

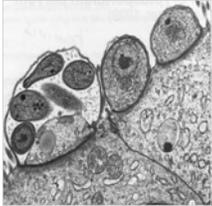


McLennan County Quarterly Report : Communicable Diseases, Public Health Preparedness, March-May 2014

Reportable Diseases

Table 1: Notifiable diseases count

Diseases 2013-2014	Sep-Nov	Dec-Feb	March-May
<i>Amebiasis</i>	0	0	1
<i>Campylobacteriosis</i>	7	4	9
<i>Cryptosporidiosis</i>	4	0	3
<i>Hepatitis B (Acute)</i>	0	1	1
<i>Legionellosis</i>	1	0	1
<i>Lyme Disease</i>	1	0	0
<i>Pertussis</i>	4	4	6
<i>Salmonellosis</i>	20	10	12
<i>Shiga Toxin/Ecoli</i>	1	0	0
<i>Shigellosis</i>	10	21	30
<i>Streptococcal Invasive</i>	0	0	1
<i>Varicella (Chickenpox)</i>	5	3	5
TOTAL	53	43	69



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The Waco-McLennan County Public Health District (WMCPHD) received 69 reports of communicable diseases from March 2014 through May 31st, 2014. Reported diseases for this time period are listed in Table 1. Forty three reports of communicable diseases were reported in previous quarter (December 2013 through February 2014).

Thirty-eight animal rabies cases were identified from McLennan County this quarter by the Department of State Health Services - Zoonosis Control Department compared to 7 in previous quarter.

The majority of reports consisted of gastrointestinal illnesses with 51 bacterial as causative agents. The Health District is observing an increased number of Shigellosis cases in McLennan County this year. However, no cluster has been identified as of July 2014.

Vaccine Preventable Diseases (VPDs)

There were 11 vaccine preventable diseases that were reported during this quarter. All VPD investigations were completed within 30 days of reporting as per Texas Department of State Health Services requirement.

More information on Texas notifiable conditions is available on weblink:

www.wacomclennanphd.org

FLU SURVEILLANCE

The Waco-McLennan County Public Health District (WMCPHD) implements year round surveillance of influenza and influenza-like illness (ILI). WMCPHD commonly receives an increased number of Influenza Like Illnesses (ILI), Flu A, Flu B and Flu Non-Differentiated (ND) during the months of November, December and January. Flu and flu-like activity counts and trends are shown in the picture.

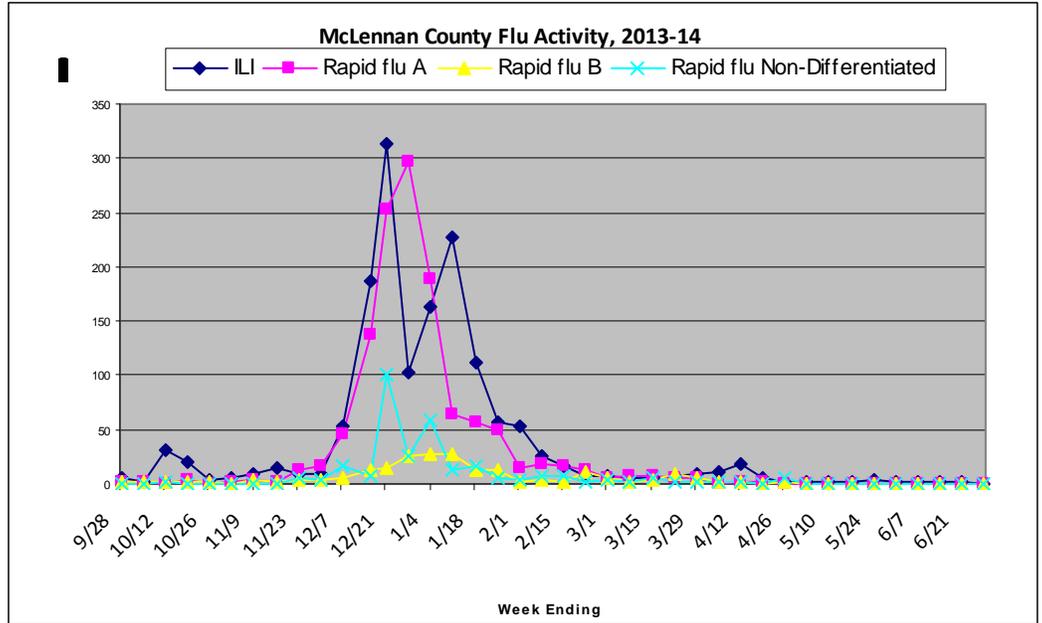


Figure 1: Flu activity in McLennan County: Currently WMCPHD observing a low flu & ILI activity in the county.

