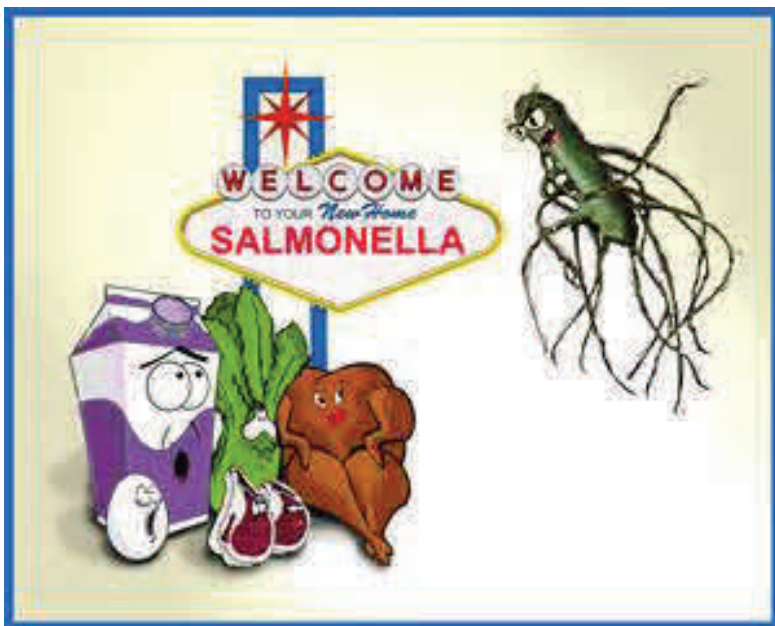


COMMUNICABLE DISEASE



SPRING 2015

NEWSLETTER



What is Salmonellosis?

Salmonellosis is an infection caused by the bacteria called Salmonella. Salmonella is one of the most common causes of food poisoning in the United States. The bacteria are found in contaminated foods such as: beef, chicken, raw eggs and unpasteurized milk. However, ALL foods have the potential to become contaminated with Salmonella, even fruits and vegetables. The bacteria can be spread by an infected person preparing food or by improper cooking and handling of the food. Animals can also carry Salmonella (snakes, turtles, lizards frogs, birds and petting zoo animals). A person ingests the bacteria; it enters the intestines and causes illness. Salmonellosis is more common in the summer than winter.

SYMPTOMS

Diarrhea (many loose bowel movements)

Nausea and vomiting

Dehydration (loss of fluids)

Abdominal pain/cramps

Fever, Fatigue and Headache

Salmonellosis in young children, immune compromised and elderly can be severe.



COMMUNICABILITY

Symptoms will develop 12-72 hours after ingestion of Salmonella bacteria. The illness will usually last 4-7 days. A person may be infected with Salmonella and not become ill. They can pass the bacteria to others.

TREATMENT

Many people recover without treatment. However, in some people, the diarrhea may be so severe that they will seek care through their medical provider. A stool culture should be done to diagnose Salmonella and antibiotics may be necessary.

PREVENTION

Salmonella is killed by cooking and pasteurization. Always wash your hands with soap and warm water before handling food. Keep food properly refrigerated before cooking. Chill foods promptly after serving and when transporting from one place to another. Always cook foods to their proper internal temperature. Use a meat thermometer to reach the proper internal temperature. Avoid cross-contamination of foods: Do not use utensils again after contact with raw foods. Clean surfaces thoroughly after contact with raw foods. Always wash your hands after contact with raw foods, animals, an animal's environment, pet foods or treats.

References:

Centers for Disease Control & Prevention at www.cdc.gov

Chickenpox

(varicella-zoster virus)



What is Chickenpox?

Chickenpox is a highly contagious disease caused by the Varicella Zoster Virus (VZV). Complications of chickenpox include (but are not limited to): bacterial infection of the skin and underlying tissues, pneumonia, meningitis and encephalitis.

SYMPTOMS

Infected persons generally present with an itchy rash which usually appears first on the face/head and progresses to the chest, back and extremities. Fluid-filled blisters, resulting from the rash, usually break and crust over within a period of 5-10 days. Although rash is often the first outward sign of disease, a mild episode of fever and malaise may exist for 1-2 days prior to the rash onset.

COMMUNICABILITY

The virus is transmitted through the air when an infected person coughs or sneezes and also by direct contact with the fluid of the classic blisters associated with chickenpox disease. The incubation period is 14 - 16 days with a range of 10 - 21 days, after which an infected person may present with an itchy rash.

