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Measles

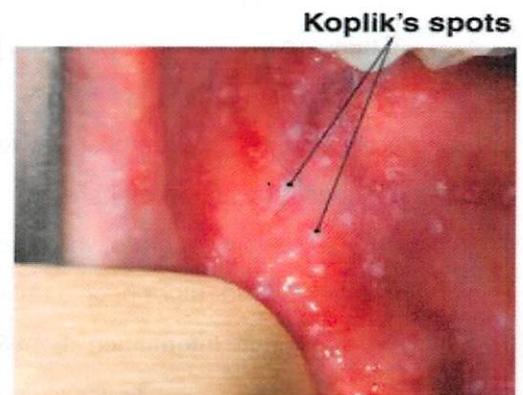
Measles is a respiratory disease caused by a virus that is transmitted by infected droplets in the air. It is one of the most contagious of all infectious diseases with >90% attack rate among susceptible close contacts. Measles is spread from person to person by the inhalation of respiratory droplets or when nasal secretions come into contact with the mucous membranes of a susceptible person. A person is most contagious from the onset of symptoms through the first four days of the rash.

A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes and sore throat. Two to three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after the start of symptoms, a red or reddish-brown rash appears. The rash usually begins on a person's face at the hairline and spreads downward. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit. After a few days, the fever usually subsides and the rash fades.

The best way to prevent measles remains vaccination. The disease can be prevented with the MMR vaccine, which protects against measles, mumps and rubella. CDC recommends children get two doses of MMR starting at 12-15 months of age, followed by the second dose at 4-6 years of age. Teens and adults should also be up to date with their MMR vaccination. The MMR vaccine is safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles.

In Florida, the number of reported measles cases has remained at less than 10 cases per year since 2010. Most of these cases are often associated with international travel. CDC has reported increased measles activity in Greece, England, Serbia, Indonesia, Italy, Ukraine, the Philippines, Romania and France. Travelers to these countries should make sure they have been vaccinated.

For more information in regards to vaccination please call Florida Department of Health in Santa Rosa at 850-983-5200.



**Santa Rosa and Escambia
County Epidemiology
24/7 Disease Reporting
Hotline:
850-418-5566**

Salmonella

Salmonella is a bacteria that commonly causes foodborne illness, sometimes called "food poisoning." The Center for Disease Control and Prevention (CDC) estimates *Salmonella* causes 1 million foodborne illnesses every year in the United States. Most people infected with *Salmonella* experience symptoms of diarrhea, fever and cramps 12 to 72 hours after exposure. In 2018, *Salmonella* outbreaks have been linked to exposures such as cereal, pre-cut melons, dried and frozen coconut, chicken salad and shelled eggs.



Five Facts That May Surprise You

1. **You can get a *Salmonella* infection from a variety of foods.** *Salmonella* can be found in many foods including beef, chicken, eggs, fruits, pork, sprouts, vegetables, and even processed foods, such as nut butters, frozen pot pies, chicken nuggets, and stuffed chicken entrees.
2. ***Salmonella* illness is more common in the summer.** Warmer weather and unrefrigerated foods create ideal conditions for *Salmonella* to grow. Be sure to refrigerate or freeze perishables (foods likely to spoil or go bad quickly), prepared foods, and leftovers within 2 hours. Chill them within 1 hour if the temperature is 90°F or hotter.
3. ***Salmonella* illness can be serious and is more dangerous for certain people.** Anyone can get a *Salmonella* infection, but some groups are more likely to develop a serious illness: older adults, children younger than 5, and people with immune systems weakened from medical conditions, such as diabetes, liver or kidney disease, and cancer or their treatment.
4. ***Salmonella* causes far more illnesses than you might suspect.** For every one case of *Salmonella* illness confirmed by laboratory tests, there are about 30 more cases of *Salmonella* illnesses that are not reported. Most people who get food poisoning usually do not go to the doctor or submit a sample to a laboratory, so we never learn what germ made them sick.
5. **To avoid *Salmonella*, you should not eat raw eggs or eggs that have runny whites or yolks.** *Salmonella* can contaminate eggs, even perfectly normal-looking ones. But these eggs can make you sick, especially if they are raw or lightly cooked. Eggs are safe when you cook and handle them properly.

According to the CDC, the best way to prevent a *Salmonella* infection is to cook meat and poultry thoroughly and wash hands regularly when handling raw meats, birds/chickens, reptiles or animal feces. Raw meats and vegetables should remain separate while preparing meals to avoid cross-contamination. Symptomatic individuals should not prepare food for other people until diarrhea has resolved, as this could spread the infection.

For more information about *Salmonella*, visit <https://www.cdc.gov/salmonella/general/index.html>

Week 20: May 13-19, 2018

State influenza and influenza-like illness (ILI) activity:

Week 20 marks the end of the production of the weekly influenza report. The Florida Department of Health will continue to distribute influenza reports in an abbreviated format during the summer months on a biweekly basis. RSV surveillance information will continue to be included in these biweekly reports. Surveillance for influenza will continue during the summer months with a focus on identification of outbreaks and unusually severe presentations of influenza or ILI.

The influenza season is coming to a close. Statewide, influenza and ILI activity continued to decrease and remained at normal levels for this time. While activity has declined overall, it is important to note that influenza continues to circulate at low levels throughout the summer months in Florida and may cause outbreaks.

Data indicate influenza activity this season peaked during week 5 (ending February 3, 2018). Peak influenza activity this season was higher than in past flu seasons.

No new influenza-associated pediatric deaths were confirmed in week 20. Eight influenza-associated pediatric deaths have been confirmed since the start of the 2017-18 influenza season. The number of confirmed influenza-associated pediatric deaths ranged from three to 11 during the last five flu seasons.

Deaths due to pneumonia and influenza (P&I) were below expected levels. Deaths due to P&I also peaked during week 5.

Two outbreaks of influenza or ILI were reported in week 20: one with laboratory confirmation of influenza and one ILI. A total of 507 outbreaks of influenza and ILI have been reported since the start of the 2017-18 season. More outbreaks were reported this season than in previous seasons on record. An average of 91 total influenza or ILI outbreaks were reported during the last five seasons.

In week 20, two cases of intensive-care unit patients aged <65 years with laboratory-confirmed influenza were reported; 378 cases have been reported since February 1, 2018.

Of the 242 cases with known vaccination status, the majority (69%) were unvaccinated individuals. Of the 374 cases with medical histories available, the majority (89%) had underlying medical conditions.

Prevention and Treatment:

Timely use of antivirals remains important throughout the summer months for unusually severe presentations of influenza and for people at higher risk for complications with suspect influenza. A Centers for Disease Control and Prevention (CDC) health advisory stresses the importance of rapid and early antiviral treatment this season. Visit: <http://www.floridahealth.gov/diseases-and-conditions/influenza/documents/cdc-han-influenza-12-27-2017.pdf>.

The Florida Department of Health recommends that sick people stay home until fever-free for at least 24 hours (without the use of fever-reducing medication) and that all people use good handwashing practices.

National influenza activity:

Influenza activity decreased and remained below the national baseline.

As in Florida, influenza A (H3) has been the most common strain of influenza identified for the season; however, influenza B viruses have been more frequently reported than influenza A viruses since early March.

This late-season circulation of influenza B is expected.

