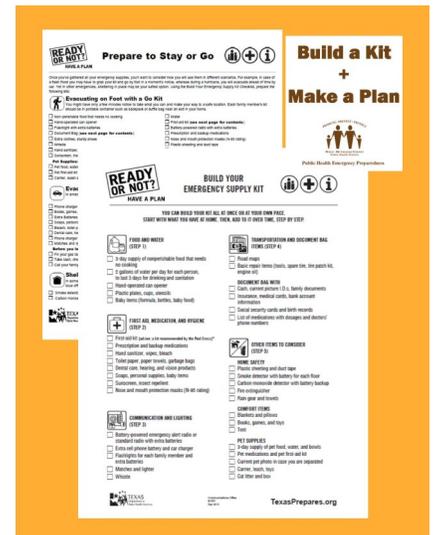
Building an emergency kit and making a plan with your family are the basic essential first steps for preparing for all types of emergencies, including weather related events. A basic emergency kit contains food and water for 72 hours (3 days), a weather radio, and any special needs that you or your family members may have. These could include daily medications, baby formula and diapers, or pet supplies. When disaster strikes you may or may not be with your family members. A plan for communicating and meeting back up with your family is essential for peace of mind. A detailed checklist of items that should be in your kit and considerations for planning to shelter in place or evacuate in the event of a disaster can be found at:

[www.blackoutchecklist.com](http://www.blackoutchecklist.com)

## Tornadoes

If there is a **Tornado Watch** or **Warning** issued for your area:

- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.
  - Look for the following danger signs:
    - ⇒ Dark, often greenish sky
    - ⇒ Large hail
    - ⇒ A large, dark, low-lying cloud (particularly if rotating)
    - ⇒ Loud roar, similar to a freight train.
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately. The Centers for Disease Control and Prevention (CDC) continues to recommend, as its first recommendation, that people in the path of a tornado find a shelter or a tornado-safe room. The safest place in the home is the interior part of a basement. If possible, get under something sturdy such as a heavy table or workbench. If outdoors, lie down in a gully or ditch.



## Floods

Typically, flooding results in more weather related fatalities than any other thunderstorm related hazard. Why? Because many of the deaths occur in automobiles when driven through flooded roads as they are swept downstream. Of these drownings, many are preventable, but too many people continue to drive across a flooded road. One of the primary flood hazards and causes of flood related deaths is driving into and through low water crossings. Every year, a few adventurous drivers attempt to cross flooded roads and fail. **Turn Around Don't Drown!**

What is the difference between a Flood Watch and a Flood Warning issued by the National Weather Service?

- Flash Flood Warning: Take Action!** A Flash Flood Warning is issued when a flash flood is imminent or occurring. If you are in a flood prone area move immediately to high ground. A flash flood is a sudden violent flood that can take from minutes to hours to develop. It is even possible to experience a flash flood in areas not immediately receiving rain.
- Flood Warning: Take Action!** A Flood Warning is issued when the hazardous weather event is imminent or already happening. A Flood Warning is issued when flooding is imminent or occurring.
- Flood Watch: Be Prepared:** A Flood Watch is issued when conditions are favorable for a specific hazardous weather event to occur. A Flood Watch is issued when conditions are favorable for flooding. It does not mean flooding will occur, but it is possible.
- Flood Advisory: Be Aware:** An Flood Advisory is issued when a specific weather event that is forecast to occur may become a nuisance. A Flood Advisory is issued when flooding is not expected to be bad enough to issue a warning. However, it may cause significant inconvenience, and if caution is not exercised, it could lead to situations that may threaten life and/or property.

