

# EPI OBSERVER

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

Quarter 1  
January-March 2018



## SHOO THE FLU



The Florida Department of Health reports that influenza, or “flu,” activity levels have increased sharply over the last several weeks. Flu is a contagious respiratory disease caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as young children, the elderly, and people with certain health conditions are at high risk for serious complications from flu. The Department is encouraging families to get vaccinated for flu now.

**Vaccination is the best way to protect against the flu and severe complications from the flu.** Vaccination is most crucial for children with underlying health conditions such as asthma, diabetes, heart disease, and neurological and neurodevelopmental conditions. The flu vaccine is offered in many locations including pharmacies, clinics, employers, and schools. Contact your health care provider, county health department, or visit <http://www.floridahealth.gov/findaflushot> to find a flu vaccine center near you.

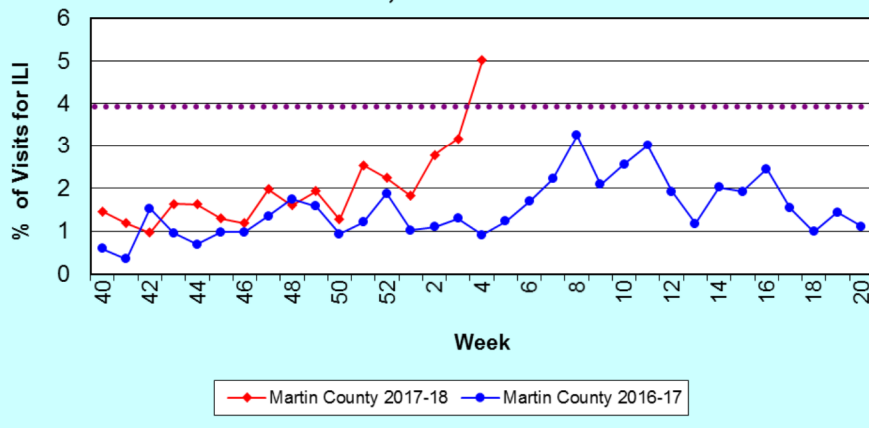
**The flu vaccine is safe.** The national Advisory Committee on Immunization Practices (ACIP) recommends that all individuals six months of age and older receive the flu vaccine **each year**. Since infants under six months of age are too young to get vaccinated against influenza, it is important that family members (including pregnant or breastfeeding mothers) and other caregivers for these children be vaccinated to help protect them from the disease.



**Influenza A (H3) has been the predominantly circulating strain of influenza so far this season in Florida, however, influenza B viruses are also circulating throughout the state.** Seasons where influenza A (H3) predominantly circulates are often associated with increased deaths, hospitalizations, and outbreaks, particularly in adults aged 65 years and older and children.

**CDC recommends the use of antiviral treatment as soon as possible for all persons with suspected influenza for all hospitalizations, severely ill, and people who are at higher risk for complications (children under 2 years old, adults aged 65 years and older, pregnant women, and those with underlying medical conditions).** Treatment should be administered within 48 hours of illness onset (but treatment administered after this period can still be beneficial). **A recent CDC health advisory stresses the importance of rapid and early antiviral treatment this season** (<http://www.floridahealth.gov/diseases-and-conditions/influenza/documents/cdc-han-influenza-12-27-2017.pdf>).

Percent of Visits to Emergency Departments for Influenza-like Illness (ILI), Based on Chief Complaints Reported by ESSENCE Participating Hospitals 2017-18, 2016-17 Influenza Seasons



Line Graph updated through Week 4 of 2017-2018 Flu Season (January 21, 2018– January 27, 2018)

**The best way to keep yourself and your family safe and healthy during flu season is to:**

- Get vaccinated
- Keep sick family members home
- Contact your health care provider if you or your child are experiencing flu-like symptoms
- Follow your doctor’s guidance on treatment.

For more information, please visit <http://www.cdc.gov/flu/parents/index.htm>.

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# JANUARY IS CERVICAL HEALTH AWARENESS MONTH

## What is Cervical Health Awareness Month?

The United States Congress designated January as **Cervical Health Awareness Month**. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is preventable with [vaccination](#) and [appropriate screening](#) (Pap and HPV tests).

