



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

Date of publication **October, 2015**

Covering the quarter from **June, 2015—August, 2015**

Reportable Disease Counts

The Health District staff investigated **68 reportable diseases during the months of June-August 2015**. All reportable conditions were investigated by interviewing the patients or their parents/guardians, if under age 18; requesting and reviewing medical records from the providers; and obtaining information from school nurses and other high risk facilities as needed. **Gastrointestinal Organisms were the cause of 56 (50 bacterial, 6 parasitic) of the 68 reported. Six vaccine preventable diseases were reported this quarter.** A list of diseases reported during this quarter are shown in the table to the right.

Overall, reportable disease activity was a higher in this quarter compared to the previous two quarters, but was a low summer quarter compared to previous years.

The Waco-McLennan County Public Health District monitors the State Notifiable Conditions on a 24/7 basis. This helps us in early identification and control of outbreaks. Any suspected

Conditions Investigated	Dec14- Feb15	Mar15- May15	Jun15- Aug15
Anaplasmosis	0	1	0
Campylobacteriosis	6	5	15
Cryptosporidiosis	2	2	6
Encephalitis, West Nile	0	0	0
Hepatitis A	0	0	1
Legionellosis	0	1	1
Listeriosis	0	2	2
Lyme Disease	0	1	0
Pertussis	1	3	3
Salmonellosis	22	21	28
Shiga toxin-producing Escherichia coli (STEC)	1	0	2
Shigellosis	11	5	4
Spotted Fever Rickettsiosis	0	0	1
Streptococcus Invasive	2	16	5
Varicella (Chickenpox)	1	7	0

case of the following conditions should be reported to the Health District in the timeliest method available.

The list of reportable conditions is available on WMCPHD website www.wacomclennanphd.org

Epidemiology Department
Main Phone: 254-750-5460
Fax: 254-750-5405
24/7 #: 254-750-5411
www.wacomclennanphd.org



Cold Weather Illnesses

The Waco McLennan County Public Health District has observed various outbreaks during winters in the past. Commonly observed illnesses during the winters are Flu, Pertussis, and Viral Gastroenteritis. We recommend all the schools, day cares, nursing homes and health care facilities observe and **report any possible outbreaks** (occurrence of more disease cases than normally expected within a specific place or group of people over a given period of time).

Influenza (“flu”)

Officially, Influenza season runs from October through May. Though most Influenza illnesses in Texas usually occur in December, January and February, Influenza is unpredictable and can happen at any time. **People should get vaccinated now so that they’re protected for this Flu season.**

Viral Gastroenteritis

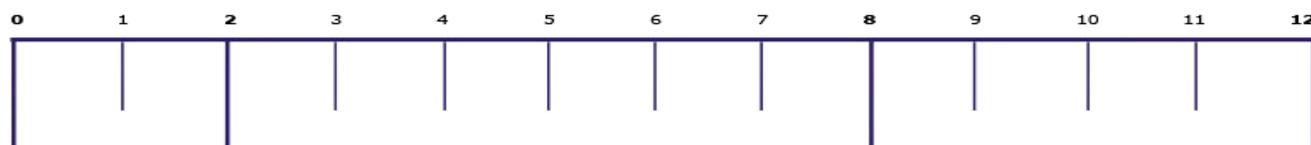
Norovirus or Viral Gastroenteritis, is a common cause of outbreaks in nursing homes and daycares especially during the winters. The incubation period for Norovirus infection is usually 24-48 hours after first exposure to the virus, and signs and symptoms usually last one to three days. Norovirus can be found in the stool even before the onset of symptoms and can stay in stool for 2 weeks or more after becoming asymptomatic. Norovirus lab diagnosis can be made by stool or vomitus sample testing using PCR or enzyme immunoassay techniques. Except for the symptomatic treatment, there is no specific medicine given for Norovirus infection. WMCPHD should be contacted if a suspected Norovirus outbreak is occurring.

Pertussis

Pertussis is a bacterial respiratory infection common during the winter and spring. The incubation period ranges from 4 to 21 days. Pertussis consists of 3 stages as shown in the figure below. Diagnosis is based on the type and duration of symptoms as well as tests like Nasopharyngeal PCR testing. The diagnosed individuals and their close contacts are treated with antibiotics to prevent further transmission. All cases of suspected pertussis should be reported.

Disease Progression: Pertussis

Weeks



**Stage 1
Catarrhal Stage**
May last 1 to 2 weeks

– Symptoms: runny nose, low-grade fever, mild, occasional cough – Highly contagious

Stage 2 - Paroxysmal Stage
Lasts from 1-6 weeks; may extend to 10 weeks

Symptoms: fits of numerous, rapid coughs followed by “whoop” sound; vomiting and exhaustion after coughing fits (called paroxysms)

Stage 3 - Convalescent Stage
Lasts about 2-3 weeks; susceptible to other respiratory infections for many

Recovery is gradual. Coughing lessens but fits of coughing may return.



Public Health Preparedness

Flu Season is here, what can you do?

It's not possible to predict what this Flu season will be like as Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity and length of the season usually varies from one season to another.

1. STAY INFORMED

TexasFlu.org is the Department of State Health Services (DSHS) website for flu information in Texas. Bookmark it! Sign up to receive Twitter <http://twitter.com/DSHSflu> and email notices on the link below when information is posted. Dial 2-1-1 for flu information and vaccination locations.

