

INFLUENZA (“Flu”)

IMPETIGO

FIFTH DISEASE (Parvovirus infection)



Saginaw County
HEALTH DEPARTMENT

WINTER 2018

COMMUNICABLE DISEASE

NEWSLETTER



INFLUENZA (“Flu”)

DISEASE

Influenza (flu) is a contagious respiratory illness affecting the nose, throat, bronchial tubes and lungs caused by various influenza viruses. The flu can cause mild to severe illness, and even death. Each year in the United States, it is estimated that over 30 million people are infected with influenza leading to more than 600,000 hospitalizations. Deaths related to influenza range from 3,300 - 49,000 annually.

SYMPTOMS

Signs and symptoms of flu infection include:

abrupt onset of fever (101-102°F)	chills	dry cough	sore throat
runny or stuffy nose	muscle or body aches	headaches	fatigue (very tired)

COMMUNICABILITY

Most often, flu is spread by direct contact with droplets transferred from one person to another through coughing, sneezing and talking. Flu viruses can also be spread by touching surfaces or objects with flu virus on them and then touching one's own mouth, eyes or nose. This makes handwashing very important not only during flu season, but all year round.

It is possible for a sick individual to infect others before showing signs and symptoms of illness. Affected individuals may be contagious beginning 2 days before symptoms develop and up to 5-7 days after becoming ill. Adults and children with weakened immune systems may be able to infect others for an even longer period of time.

TREATMENT

Flu symptoms can be managed with and without medication. The most common treatments include:

- * Over-the-counter medications (pain reliever/fever reducer, cough suppressants, etc.)
- * Rest
- * Drinking plenty of fluids like water, broth and sports drinks/electrolyte beverages
- * Gargling with warm salt water to soothe a sore throat

Healthcare providers may also opt to prescribe an antiviral medication which can decrease the length and severity of the illness (if diagnosed within the first 2 days of exhibiting symptoms).

PREVENTION

One of the best ways to prevent the flu is to receive a flu vaccination. Vaccination is universally recommend for all persons 6 months of age and older without contraindications to vaccination. During the 2018-2019 flu season, flu vaccine has been manufactured in both injectable and intranasal presentations and contain either 3 (trivalent) or 4 (quadrivalent) viral strains, representing viruses recently circulating world-wide. Due to the varying composition of the vaccine each year, and declining immunity throughout the season, annual vaccination using the current vaccine is required.

Full antibody protection develops against influenza virus infections approximately two weeks after vaccination. It is important to remember that flu vaccination will not cause flu infection OR stop any infectious process already in progress. Yearly flu vaccination should begin in late September, or as soon as vaccine is available, and continue throughout the flu season. The flu season can begin as early as October with flu activity peaking in December through February or later. You should contact your healthcare provider to receive the flu vaccine as soon as it becomes available. Flu vaccine is also available at the Saginaw County Health Department (SCHD) for individuals 6 months of age and older. The SCHD accepts Medicaid, Medicare, Blue Care Network, Priority Health and some Blue Cross Blue Shield plans for flu vaccine administration. For clinic hours or more information call (989) 758-3840 or visit www.saginawpublichealth.org.

RESOURCES

Centers for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preventable Diseases* 13th ed. Hamborsky, J., Kroger, A., & Wolfe, S. eds. Washington DC: Public Health Foundation, 2015.

Centers for Disease Control and Prevention. Influenza (Flu). Retrieved from <http://www.cdc.gov/flu/index.htm>.

SENTINEL FLU PROVIDERS

The Saginaw County Health Department (SCHD) is seeking providers to participate in the Michigan Influenza Sentinel Provider Surveillance Program. This is a collaborative effort between the Centers for Disease Control and Prevention (CDC), the Michigan Department of Health and Human Services (MDHHS), local health departments, and volunteer sentinel clinicians for the purposes of influenza surveillance. As a sentinel site, clinicians report the total number of patient visits to their facilities each week, as well as the number of patient visits for influenza-like illness (ILI) within five age categories (0-4 years, 5-24 years, 25-49 years, 50-64 years and 65+ years). Additionally, sentinel sites collect respiratory specimens from a sample of patients with ILI for respiratory virus panel testing at no charge by the MDHHS (lab kits and shipping paid for by MDHHS).

Medical providers of any specialty (e.g., family medicine, internal medicine, pediatrics, infectious disease) in nearly any setting (e.g., private practice, public health clinic, urgent care center, emergency room, university student health center) who are likely to see patients with influenza-like illness can be flu sentinel sites. The only exception is for those providers who primarily care for institutionalized populations (e.g., nursing homes, prisons). The advantages of being a sentinel provider include: free laboratory testing (respiratory virus culture) for approximately 11 specimens per site per year, weekly feedback on submitted data, free online subscriptions to the CDC's *Emerging Infectious Diseases* and *Morbidity and Mortality Weekly Report*, and two (2) free registrations to an MDHHS Fall Regional Immunization Conference (reporting for ½ the weeks of the year required).

