

MEASLES

DISEASE

Measles is a highly contagious virus affecting millions of people each year. Children are at high risk for developing severe illness and complications, such as pneumonia and encephalitis, which can lead to death. Measles is more common in developing countries; however, measles cases exist in the United States. Currently, in 2018, the U.S. has had more measles cases than for the entire year of 2017.

SYMPTOMS

Symptoms of measles occur 7-14 days after exposure and include high fever, cough, runny nose, watery/red eyes and white spots in the mouth (koplik spots). Three to five days after symptoms start a flat, red rash will appear. The rash begins on the head and moves down the body. With the onset of the rash, the fever may increase to above 104 degrees Fahrenheit.

COMMUNICABILITY

Measles is so contagious that 90% of exposed, unvaccinated or nonimmune people will develop the disease. The virus is transmitted through respiratory droplets of an infected person when coughing, sneezing or speaking. The infected droplets can linger in the air for up to 2 hours. These droplets can then be inhaled by others who may become infected. In addition, droplets that land on a surface can be picked up by a person who touches that surface and then touches their eyes, nose or mouth. An infected person can spread the disease 4 days before rash onset and up to 4 days after the rash resolves.

TREATMENT

There is no treatment for measles. Symptom management may include: fever reducers such as Tylenol, Advil/Motrin or Aleve (do not give aspirin to children or teens), rest, drinking plenty of fluids and humidified air to help relieve cough and sore throat. Symptom management and treatment can be provided in-home while complications like pneumonia and encephalitis may require medical treatment and hospitalization

PREVENTION

The best prevention against measles is vaccination. A complete measles vaccination series is 97% effective against the disease. The Centers for Disease Control recommends two doses of the MMR (Measles, Mumps and Rubella) vaccine. The first dose of the vaccine can be administered after the first birthday and the second dose after the fourth birthday. Unvaccinated adolescents and adults should also receive the MMR vaccine.

For more information on measles disease or vaccination, contact your primary care provider or the Saginaw County Health Department's Immunization Program at (989) 758-3840 or visit the website at www.saginawpublichealth.org.

REFERENCES

- <https://www.cdc.gov/measles/about/signs-symptoms.html>
- <https://www.cdc.gov/measles/cases-outbreaks.html>
- <http://www.who.int/immunization/diseases/measles/en/>
- <https://www.mayoclinic.org/diseases-conditions/measles/diagnosis-treatment/drc-20374862>

Measles
IT ISN'T JUST A LITTLE RASH

Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin

Measles Can Be Serious

About 1 out of 4 people who get measles will be hospitalized.

1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.

1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.

Provide your children with **safe and long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES

CDC American Academy of Pediatrics AMERICAN ACADEMY OF FAMILY PHYSICIANS

BACTERIAL VAGINOSIS

DISEASE

Bacterial vaginosis (BV) is a condition that happens when there is too much of certain bacteria which changes the normal balance of ‘good’ and ‘harmful’ bacteria in the vagina.

COMMUNICABILITY

Researchers do not know the cause of BV or how some women get it. It is known however, that BV is not contracted from toilet seats, bedding or swimming pools. The condition typically occurs in sexually active women and rarely affects women who have never had sex. Douching and having a new sex partner (or multiple sex partners) can upset the balance of bacteria in the vagina. While sex is believed to increase a woman’s chances of getting BV, there is no research to show that treating a sex partner affects the outcome. It is important to note that having BV can increase a woman’s chances of contracting sexually transmitted infections such as chlamydia, gonorrhea and HIV.

SYMPTOMS

Some women may not have any symptoms. Those that do generally report thin white or gray vaginal discharge, pain, itching or burning in the vagina, a strong fish-like odor (especially after sex), burning when urinating and itching around the outside of the vagina.

TREATMENT

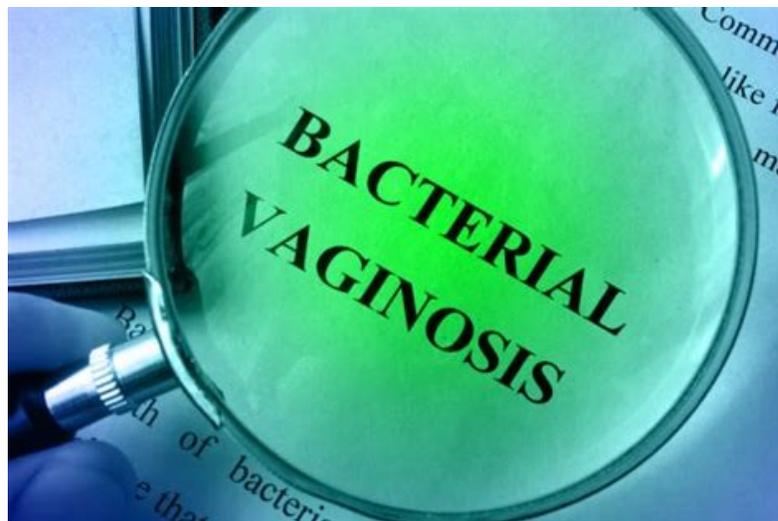
BV will sometimes go away without treatment, however, symptoms of BV should be evaluated and treated by a healthcare provider. BV is treated primarily with metronidazole, either in pill or vaginal gel form. It is important that all medication is taken as prescribed, even if symptoms go away. BV may be transferred between female sex partners. Male sex partners of women diagnosed with BV generally do not need to be treated.

