

SCABIES

STREP THROAT

SEROGROUP B MENINGOCOCCAL VACCINATION RECOMMENDATIONS

# COMMUNICABLE DISEASE

NEWSLETTER



SPRING 2016



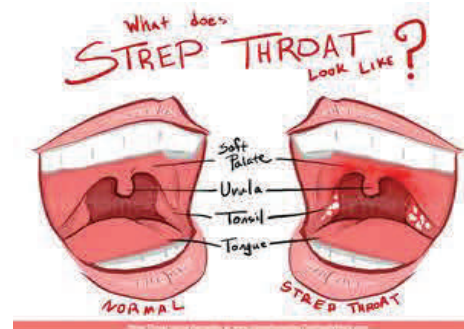
## STREP THROAT

Strep throat is a common type of sore throat in children between the ages of 5 to 15, although anyone can get it. It is an infection in the throat and tonsils caused by group A *Streptococcus* bacteria.

### Symptoms

Symptoms usually start within 2-5 days of coming in contact with the bacteria and range from mild to severe. The most common symptoms of strep throat include:

- Sore throat (usually starts quickly and can cause severe pain when swallowing)
- Fever of 101°F or above
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots on the roof of the mouth
- Headache, nausea, or vomiting
- Swollen lymph nodes in the front of the neck
- Sandpaper-like rash



### Communicability

Group A strep is spread through person to person contact with droplets of an infected person. Individuals may become ill by touching mouth, nose, or eyes after touching something that has droplets on it. It is also possible to get strep throat from contact with sores from group A strep skin infections.

### Treatment

After a positive strep test, strep throat is treated with antibiotics. Penicillin or amoxicillin are most often the drugs of choice. Antibiotics should be taken for 10 days, even though symptoms are often gone within a few days. Most people with strep can spread the infection to others until they have been on antibiotics for 24 - 48 hours. They should stay home from school, daycare, or work until they have been on antibiotics for at least a day.

The following tips may help soothe a sore throat:

- Drink warm liquids, such as lemon tea or tea with honey
- Gargle several times a day with warm salt water (1/2 teaspoon of salt in 1 cup water)
- Drink cold liquids or suck on fruit-flavored ice pops
- Suck on hard candies or throat lozenges (Young children should not be given these products because they can choke on them)
- A cool-mist vaporizer or humidifier can moisten and soothe a dry and painful throat
- Take over-the-counter pain medications, such as acetaminophen

### Prevention

The best way to keep from getting strep throat is to wash your hands often and avoid sharing eating utensils, like forks or cups. It is especially important for anyone with a sore throat to wash their hands often and cover their mouth when coughing and sneezing.

### Resources

[www.nlm.nih.gov](http://www.nlm.nih.gov) [www.cdc.gov/Features/StrepThroat](http://www.cdc.gov/Features/StrepThroat)

## Serogroup B Meningococcal Vaccination Recommendations

Meningococcal (bacterial) meningitis is a serious and life threatening disease involving inflammation of the membranes covering the brain and spinal cord. Most cases of bacterial meningitis are caused by the pathogen *Neisseria meningitidis*. Six (6) serotypes of *N. meningitidis* have been known to cause bacterial meningitis epidemics. The worldwide distribution of *N. meningitidis* is variable, but of particular importance to disease prevalence in the U.S. are serogroups A, B, C, Y, and W-135.

Vaccination for meningococcal meningitis caused by *N. meningitidis* has been available in the U.S. for just over 10 years with Menactra being licensed in 2005 and Menveo in 2010. Both vaccines offer protection against infection with serogroups A, C, Y, and W-135. However, not until late 2014 was there a vaccine available to offer protection against serogroup B, which accounts for nearly one-third of all meningococcal meningitis disease cases in the U.S. Currently, there are two (2) vaccines licensed to offer prevention of invasive meningococcal disease caused by *N. meningitidis* serogroup B – Bexsero® and Trumenba®.

In 2015, the Advisory Committee on Immunization Practices (ACIP) made a recommendation for routine vaccination of individuals 10 years of age and older who are at increased risk for meningococcal disease. In addition, a vaccine series may be administered to adolescents and young adults 16-23 years of age to provide short term protection against infection with meningococcal serogroup B. Due to the prevalence and burden of disease in adolescents and college students, the preferred age for vaccination in the latter category is 16-18 years.

For more information on meningococcal serogroup B vaccine or vaccination recommendations, consult your primary care provider or the Saginaw County Department of Public Health's Immunization Program at (989) 758-3840 or visit [www.saginawpublichealth.org](http://www.saginawpublichealth.org)

### Resources

Centers for Disease Control and Prevention. Chapter 2: Epidemiology of Meningitis Caused by *Neisseria meningitidis*, *Streptococcus pneumoniae*, and *Haemophilus influenzae*. <http://www.cdc.gov/meningitis/lab-manual/chpt02-epi.html>.

Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Hamborsky, J., Kroger, A., Wolfe, S. 13<sup>th</sup> ed. Washington D.C. Public Health Foundation, 2015.

Centers for Disease Control and Prevention. MMWR. Use of Serogroup B Meningococcal Vaccines in Adolescents and Young Adults: Recommendations of the Advisory Committee on Immunization Practices, 2015. October 23, 2015/Vol. 64/No. 41.



## SCABIES

Scabies is a contagious skin disease caused by a very small mite. Infestation is common and affects people of all races and social classes. Scabies is spread by direct, prolonged, skin-to-skin contact with a person already infested with scabies. It is easily spread to sexual partners and household members. It also may occur by sharing clothing, towels and bedding. The mite cannot survive more than 48-72 hours away from the human body; however it can survive up to a month when living on a person.

### The Scabies Mite



### Symptoms

For a person who has never had scabies, it could take 4-6 weeks before symptoms appear. People who have been previously infested develop symptoms 1-4 days after re-exposure. Symptoms of scabies include:

- Pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers, the folds on the wrist, elbow, or knee, the penis, breast, or the shoulder blades
- Intense itching, especially at night and over most of the body
- Sores on the body caused by scratching

### Communicability

Diagnosis is most often made by examination of the rash. Confirmation may be made by scraping the skin to look for mites, eggs, or mite fecal matter.

### Treatment

Several prescription lotions and creams are available to treat scabies. The lotions are applied over the entire body and may require a second treatment 7-10 days later. All affected and asymptomatic members of a household must be treated at the same time to avoid reinfestation. It is important to know that itching may persist for 1-2 weeks after treatment and should not be regarded as a sign of drug failure or reinfestation. No new rash should appear 24-48 hours after effective treatment.

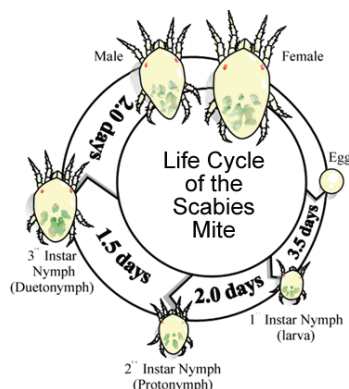
### Prevention

Avoid contact with known infested persons.

### Resources

[www.cdc.gov](http://www.cdc.gov)

Control of Communicable Diseases Manual 20<sup>th</sup> Edition 2015. David Heymann, MD, Editor. Pages 550-552



**COMMUNICABLE DISEASE  
REPORTED FOR SAGINAW COUNTY  
FOR THE QUARTER  
01/01/2016-03/31/2016**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	15
CAMPYLOBACTER	3
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	265
CRYPTOSPORIDIOSIS	2
FLU LIKE DISEASE	2246
GASTROINTESTINAL ILLNESS	1755
GIARDIASIS	0
GONORRHEA	71
HEAD LICE	41
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	4
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	32
INFLUENZA	413
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	3
MENINGITIS-BACTERIAL OTHER	0
MUMPS	0
MYCOBACTERIUM	1
PERTUSSIS	0
RABIES	0
SALMONELLOSIS	1
SHIGELLOSIS	2
SHINGLES	2
STREP THROAT	141
STREPTOCOCCUS PNEUMONIA, INVASIVE	4
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	2
VZ INFECTION, UNSPECIFIED	1
YERSINIA ENTERITIS	0

**COMMUNICABLE DISEASE YTD  
REPORTED FOR SAGINAW COUNTY  
01/01/2016-03/31/2016**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	15
CAMPYLOBACTER	3
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	265
CRYPTOSPORIDIOSIS	2
FLU LIKE DISEASE	2246
GASTROINTESTINAL ILLNESS	1755
GIARDIASIS	0
GONORRHEA	71
HEAD LICE	41
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	4
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	32
INFLUENZA	413
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	3
MENINGITIS-BACTERIAL OTHER	0
MUMPS	0
MYCOBACTERIUM	1
PERTUSSIS	0
RABIES	0
SALMONELLOSIS	1
SHIGELLOSIS	2
SHINGLES	2
STREP THROAT	141
STREPTOCOCCUS PNEUMONIA, INVASIVE	4
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	2
VZ INFECTION, UNSPECIFIED	1
YERSINIA ENTERITIS	0



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Please visit our website at [www.saginawpublichealth.org](http://www.saginawpublichealth.org) where our communicable disease pamphlets are available.

This newsletter is provided to all Saginaw County healthcare providers, hospitals, schools, local colleges, universities, urgent care facilities and local media centers.  
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