During January, NCCC and its many local chapters across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection. While [NCCC chapters host events throughout the year](#), January is a month with a special focus as chapters celebrate Cervical Health Awareness Month and work to spread the word in their communities.

NCCC and the American Sexual Health Association (ASHA) also offer a range of resources (listed below) to educate the public and healthcare providers about cervical health, from fact sheets to episodes of ASHA's Sex+Health podcast.



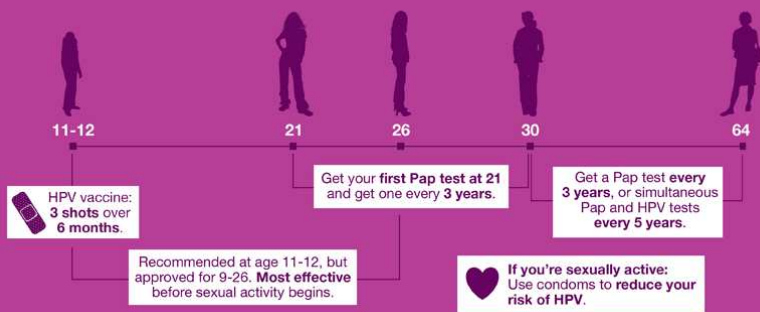
January is Cervical Health Awareness Month  
Learn more at [www.nccc-online.org](http://www.nccc-online.org)

## What Can You Do?

As someone who is interested in educating and advocating for increased knowledge of cervical cancer and HPV disease, you can do a lot. You can contact your local media to encourage coverage of Cervical Health Awareness Month, offering this [ASHA/NCCC press release](#). You can also send [this proclamation](#) to your mayor, or local legislative office to publicly recognize Cervical Health Awareness Month.

You can also check out the resources on this page, from fact sheets to episodes of ASHA's Sex+Health podcast, to educate yourself and others. Download, display and distribute our cervical cancer awareness month posters and help NCCC and ASHA get the word out on social media. <http://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>

## HOW TO KEEP YOUR CERVIX CANCER-FREE



Visit [plannedparenthood.org](http://plannedparenthood.org) for more information about cervical cancer prevention and to find a local health center that provides Pap tests and HPV vaccines.



# FEBRUARY IS BLACK HISTORY MONTH: AFRICAN AMERICAN HEALTH

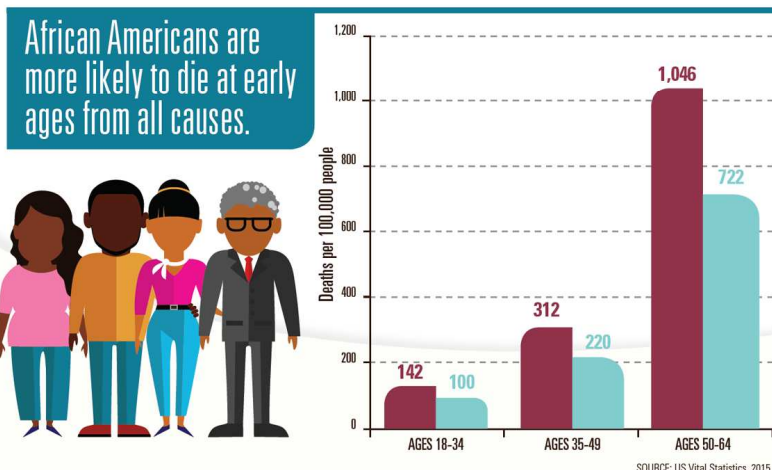
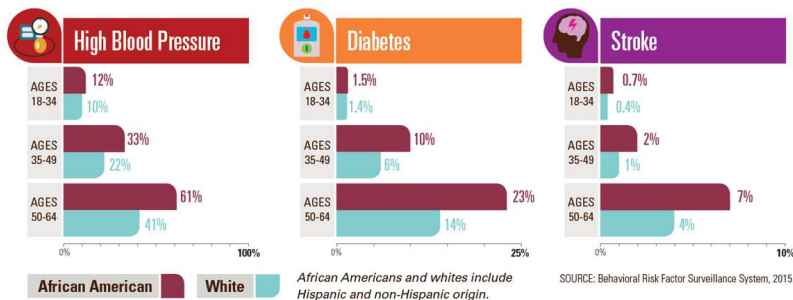
## Creating equal opportunities for health

African Americans are living longer. The death rate for African Americans has declined about 25% over 17 years, primarily for those aged 65 years and older. Even with these improvements, new analysis shows that younger African Americans are living with or dying of many conditions typically found in white Americans at older ages. The difference shows up in African Americans in their 20s, 30s, and 40s for diseases and causes of death. When diseases start early, they can lead to death earlier. Chronic diseases and some of their risk factors may be silent or not diagnosed during these early years.