PREVENTION

Doctors and scientists do not completely understand how BV spreads. There are no known best ways to prevent it. However, basic prevention steps such as: not having sex, limiting the number of sex partners and not douching may help lower the risks of developing BV.

REFERENCE

www.cdc.gov/std/bv



BED BUGS



DISEASE

What are Bed Bugs? Bed bugs are ectoparasites which only feed on blood. They get their name because they normally hide in mattresses so they have close access to their human hosts. They are nocturnal and feed at night. Bed bugs are small, flat insects which have an oval appearance and are about 3/16 of an inch in length. There has been a resurgence of bed bugs in the United States and they have become a serious pest problem for travelers, homeowners and renters.



SYMPTOMS

Bed bugs are not known to transmit diseases, but their bite can become a red itchy welt due to the transfer of the bug's saliva while it is feeding. The bite will appear similar to a mosquito bite, but bed bug bites will be in a cluster on areas of the body where bare skin was exposed while sleeping. Most people only have a mild reaction to the bites; however, some people have severe and immediate reaction to the bug's saliva. Bed bugs will leave blood spots (black debris) on sheets, pillowcases and around the seams of the mattress after feeding, as the bugs expel their meals. Bed bugs prefer humans but they will also feed on cats, dogs or any other warm-blooded pets.

COMMUNICABILITY

Bed bugs are great hitchhikers. They will attach to clothing, luggage and all types of fabric furniture. The bugs are usually unknowingly transported into a person's home, apartment or vehicle. Bed bugs can also travel between apartment units as they will wander through openings in walls and holes wherever wires or pipes pass.

TREATMENT

Due to the bugs' elusive nature they may be well-established once a person realizes they have an issue. Bed bugs can be very difficult to eradicate. Decluttering the home and removing affected mattresses or furniture can help. Heat has been proven to kill all stages of the bed bug life cycle from egg to adult. It is wise to contact a pest control company for proper elimination of the bugs. Pest control companies have several methods to kill the bugs depending on how severe the infestation is. Bed bug dog inspections can detect the level of infestation in a building. Manual, heat or fumigation methods will be used.

PREVENTION

Do not bring any used mattresses, furniture or clothing into your home. When traveling put all luggage into an area of the hotel that has tile floor, usually the bathroom. Bed bugs do not like smooth surfaces and will be less apt to attach to luggage in that area of the hotel room. Wash all clothing when returning home. 120°F kills bed bugs. Remove clutter as bed bugs love to hide in clutter.

REFERENCES

www.michigan.gov/bedbugs



**COMMUNICABLE DISEASE
REPORTED FOR SAGINAW COUNTY
FOR THE QUARTER
04/01/2018– 06/30/2018**

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	93
CAMPYLOBACTER	5
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	388
CRYPTOSPORIDIOSIS	3
FLU LIKE DISEASE	446
GASTROINTESTINAL ILLNESS	168
GIARDIASIS	5
GONORRHEA	157
HEAD LICE	17
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	5
HEPATITIS C ACUTE	0
HEPATITIS C CHRONIC	24
INFLUENZA	0
LEGIONELLOSIS	8
MENINGITIS-ASEPTIC	25
MENINGITIS-BACTERIAL OTHER	0
MUMPS	0
PERTUSSIS	0
RABIES-ANIMAL	0
SALMONELLOSIS	7
SHIGELLOSIS	0
SHINGLES	0
STREP THROAT	61
STREPTOCOCCUS PNEUMONIA, INVASIVE	0
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	4
YERSINIA ENTERITIS	0
ZIKA	0

**COMMUNICABLE DISEASE YTD
REPORTED FOR SAGINAW COUNTY**

01/01/2018-06/30/2018

Disease	No. Reported
AIDS, AGGREGATE	0
ANIMAL BITE	203
CAMPYLOBACTER	13
CHIKUNGUNYA	0
CHLAMYDIA (Genital)	1140
CRYPTOSPORIDIOSIS	7
FLU LIKE DISEASE	5403
GASTROINTESTINAL ILLNESS	2272
GIARDIASIS	11
GONORRHEA	408
HEAD LICE	157
HEPATITIS B ACUTE	1
HEPATITIS B CHRONIC	9
HEPATITIS C ACUTE	1
HEPATITIS C CHRONIC	51
INFLUENZA	1396
LEGIONELLOSIS	9
MENINGITIS-ASEPTIC	29
MENINGITIS-BACTERIAL OTHER	2
MUMPS	0
PERTUSSIS	3
RABIES-ANIMAL	1
SALMONELLOSIS	14
SHIGELLOSIS	0
SHINGLES	1
STREP THROAT	274
STREPTOCOCCUS PNEUMONIA, INVASIVE	13
SYPHILLIS-LATE LATENT	0
TUBERCULOSIS	0
VZ INFECTION, UNSPECIFIED	11
YERSINIA ENTERITIS	0
ZIKA	0



Saginaw County
HEALTH DEPARTMENT

**Saginaw County Health Department
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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.

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

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