# Influenza

Figure 1. Number of Reported Influenza Cases in McLennan County, 2012—2016

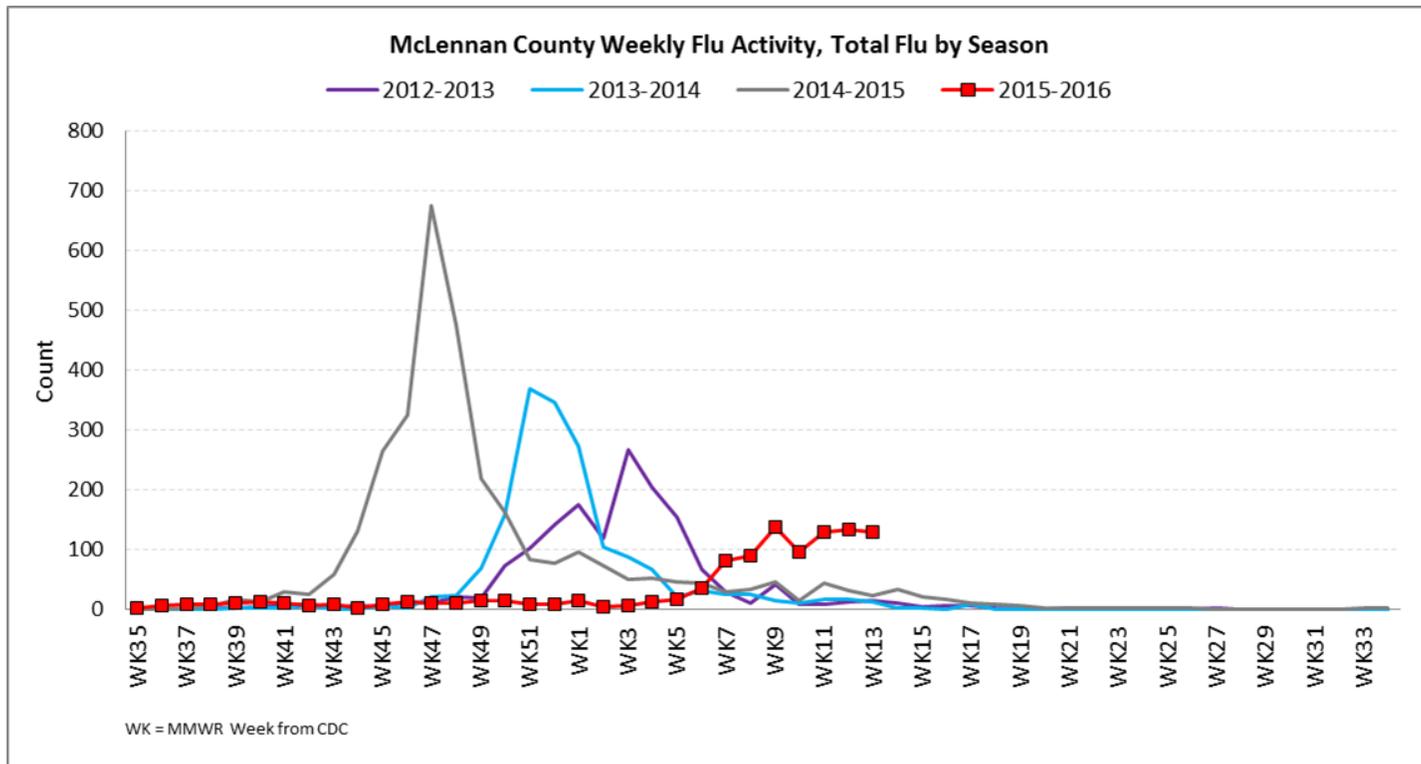
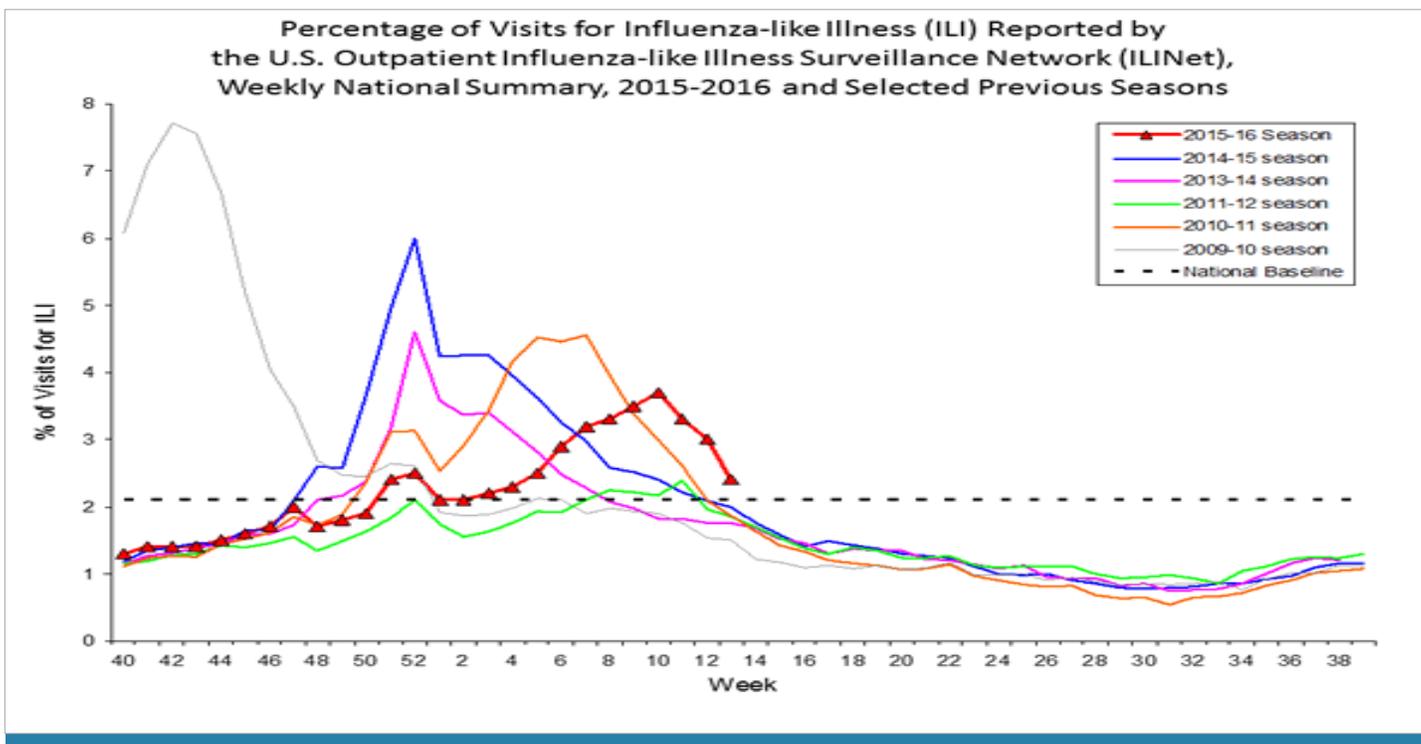


