

# EPI OBSERVER

Florida Department of Health in Martin County  
 Division of Epidemiology  
 Quarterly Disease Surveillance Newsletter

Quarter 3  
 July - September 2017



## DID YOU KNOW... !

The NOAA is predicting an above-average hurricane season in the Atlantic this year. Hurricane season started June 1 and will continue until November 30.

With hurricane season in full swing, here are some tips to make sure you and your family are ready to go!

### Make a Plan:

- Stock up on emergency supplies for your home and car.
- Write down emergency phone numbers for around the house and program them into your cell phone.
- Buy a fire extinguisher and ensure all family members know how to use it.
- Find out where the nearest shelter is in your area, and the best route to get there.

### Get Supplies:

- 5 gallons of water per person
- 3 to 5 day supply of food that will not go bad during a power outage
- Prescription medicines
- First aid kit and instructions
- Battery-powered radio
- Flashlights
- Extra batteries
- Wet cleaning cloths
- Personal hygiene products

### Evacuating Safely:

- Turn off the gas, electricity, water, and unplug your appliances.
- Make sure you have a car emergency kit:
  - Flares, jumper cables, maps, a first aid kit, flashlight, extra batteries, and food that will not go bad

To learn more about the CDC's recommended ways to stay safe this hurricane season, click [here](#) or visit [www.cdc.gov/disasters](http://www.cdc.gov/disasters).



## A SAFE SUMMER IS A FUN SUMMER!

### Sun Safety

- Generously apply sunscreen 15 minutes before going outside. Sunscreen should have an SPF of at least 30 and broad spectrum protection. Reapply every two hours, even on cloudy days!
- Seek shade when possible. The sun's UV rays are strongest between 10am and 4pm.
- Use extra caution near water and sand as they increase your chance of sunburn by reflecting the damaging rays of the sun.
- Check the UV index before planning outdoor activities.

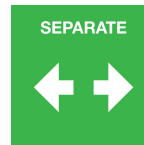
UV INDEX	DANGER CATEGORY
1 to 2	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11+	Extreme

### Food Safety

Follow these **simple steps** to keep you and your family safe from home food poisoning this summer.



Wash fruits and veggies even if you plan to peel them. Bacteria and viruses can spread from the outside to inside when you cut or peel your produce.



Use separate cutting boards, plates, and utensils for raw (uncooked) produce and raw (uncooked) meat, poultry, seafood and eggs.



145°F– Beef/Pork  
 160° F– Ground meats  
 165°F– Poultry  
 145°F– Fin fish  
 160°F– Egg dishes, until yolk and white are firm



Thaw or marinate foods in the refrigerator, NEVER on the counter. Store refrigerated foods in shallow containers, as they will chill faster.

### FUN FACT

September is National Food Safety Education Month.



### INSIDE THIS ISSUE:

Summer Safety	1
Immunization Awareness Month	2
Disease Spotlights	3
Reportable Disease Summary	4
Bulletin Board	5

# NATIONAL IMMUNIZATION AWARENESS MONTH

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, the Florida Department of Health in Martin County is proudly participating in National Immunization Awareness Month.

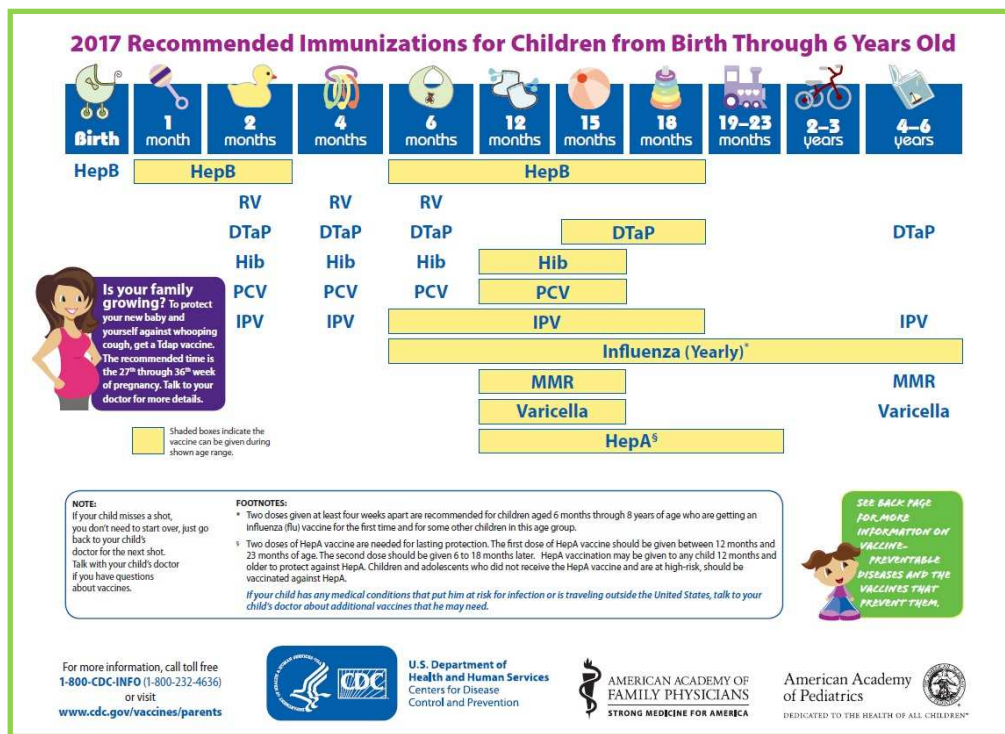
Shots can prevent serious diseases like the flu, measles, and chickenpox. It's important to know which shots your child needs and when to get them.