TREATMENT

Treatments such as Calamine lotion and colloidal oatmeal baths may relieve some of the itching. **Non-aspirin** medications such as acetaminophen can be used to relieve fever (use of aspirin in children with chickenpox has been associated with a severe and sometimes fatal condition called Reye's Syndrome). Some healthcare providers may opt to prescribe antiviral medications, such as Acyclovir, for people with chickenpox who are more likely to develop serious disease.

PREVENTION

Chickenpox can be prevented through vaccination. During the pre-vaccine era, it is estimated that approximately 4 million people were infected, 10,600 were hospitalized and 100-150 died annually as a result of VZV. The chickenpox vaccine is administered routinely to children at 12 -15 months of age, and again at 4 - 6 years and is 98% effective in preventing disease. Individuals 13 years of age and older may receive 2 doses of vaccine separated by 28 days. While vaccination has made great strides in reducing the prevalence of disease, some people who receive the vaccine may still get chickenpox; however, it is usually a very mild case with a quick recovery. It is important to note that pregnant women, and those with a severely weakened immune system, are not candidates for the chickenpox vaccine.

For more information on chickenpox disease, visit the Centers for Disease Control and Prevention website: www.cdc.gov.

For more information on the chickenpox vaccine, contact your primary care provider or the Saginaw County Department of Public Health Immunization Program at (989) 758-3840 or www.saginawpublichealth.org.

References:

Centers for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preventable Diseases* 12th ed. Atkinson, W., Wolfe, S., & Hamborsky, J. eds. Washington DC: Public Health Foundation, 2011.

Centers for Disease Control and Prevention. Chickenpox Can Be Serious. Protect Yourself and Your Child. Retrieved from <http://www.cdc.gov/features/PreventChickenpox/>

Centers for Disease Control and Prevention. Varicella (Chickenpox) Vaccination. Retrieved from <http://www.cdc.gov/chickenpox/vaccination.html>

Centers for Disease Control and Prevention. Varicella (Chickenpox) Prevention & Treatment. Retrieved from <http://www.cdc.gov/chickenpox/about/prevention-treatment.html>

Centers for Disease Control and Prevention, American Academy of Family Physicians, & American Academy of Pediatrics. (2013). Chickenpox: Information for Parents.

**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
FOR THE QUARTER
01/01/2015-03/31/2015**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	21
CAMPYLOBACTER	0
CHLAMYDIA (Genital)	281
CHICKENPOX (VARICELLA)	0
CRYPTOSPORIDIOSIS	0
FLU LIKE DISEASE	3041
GASTROINTESTINAL ILLNESS	1651
GIARDISSIS	1
GONORRHEA	64
HEAD LICE	49
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	4
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	18
INFLUENZA	16
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	1
MENINGITIS-BACTERIAL OTHER	1
MUMPS	0
MYOBACTERIUM	0
PERTUSSIS	1
RABIES	0
SALMONELLOSIS	3
SHIGELLOSIS	3
SHINGLES	0
STREP THROAT	70
STREPTOCOCCUS PNEUMONIA, INVASIVE	3
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	0
YERSINIA ENTERITIS	0

**COMMUNICABLE DISEASE YTD
REPORTED FOR SAGINAW COUNTY
01/01/2015-03/31/2015**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	21
CAMPYLOBACTER	0
CHLAMYDIA (Genital)	281
CHICKENPOX (VARICELLA)	0
CRYPTOSPORIDIOSIS	0
FLU LIKE DISEASE	3041
GASTROINTESTINAL ILLNESS	1651
GIARDISSIS	1
GONORRHEA	64
HEAD LICE	49
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	4
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	18
INFLUENZA	16
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	1
MENINGITIS-BACTERIAL OTHER	1
MUMPS	0
MYOBACTERIUM	0
PERTUSSIS	1
RABIES	0
SALMONELLOSIS	3
SHIGELLOSIS	3
SHINGLES	0
STREP THROAT	70
STREPTOCOCCUS PNEUMONIA, INVASIVE	3
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	0
YERSINIA ENTERITIS	0

Please visit our website at www.saginawpublichealth.org where our communicable disease pamphlets are available.



Saginaw County Department of Public Health
1600 N. Michigan Avenue
Saginaw, MI 48602

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

If you would like to receive this newsletter by e-mail please submit your e-mail address to: sellison@saginawcounty.com

Articles for this newsletter are written and researched by the following members of the Personal and Preventive Health Services Division:
 Tawnya Simon, R.N., B.S.N., M.S.A., Susie Garlick, R.N.,
 Kemberly Parham, R.N., M.S.N.