Figure 2. Percentage of Visits Due to Influenza-Like Illness Reported, USA ILINet Participants, 2012—2016 Seasons



# Zika Virus

## Risk

Anyone traveling to an area where the Zika virus is found is at risk. The most current list is on the CDC website.

<http://www.cdc.gov/zika/geo/index.html>

## Transmission

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. These are the same mosquitoes that spread dengue and chikungunya viruses. Spread of the virus through sexual contact has been reported.

## Prevention

Prevent Zika by avoiding mosquito bites. To help prevent others from getting sick, avoid mosquito bites during the first week of illness. CDC issued the following new guidance and information to prevent Zika virus transmission and health effects:

For **women and men who have been diagnosed with Zika virus or who have symptoms** of Zika including fever, rash, joint pain or red eyes after possible exposure to Zika virus, CDC recommends healthcare providers advise:

- o **Women wait at least 8 weeks** after their symptoms first appeared before trying to get pregnant.
- o **Men wait at least 6 months** after their symptoms first appeared to have unprotected sex.

For **men and women without symptoms** of Zika virus but who had possible exposure to Zika from recent travel or sexual contact, CDC recommends healthcare providers advise their patients **wait at least 8 weeks** after their possible exposure before trying to get pregnant in order to minimize risk.

The recommendations for men who live in or travel to an area with active Zika virus transmission who have a **pregnant partner remain the same**: CDC recommends that men with a pregnant partner should use condoms every time they have sex or not have sex for the duration of the pregnancy

For more information and updates on Zika Virus visit the Waco-McLennan County Public Health District ([www.wacomclennanphd.org](http://www.wacomclennanphd.org)), DSHS ([www.TexasZika.org](http://www.TexasZika.org)) or CDC website [www.cdc.gov/zika](http://www.cdc.gov/zika)

# Disease Reporting

On a daily basis the Epidemiology Department reviews, investigates, and reports all cases of communicable disease recognized as notifiable in Texas. This allows for monitoring of disease trends and detection of clusters and outbreaks. In addition to specified reportable conditions, **any outbreak, exotic disease, or unusual group expression of disease** that may be of public health concern should be reported by the most expeditious means available. For a current list of Notifiable Conditions, please visit:

[www.wacomclennanphd.org](http://www.wacomclennanphd.org) and click on the **disease reporting tab**.

The Waco-McLennan County Public Health District has a 24-hour a day/ 7 days a week number that can be utilized to report any case of disease. The 24/7 disease reporting number is: **(254) 750-5411**

Reporting may also be done directly to Epidemiology at (254) 750-5775 or fax reports to (254) 750-5405

**24/7 disease reporting number: (254) 750-5411**