Health differences are often due to economic and social conditions that are more common among African Americans than whites. For example, African American adults are more likely to report they cannot see a doctor because of cost. All Americans should have equal opportunities to pursue a healthy lifestyle.

## Public health professionals can:

- Use proven programs to reduce disparities and barriers to create opportunities for health.
- Work with other sectors, such as faith and community organizations, education, business, transportation, and housing, to create social and economic conditions that promote health starting in childhood.
- Link more people to doctors, nurses, or community health centers to encourage regular and follow-up medical visits.
- Develop and provide trainings for healthcare professionals to understand cultural differences in how patients interact with providers and the healthcare system. <https://www.cdc.gov/vitalsigns/aahealth/index.html>





## NATIONAL NUTRITION MONTH 2018

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

### Key Messages:

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
- Continue to use good food safety practices.
- Find activities that you enjoy and be physically active most days of the week.

Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

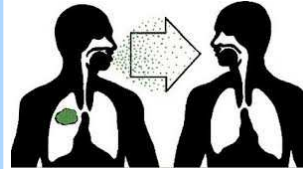
For more information, visit <http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>.



## WORLD TB DAY 2018

World TB Day/World Tuberculosis Day 2018 will be celebrated all over the world on 24<sup>th</sup> of March, at Saturday.

World TB Day is established as an annual event to be celebrated by the people to aware them about the basic and essential knowledge of tuberculosis, causes, prevention and cure of this disease to get prevented and eradicate this disease from the world. It is very necessary to aware people of all group and field about this epidemic disease to take precautions. All the people at workplace or at home should be encouraged about their health maintenance and must know about the prevention from tuberculosis.



It is an airborne disease cause by the Mycobacterium tuberculosis (which generally affects the lungs) and can kill around 4000 people every day. It gets transmitted from the infected person to another weak person through the droplets formed in the throat or lungs. According to the report in 2005, it was noted that most infected people were from the south-east Asia (34% of the global case). 8.7 million new cases were raised whereas 1.4 million of the people were died of TB (64000 deaths of children) in the year 2011. Most of the death cases belong to the low and middle income group including poor communities and vulnerable groups.

People must know that it is a completely curable disease at very low-cost through the DOTS treatment administered by the government. Its treatments and diagnostic tests should be accessible by each and every person affected by the tuberculosis all over the world and death rate of this disease should be zero.

World TB Day celebration provides a big opportunity to all the people to get aware about the causes and precautions of TB. It mobilizes the political and social authorities for further progress towards the disease prevention for the effective reduction in the TB cases and death rate in the coming years. Since 1990, the mortality rate of TB has decreased by 40% all over the world. Invention of various new TB tools has occurred for rapid diagnostic tests of TB. All this have become possible only because of this awareness campaign. For more information, visit <http://www.indiacelebrating.com/events/world-tb-day/>



## PUBLIC HEALTH IMPORTANCE OF RABIES

Rabies in humans is 100% preventable through prompt appropriate medical care. Yet, more than 55,000 people, mostly in Africa and Asia, die from rabies every year – a rate of one person every ten minutes.

Over the last 100 years, rabies in the United States has changed dramatically. More than 90% of all animal cases reported annually to CDC now occur in wildlife; before 1960 the majority were in domestic animals. The principal rabies hosts today are wild carnivores and bats.

The number of rabies-related human deaths in the United States has declined from more than 100 annually at the turn of the century to one or two per year in the 1990's. Modern day prophylaxis has proven nearly 100% successful.

In the United States, human fatalities associated with rabies occur in people who fail to seek medical assistance, usually because they were unaware of their exposure.