DISEASE REPORTING & TIMELINESS

Disease reporting is an essential function of surveillance and control of diseases within our community. The WMCPHD depends on you and your staff to report certain conditions and diseases in a timely manner. Providers are required by law to report certain diseases and conditions to the Waco-McLennan County Public Health District within certain timeframes. Timely reporting ensures effective prevention and response measures will be implemented to control the spread of communicable diseases. Tables 2 & 3 show the list of urgently reportable diseases (immediately and within 1 work day). Other diseases with their reporting time line requirements are included along with this report. This information can also be found at: www.wacomclennanphd.org

Table 2 & 3 Urgently Notifiable Conditions

Within 1 Work Day Reportable Diseases	Incubation Period
Brucellosis	3-60 days
Hepatitis A (acute)	15-50 days
Hepatitis B (Perinatal)	90 days (range: 60-150 days)
Influenza Associated Pediatric Mortality	Influenza Virus: 4 days (average: 2 days)
Pertussis	7-10 days, with a range of 4-21 days
Q Fever	9-40 days
Rubella	14-21 days
Tuberculosis	Weeks to years
Vibrio inf. /Cholera	2 hrs-5 days (Cholera)

Immediately Reportable Diseases	Incubation Period
Anthrax	1-7 Days (varies)
Botulism	18-36 hours, Range: 2 hrs - 8 days
Diphtheria	2-5 days (range 1-10 days)
H- Influenza B invasive/Meningococcal	2-4 days
Lead Poisoning	
Measles	10-12 days, range 7-18 days
Human Rabies	Days to years, typically 1-3 months
Plague	1-3 days
SARS	Max incubation period is 10 days
Small Pox	7-17 days
Tularemia	3-5 days, range: 1-14 days
Viral Hemorrhagic Fevers, Ebola	2-21 days, Yellow Fever: 3-6 days

Heat can create serious health problems. Usually the elderly, the very young, the sick and those without access to air conditioning are most severely affected by heat.

Symptoms of heat illness include heavy sweating, muscle cramps, weakness, dizziness, nausea, weak but rapid pulse, and headaches. People with these symptoms should find shade, drink water slowly and make sure there is good ventilation.

If fluids are not replaced soon enough, heat stroke can follow causing extremely high body temperature, red and dry skin, rapid pulse, confusion, brain damage, loss of consciousness and death.

To help a person showing severe symptoms, get the victim into shade, call for emergency medical services and start cooling the person immediately with cool water or by fanning.

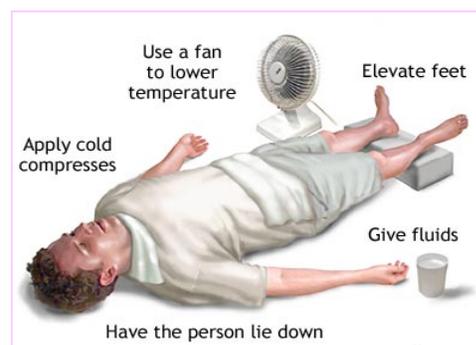
Staying in an air-conditioned area, either at home or in a public place, such as a mall, library or recreation center, is the most effective way to combat heat. If air conditioning is not available, pull the shades over the windows and use cross-ventilation and fans to cool rooms.

A cool shower or bath also is an effective way to cool off. Limit the use of stoves and ovens to keep home temperatures lower. Children can quickly become dehydrated. They need to drink fluids frequently, especially water, and wear light-colored, loose-fitting clothes. Avoid drinks that are heavily sweetened or contain caffeine. Check on children often, especially if they are playing outside in high temperatures.

Other heat precautions include:

- Never leave anyone in a closed, parked vehicle during hot weather, even for a short time
- Drink plenty of fluids but avoid drinks with alcohol, caffeine or a lot of sugar. Start drinking fluids before going out into the heat.
- Plan strenuous outdoor activity for early morning or evening when the temperature is lower.
- Take frequent breaks when working outside.
- Wear sun block, hats and light-colored, loose-fitting clothes.
- Stay indoors in air conditioning as much as possible.

- Eat more frequently, but be sure meals are well balanced and light.
- Don't dress infants in heavy clothing or wrap them in blankets.
- Check frequently on the elderly and those who are ill or may need help.
- Check with a doctor about the effects of sun and heat when taking prescription drugs, especially diuretics or antihistamines.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps) move to a cooler place, rest a few minutes, then slowly drink a cool beverage.
- Seek medical attention immediately if conditions do not improve.



More info: www.texasprepares.org

INJURY INVESTIGATION OF WEST FERTILIZER PLANT EXPLOSION: A PUBLIC HEALTH STUDY

In 2013 and 2014, Waco-McLennan County Public Health District partnered with Texas Department of State Health Services to conduct an epidemiologic investigation. Working with the healthcare community, investigation team reviewed medical information from area healthcare facilities and conducted patient surveys to collect vital information. The field report of this study is now available on WMCPHD's website link:

WWW.WACOMCLENNANPHD.ORG

It is hoped that this investigation will provide better understanding of the public health impact of acute injuries sustained in the April 2013, West Texas Fertilizer Plant explosion tragedy.

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. A list of reportable diseases or conditions and forms for reporting can be found at

www.wacomclennanphd.org

Reporting may also be done directly to Epidemiology at (254) 750-5493 or fax reports to (254) 750-5405.