And although it is very important for young children to receive their vaccinations, vaccines aren't just for kids!

Visit these links or [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) to find the CDC's recommended immunization schedule's for different age groups, or speak with your local healthcare professional.

- [Children](#) (0-6 years old)
- [Children](#) (7-18 years old)
- [Adults](#) (19 years and older)

**Remember:** it is always better to prevent a disease than to treat it after it occurs. Join the movement and help us celebrate NIAM by taking the time this summer to make sure your family is up to date on their immunizations!



## 5 IMPORTANT REASONS TO VACCINATE YOUR CHILD!

1. **Immunizations can save your child's life.** Polio is one example of the great impact that vaccines had have in the United States. Polio was once America's most-feared disease, causing death and paralysis across the country, but today, thanks to vaccination, there are no reports of polio in the United States.
2. **Vaccination is safe and effective.** Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Serious side effects following vaccination, such as severe allergic reaction, are very rare. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.
3. **Immunization protects others you care about.** While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized.
4. **Immunizations can save your family time and money.** The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. To find out more about the VFC program, visit <http://www.cdc.gov/vaccines/programs/vfc/>.
5. **Immunization protects future generations.** If we continue vaccinating now, and vaccinating completely, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future.

For more information about **National Immunization Awareness Month** click [here](#) or visit [www.cdc.gov/vaccines/events/niam.html](http://www.cdc.gov/vaccines/events/niam.html).

# DISEASE SPOTLIGHTS

## JULY IS INTERNATIONAL GROUP B STREP AWARENESS MONTH

### Group B Streptococcus



Group B Streptococcus is a type of bacteria that causes illness in people of all ages, but is especially severe in newborns. In newborns this could mean the development of **sepsis** (a blood infection), **pneumonia**, and sometimes **meningitis**.

However, most early onset group B strep disease in newborns can be prevented by giving pregnant women antibiotics through IV during labor. About **1 IN 4 PREGNANT WOMEN** carry group B strep, so pregnant women should be tested for group B strep bacteria when they are 35 to 37 weeks pregnant.

To find out more visit: [www.cdc.gov/groupbstrep](http://www.cdc.gov/groupbstrep)

### Hepatitis



There are five main hepatitis viruses, referred to as types A, B, C, D, and E. Hepatitis **A** and **E** are typically caused by ingestion of **contaminated food or water**, while **B**, **C** and **D** usually occur as a result of **contact with infected body fluids**.

Acute infection may occur with limited or no symptoms, or may include symptoms such as jaundice, dark urine, extreme fatigue, nausea and vomiting.

Help us participate in **World Hepatitis Day** at the end of July by clicking [here](#) to watch a short video by the WHO on effective ways to prevent hepatitis, or by visiting [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis) to learn more about how to keep you and your family safe.

## SUMMER SPECIAL EDITION

### Naegleria fowleri

Commonly found in warm freshwater (lakes, rivers, and hot springs), *Naegleria fowleri* is a free-living microscopic amoeba responsible for causing an infection of the brain known as primary amebic meningoencephalitis (PAM). You **CANNOT** become infected from **DRINKING** contaminated water. Rather, it usually infects people when contaminated water enters the body through the nose, where it then travels to the brain where it causes PAM. And although risk of infection is low, personal actions to reduce risk should focus on limiting the amount of water allowed into the nose.

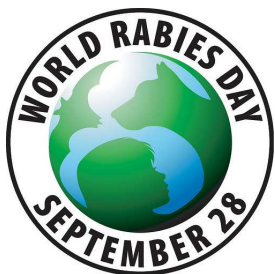
#### What You Can Do:

- Avoid water-related activities in warm freshwater during periods of especially high water temperature
- Avoid digging in, or stirring up, the sediment while taking part in water-related activities in shallow, warm freshwater areas
- Avoid putting your head under the water in hot springs and other untreated thermal waters

For more information, visit: <https://www.cdc.gov/parasites/naegleria>



September 28th is **World Rabies Day**.



#### What is rabies, and can I get it?

Rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. Rabies is prevalent in Florida, and the principal rabies hosts today are wild carnivores and bats. However, in the United States, human fatalities from rabies are associated only with people who fail to seek medical assistance.

#### What can I do to stop the spread of rabies?

Visit your veterinarian with your pet regularly, and keep rabies vaccinations up-to-date for all pets. Maintain control of your pets and always keep them under direct supervision. Call animal control to remove any stray animals from your neighborhood, as they may be unvaccinated or ill.