2. GET VACCINATED

Getting the flu vaccine is the best way to protect yourself and others.

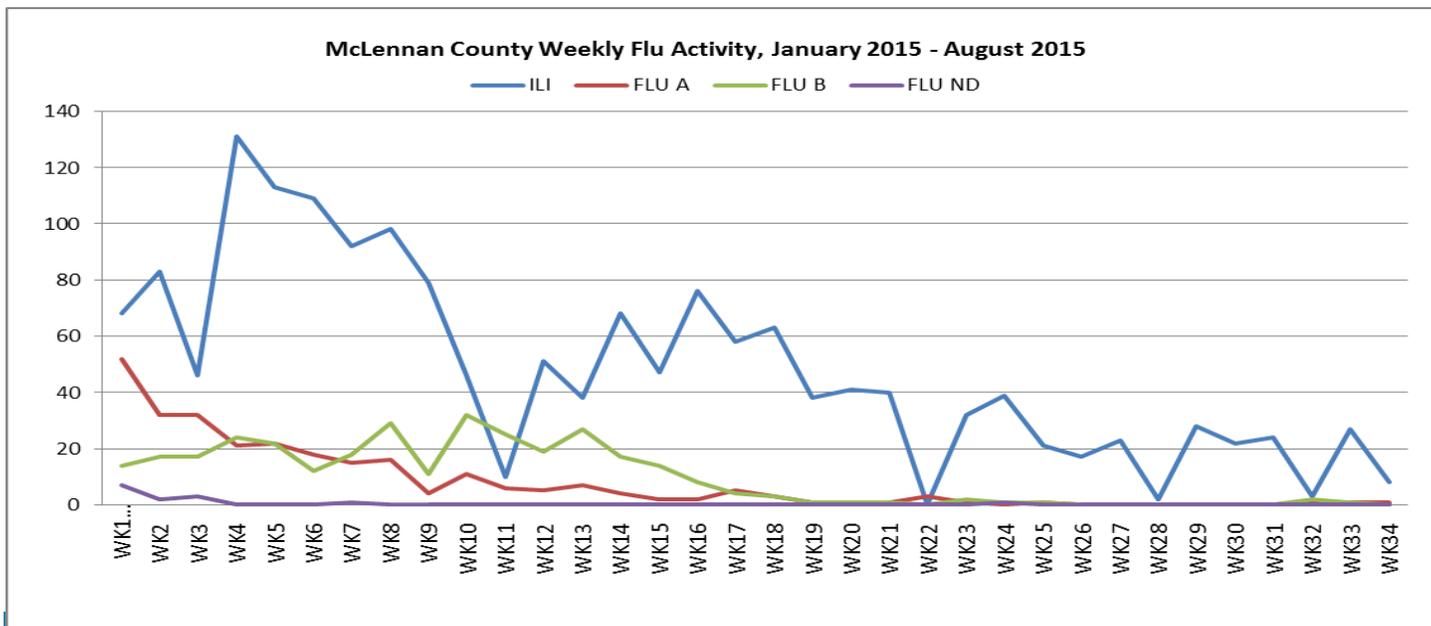
3. STOP THE SPREAD

Wash your hands frequently. Cover your coughs and sneezes. Stay home if you're sick. Have a plan to care for sick family members at home.

Flu Vaccine 2015-2016

A number of different manufacturers produce trivalent (three component) influenza vaccines for the U.S. market. Some seasonal flu vaccines will be formulated to protect against four flu viruses (quadrivalent flu vaccines). Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses.

More information please visit: <http://www.cdc.gov/flu/protect/keyfacts.htm>



Perinatal Hepatitis B Prevention

Texas law requires all pregnant women be screened for hepatitis B at the first prenatal visit and at the time of delivery for each pregnancy (Texas Administrative Code Title 25, Part 1 Chapter 97, subchapter F, §97.135)

Role of Health Care Providers :

- Mandatory reporting of all HBsAg-positive women to WMCPHD (according to Texas Administrative Code Title 25, Part 1 Chapter 97, subchapter A, §97.3)
- Screen all pregnant women for HBsAg at the first prenatal visit and at delivery
- Report all HBsAg-positive women to your local health department or to the Waco-McLennan County Health District (WMCPHD).

Reporting form available at: www.wacomclennanphd.org

The Waco-McLennan County Public Health District offers the following free and confidential services to women who are reported as HbsAG positive:

- Testing of all household and sexual contacts
- Hepatitis B vaccination for all contacts who test negative for HBV
- Case management services for the mother and infant for up to the first 2 years of life
- Hepatitis B vaccination and serology testing of the infant at 12-15 months if the client chooses not to use a private provider.



Source: CDC

Training for Providers:

We also offer training for Physicians, Nurses or other staff on Perinatal Hepatitis B. Please feel free to contact us at **254-750-5483** if you have any questions.

Disease Reporting

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 cases of disease.

The 24/7 disease reporting number is:

(254) 750-5411

On a daily basis the epidemiology department reviews, investigates, and reports all cases of communicable disease recognized as Notifiable Diseases in Texas. This allows for monitoring of disease trends and detection of outbreaks.

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