For more information, please visit the Michigan Department of Health and Human Services Influenza Sentinel Provider website at www.michigan.gov or contact Michelle Doeblner at (517) 284-4874 or the SCHD Immunization Program at (989) 758-3840.

IMPETIGO

DISEASE

Impetigo is a common and highly contagious skin infection caused by bacteria. It occurs most often in infants and children and is generally caused by Group A streptococcus.

SYMPTOMS

Symptoms of impetigo involve red sores that quickly rupture, ooze for a few days, and then form a yellowish-brown crust. The sores most often occur around the mouth and nose, but can spread to any other areas of the body.

COMMUNICABILITY

Impetigo is highly contagious. It is spread from person to person or to other areas of the body through contact with the bacteria on clothing, towels, bed linen and toys.

TREATMENT

Diagnosis of impetigo is usually made through visual assessment. It is usually treated with an antibiotic ointment applied directly to the sores. If there are several sores, an oral antibiotic may be prescribed.

PREVENTION

Impetigo can be prevented through education to the public on personal hygiene, including handwashing and the importance of not sharing towels or other personal items. Cuts, scrapes, insect bites and other wounds should be washed immediately. Initial cases of impetigo must also be treated immediately.

RESOURCES

www.cdc.gov

www.mayoclinic.org

Control of Communicable Diseases Manual 20th Edition 2015. David Heymann, MD, Editor. Pages 571-575.

FIFTH DISEASE (Parvovirus infection)

DISEASE

Parvovirus is a common, but contagious childhood ailment caused by human Parvovirus B19. It has been called fifth disease because it was one of the 5 most common childhood diseases involving a rash. It is also called “slapped-cheek” disease due to the facial rash that appears on both cheeks. It is not related to the parvovirus which dogs and cats can get, and it is not able to be passed from pets to humans or vice versa.

SYMPTOMS

Early signs and symptoms of fifth disease infection in children may include: fever, headache, upset stomach and a runny nose. A few days after those symptoms, a distinctive bright red facial rash may appear on both cheeks. The rash can extend to the arms, trunk, thighs and buttocks. The rash has a pink, slightly raised appearance and it maybe itchy. The rash usually occurs near the end of the illness, however it may come and go for up to 3 weeks, especially when the child is exposed to the sun or extreme temperature changes. If an adult does contract fifth disease their symptoms will be joint soreness in the hands, wrist, knees and ankles. An adult will rarely have the rash.

COMMUNICABILITY

Fifth disease can occur anytime of the year and is spread from person-to-person like the cold virus, through respiratory secretions and hand-to-hand contact. It is most common in school-aged children and outbreaks can happen in the winter and spring. Fifth disease is contagious the week before the rash appears. Most parents take notice of the “slapped-cheek” rash but once the rash appears the child is no longer contagious.

TREATMENT

Treat at home by alleviating the symptoms: Tylenol for fever and discomfort and increasing fluid intake and plenty of rest for the healthy child. Children with chronic medical conditions should be evaluated by their physician.

PREVENTION

There is no vaccine to prevent fifth disease. Once infected with the virus the body develops lifelong immunity. Proper hand washing and not sharing food and drinks may help to lower the chances of contracting parvovirus.

RESOURCES

www.cdc.gov



**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
FOR THE QUARTER
10/01/2018– 12/31/2018**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	71
CAMPYLOBACTER	3
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	320
CRYPTOSPORIDIOSIS	2
FLU LIKE DISEASE	2075
GASTROINTESTINAL ILLNESS	890
GIARDIASIS	1
GONORRHEA	132
HEAD LICE	73
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	4
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	19
INFLUENZA	1
LEGIONELLOSIS	3
MENINGITIS-ASEPTIC	6
MENINGITIS-BACTERIAL OTHER	1
MUMPS	0
PERTUSSIS	1
RABIES-ANIMAL	0
SALMONELLOSIS	3
SHIGELLOSIS	1
SHINGLES	1
STREP THROAT	141
STREPTOCOCCUS PNEUMONIA, INVASIVE	10
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	0
YERSINIA ENTERITIS	0
ZIKA	0

**COMMUNICABLE DISEASE YTD
REPORTED FOR SAGINAW COUNTY
01/01/2018-12/31/2018**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	274
CAMPYLOBACTER	16
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	1456
CRYPTOSPORIDIOSIS	9
FLU LIKE DISEASE	7478
GASTROINTESTINAL ILLNESS	3162
GIARDIASIS	12
GONORRHEA	538
HEAD LICE	233
HEPATITIS B ACUTE	0
HEPATITIS B CHRONIC	16
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	104
INFLUENZA	1397
LEGIONELLOSIS	12
MENINGITIS-ASEPTIC	35
MENINGITIS-BACTERIAL OTHER	3
MUMPS	0
PERTUSSIS	3
RABIES-ANIMAL	1
SALMONELLOSIS	17
SHIGELLOSIS	2
SHINGLES	3
STREP THROAT	415
STREPTOCOCCUS PNEUMONIA, INVASIVE	23
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	11
YERSINIA ENTERITIS	0
ZIKA	0



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Please visit our website at www.saginawpublichealth.org

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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