#### Zero by 30

The World Health Organization, along with the World Organisation for Animal Health and the Food and Agriculture Organization of the United Nations, have set out to achieve a global target of zero human deaths from dog-transmitted rabies by 2030!

For more information on how you can help us **stop rabies in its tracks**, visit: [www.cdc.gov/rabies](http://www.cdc.gov/rabies)

## Martin County Reportable Disease Summary January 1 – June 30

Reportable Disease	2016	2017
Campylobacteriosis	26	31
Carbon Monoxide Poisoning	4	2
Cryptosporidiosis	1	3
Giardiasis, Acute	4	3
Haemophilus influenzae Invasive Disease	1	2
Hansen's Disease (Leprosy)	2	0
Hepatitis A	2	1
Hepatitis B, Acute	1	3
Hepatitis B, Chronic	10	14
Hepatitis B, Pregnant Women	0	4
Hepatitis C, Chronic	118	115
Hepatitis C, Perinatal	0	1
Lead Poisoning	2	2
Legionellosis	1	0
Listeriosis	0	1
Lyme Disease	1	5
Mercury Poisoning	0	1
Pertussis	0	1
Pesticide-Related Illness and Injury, Acute	1	0
Rabies, Animal	1	2
Rabies, Possible Exposure	20	37
Rocky Mountain Spotted Fever and Spotted Fever Rickettsiosis	0	1
Salmonellosis	21	20
Shigellosis	3	2
Strep pneumoniae Invasive Disease, Drug-Resistant	1	0
Strep pneumoniae Invasive Disease, Drug-Susceptible	4	0
Typhoid Fever (Salmonella Serotype Typhi)	0	2
Varicella (Chickenpox)	10	5
Vibriosis (Vibrio parahaemolyticus)	0	1
Zika Virus Disease and Infection, Non-Congenital	2	0
<b>TOTAL</b>	<b>236</b>	<b>259</b>

**Data is provisional and not considered official.**

All practitioners, hospitals and laboratories in Florida are required to notify the Florida Department of Health (DOH) of diseases or conditions of public health significance under Section 381.0031, Florida Statutes and Chapter 64D-3, Florida Administrative Code (FAC). Click [here](#) for a list of reportable diseases.

**If you are a healthcare professional or laboratory worker and would like to report a case of disease please contact the Florida Department of Health in Martin County:**

**Phone: 772-221-4000 Option 7**



# THE BULLETIN BOARD



MARK YOUR CALENDAR!



## JULY

International Group B Strep Awareness Month  
July 28: World Hepatitis Day

## AUGUST

National Immunization Awareness Month

## SEPTEMBER

National Food Safety Education Month  
September 28: World Rabies Day

CONNECT WITH DOH.  
GET NEWS, UPDATES AND MORE!

[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

ARE YOU INTERESTED IN  
PROVIDING CONDOMS TO YOUR  
PATIENTS? GIVE JACKIE CLARKE A  
CALL AT:

**772-221-4000 EXT. 2128**

## WORLD BREASTFEEDING WEEK

Come join us at the Children's Services Council from 10am-12pm on Friday, August 18 for a free community education program. This event will feature special guest speakers, refreshments, and door prizes!  
101 SE Central Parkway, Stuart, FL 34994

*Sustaining Breastfeeding Together*

## DID YOU KNOW?

DOH Martin provides immunizations for school aged children who have Medicaid or are uninsured, and children who are new to the community and have not yet been established with a private provider. Adult and travel vaccinations are no longer offered, but are available from the following healthcare providers:

- ➔ FDOH in Palm Beach **561-547-6800**
- ➔ FDOH St. Lucie **772-462-3800**
- ➔ Care Spot - Vero Beach **772-257-3200**
- ➔ Passport Health - Juno Beach **561-361-7484**
- ➔ VNA of Martin **772-286-1844**

FDOH in Martin County offers confidential Rapid HIV testing and treatment services.

Appointments are available by calling:

**772-221-4000**

### TESTING HOURS:

Monday, Wednesday, Thursday  
8:30am-11am and 1pm-3pm

**Walk-ins are welcome!**



## School Age Immunizations

Medicaid-Uninsured-Underinsured

Appointments

**772-221-4000 ext. 2242**



3441 SE Willoughby Blvd., Stuart, FL

If you are a Martin County medical provider and you do not receive our communications via fax, please call us at **772-221-4000 ext. 2130** to be added to our distribution list!

Join us on **Saturday, July 29** for the **GRAND OPENING CELEBRATION** of the Golden Gate Center for Enrichment! Come out from **10am to 2pm** for games, food and beverages, face painting, info booths, and more!

**3225 SE Dixie Hwy, Stuart at the NE Corner of Dixie & Delmar**



Florida Department of Health in Martin County

Epidemiology Department

3441 SE Willoughby Blvd Stuart, FL 34994

Phone: (772) 221-4000 Option 7

Fax: (772) 223-2533

[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)