

Mycobacterium Bovis, Summer Food Safety and Adolescent Immunizations

COMMUNICABLE DISEASE



Summer 2013



ADOLESCENT VACCINATION



National Foundation for Infectious Diseases

Mycobacterium Bovis

In the United States, the majority of tuberculosis (TB) cases in people are caused by *Mycobacterium tuberculosis* (*M. tuberculosis*). *Mycobacterium bovis* (*M. bovis*) is another *mycobacterium* that can cause TB disease in people. *M. bovis* causes a relatively small proportion, less than 2%, of the total number of cases of TB disease in the United States. This accounts for less than 230 TB cases per year in the United States. *M. bovis* transmission from cattle to people was once common in the United States. This has been greatly reduced by decades of disease control in cattle and by routine pasteurization of cow's milk.

People are most commonly infected with *M. bovis* by eating or drinking contaminated, unpasteurized dairy products. The pasteurization process, which destroys disease-causing organisms in milk by rapidly heating and then cooling the milk, eliminates *M. bovis* from milk products. Infection can also occur from direct contact with a wound, such as what might occur during slaughter or hunting, or by inhaling the bacteria in air exhaled by animals infected with *M. bovis*. Direct transmission from animals to humans through the air is thought to be rare, but *M. bovis* can be spread directly from person to person when people with the disease in their lungs cough or sneeze.

Not all *M. bovis* infections progress to TB disease, so there may be no symptoms at all. In people, symptoms of TB disease caused by *M. bovis* are similar to the symptoms of TB caused by *M. tuberculosis*; this can include fever, night sweats, and weight loss. Other symptoms might occur depending on the part of the body affected by the disease. For example, disease in the lungs can be associated with a cough, while gastrointestinal disease can cause abdominal pain and diarrhea. If untreated, a person can die of the disease. *M. bovis* is treated similarly to *M. tuberculosis*. In fact, healthcare providers might not know that a person has *M. bovis* instead of *M. tuberculosis*. *M. bovis* is usually resistant to one of the antibiotics, pyrazinamide, typically used to treat TB disease. However, resistance to just pyrazinamide does not usually cause problems with treatment, because TB disease is treated with a combination of several antibiotics. Latent infection without disease is not treated with pyrazinamide.

The most commonly reported source of *M. bovis* infection in people is the consumption of unpasteurized dairy products. Unpasteurized dairy products, such as milk or cheese, should not be consumed: although *M. bovis* infection in U.S. domestic cattle is substantially reduced compared to the past, unpasteurized dairy product consumption still carries health risks. To make sure that dairy products are pasteurized, check the label and ingredients list and make sure that the word "pasteurized" is listed. Use caution when purchasing homemade dairy products such as cheeses or products that are sold without complete labeling of the ingredients.

Source: www.cdc.gov

SUMMER FOOD SAFETY

TIPS FOR GRILLING FOOD SAFELY AND AVOIDING FOODBORNE ILLNESS

- ◆ Precook food partially in the microwave, oven, or stove to reduce grilling time. Be sure to put food immediately on a preheated grill to complete cooking.
- ◆ Always cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often brown quickly on the outside. It is important to use a food thermometer to ensure food has reached a safe minimum internal temperature.
- ◆ Never partially grill meat or poultry and finish cooking at a later time.
- ◆ When taking food off the grill, keep it hot (at 140 degrees Fahrenheit or warmer) until served.
- ◆ Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals, where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 degrees Fahrenheit, on a chaffing dish, slow cooker, or on a warming tray.

Source: USDA Food Safety and Inspection Service

ADOLESCENT IMMUNIZATIONS

Immunizations aren't just for babies and small children anymore. The Michigan Department of Community Health requires the following vaccines for children at 11-12 years of age (in addition to those required for school entry):

- ◆ 1 dose of Meningococcal Conjugate
- ◆ 1 dose of Tetanus, Diphtheria and acellular Pertussis (Tdap)
- ◆ 2 doses of Varicella (Chickenpox)

The above requirements are included in the recommendations of the Advisory Committee on Immunization Practices (ACIP) for comprehensive protection against vaccine-preventable diseases. Parents and healthcare providers are encouraged to follow the advice of the ACIP in efforts to provide the best immunization coverage possible. Thanks to vaccination, the prevalence of many vaccine-preventable diseases is very rare; however, the possibility of contracting one or more still exists. It is **very** important to immunize the adolescent population because the protection offered by the vaccines they received as babies begins to fade over time. In addition, adolescents are exposed to different diseases than when they were babies.

Vaccines can be very expensive, but no child should be left unprotected. The Vaccines for Children (VFC) Program provides all ACIP recommended vaccines for children birth through 18 years of age who are:

- ◆ Enrolled in Medicaid
- ◆ Uninsured
- ◆ Underinsured (health insurance does not cover vaccinations)
- ◆ American Indian
- ◆ Alaskan Native

Parents should contact their immunization provider to make an appointment to receive the above listed vaccines as soon as possible, if they have not already done so. The Saginaw County Department of Public Health (SCDPH) is a VFC provider and offers immunization services at several clinic locations.

For more information on clinic locations, accepted insurance plans, payment options, or to schedule an appointment call (989)758-3840 or visit www.saginawpublichealth.org.

DON'T WAIT!! Walk in or schedule an immunization appointment TODAY in order to beat the back-to-school rush!!

References:

www.michigan.gov/mdch

www.cdc.gov

The SCDPH also offers immunization services at a variety of satellite clinics throughout Saginaw County. For more information on satellite clinics, accepted insurance plans, payment options, or to schedule an appointment

**Communicable Disease
REPORTED FOR SAGINAW COUNTY
For the Quarter
04/01/2013-06/30/2013**

Disease	No. Reported
AIDS, AGGREGATE	6
ANIMAL BITE	8
CHLAMYDIA (Genital)	308
FLU LIKE DISEASE	1464
GASTROINTESTINAL ILLNESS	995
GONORRHEA	60
HEAD LICE	83
HEPATITIS B CHRONIC	6
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	46
HISTOPLASMOSIS	1
INFLUENZA	44
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	6
MYOBACTERIUM	1
NOROVIRUS	2
PERTUSSIS	1
SALMONELLOSIS	4
SHINGA TOXIN-PRODUCING ESCHERICHIA COLI-(STEC)	1
STREP THROAT	237
STREPTOCOCCUS PNEUMONIA, INVASIVE	4
SYPHILLIS-PRIMARY	1
SYPHILLIS-SECONDARY	1

**Communicable Disease
REPORTED FOR SAGINAW COUNTY
Year to Date
01/01/2013-06/30/2013**

Disease	No. Reported
AIDS, AGGREGATE	10
ANIMAL BITE	15
CHLAMYDIA (Genital)	611
CRYPTOSPORIDIOSIS	2
FLU LIKE DISEASE	8067
GIARDIASIS	2
GASTROINTESTINAL ILLNESS	3485
GONORRHEA	109
HEAD LICE	308
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	10
HEPATITIS C ACUTE	3
HEPATITIS C CHRONIC	85
HISTOPLASMOSIS	6
INFLUENZA	316
LEGIONELLOSIS	1
MENINGITIS-ASEPTIC	9
MYCOBACTERIUM	1
NOROVIRUS	3
PERTUSSIS	1
SALMONELLOSIS	7
STREP THROAT	784
STREPTOCOCCAL PNEUMONIA, INVASIVE	9
SYPHILLIS-EARLY LATENT	2
SYPHILLIS-LATE LATENT	1
SYPHILLIS-PRIMARY	1
SYPHILLIS-SECONDARY	1

Please visit our website at 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.

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



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