### What can you do to prevent rabies?

- Vaccinate your pet
- Maintain control of your pets to reduce their exposure to wildlife
- Spay or neuter to decrease the number of stray animals
- Report any stray or ill animals to animal control

For more information, visit, <https://www.cdc.gov/rabies/location/usa/index.html>.



## Martin County Reportable Disease Summary January 1, 2017– December 31, 2017

Reportable Disease	2016	2017
Arsenic Poisoning	1	0
Campylobacteriosis	56	50
Carbon Monoxide Poisoning	6	14
Cryptosporidiosis	3	8
Cyclosporiasis	0	1
Escherichia coli, Shiga Toxin-Producing (STEC) Infection	1	9
Giardiasis, Acute	5	4
Haemophilus influenzae Invasive Disease	1	4
Hansen's Disease (Leprosy)	2	0
Hepatitis A	2	1
Hepatitis B, Acute	1	6
Hepatitis B, Chronic	21	27
Hepatitis B, Pregnant Women	2	4
Hepatitis C, Acute	3	4
Hepatitis C, Chronic	234	219
Hepatitis C, Perinatal	1	1
Lead Poisoning	2	7
Legionellosis	2	2
Listeriosis	0	1
Lyme Disease	6	10
Mercury Poisoning	0	3
Pertussis	0	2
Pesticide-Related Illness and Injury, Acute	2	1
Rabies, Animal	2	2
Rabies, Possible Exposure	40	85
Rocky Mountain Spotted Fever and Spotted Fever Rickettsiosis	0	1
Salmonellosis	80	79
Shigellosis	3	5
Strep pneumoniae Invasive Disease, Drug-Resistant	1	0
Strep pneumoniae Invasive Disease, Drug-Susceptible	4	2
Typhoid Fever (Salmonella Serotype Typhi)	0	2
Varicella (Chickenpox)	11	9
Vibriosis (Other Vibrio Species)	0	2
Vibriosis (Vibrio parahaemolyticus)	2	1
Zika Virus Disease and Infection, Non-Congenital	5	0
<b>TOTAL</b>	<b>499</b>	<b>566</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

## JANUARY

Cervical Health Awareness Month  
 National Drug and Alcohol Facts Week (22-28)  
 Folic Acid Awareness Week (7-13)  
 National Birth Defects Prevention Month

## FEBRUARY

Black History Month  
 National Children's Dental Health Month

## MARCH

National Nutrition Month  
 World Tuberculosis Day (24)

MARK YOUR  
 CALENDAR!

**CONNECT WITH DOH. GET NEWS,  
 UPDATES AND MORE!**



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

Follow us on Twitter @GoHealthyMartin



**Free Gratis !!**

**HIV Rapid, STD &  
 Hepatitis C Testing**

Pruebas Rápidas VIH, Hepatitis C y ETS

### Indiantown

February 6, Tuesday

• FL. Dept. of Health • 16401 SW Farm Rd  
 9:00 am - 1:00 pm

• Roger's Store 17068 SW Palm Beach St.  
 10:00 am - 1:00 pm

### Stuart

February 9, Friday

• FL Dept. of Health • 3441 SE Willoughby Blvd.  
 9:00 am - 1:00 pm



**More information: 772-221-4000 ext. 2128**

No appointment needed / No se necesita cita  
 HIV & Hepatitis C results in 20 minutes / Resultados en 20 minutos



**Free  
 Public Health  
 Services**  
 Servicios de Salud Gratuitos



### Immunizations

Vacunas  
 Wednesdays Miércoles  
 1:00 - 3:00 pm



### HIV & STD Testing

Exámenes: VIH y ETS  
 3<sup>rd</sup> Monday/month 3<sup>er</sup> Lunes del mes  
 3:00 - 5:00 pm

### Families in the Community Kitchen

Familias en la cocina comunitaria

January 22, February 26, March 26  
 5:30 - 7:00 pm

### Family Planning & Women's Health

Planificación familiar  
 1<sup>st</sup> Monday/month 1<sup>er</sup> Lunes del mes  
 5:00 - 7:00 pm



[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)  
 772-221-4000

Winter 2018

## 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**



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!**



**Florida Department of Health in Martin County**  
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