

## Florida Department of Health in Martin County

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## To Report A Disease:

**Phone: 772-221-4000**

**Fax: 772-223-2533**

## ZIKA VIRUS



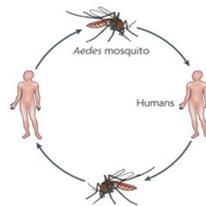
### What is it?

Zika fever is a mild febrile illness caused by a mosquito-borne virus similar to those that cause dengue and West Nile virus infection. It has been identified in several countries in Central and South America, Mexico, and the Caribbean since 2015.

### How is it spread?

Zika fever is acquired through the bite of an infected mosquito, including the same mosquitoes that can transmit dengue and chikungunya. Perinatal and sexual transmission have also been reported.

### Person-Mosquito-Person Transmission:



### Who is at risk?

Anyone who lives in or travels to an area where Zika virus is found and has not already been infected with Zika virus can get it from mosquito bites. Once a person has been infected, he or she is likely to be protected from future infections.

### Countries in the Americas with Active Zika Virus Transmission



### How can you prevent it?

Travelers to a tropical or sub-tropical area (Africa, Asia, Caribbean, Mexico, Central and South America), can protect themselves from Zika and other mosquito-borne diseases by following these prevention suggestions:

- ✗ Use insect repellent with any of the following active ingredients : DEET (up to 30%), Picaridin, Oil of lemon eucalyptus, Para-menthane diol, IR3535.
- \* Always follow product label instructions and make sure repellent is age-appropriate.
- \* It is safe for pregnant or nursing women to use EPA-approved repellents if applied according to package label instructions.
- \* Apply repellent on bare skin or clothing, not under clothing.
- ✗ Cover skin with long-sleeved shirts and long pants
- \* Apply a permethrin repellent directly to clothing or purchase pre-treated clothing. Follow the manufacturer's directions and do not apply directly to the skin.
- ✗ Keep mosquitoes out of hotel rooms
- \* Choose a hotel or lodging with air conditioning or screens on windows and doors.
- \* Sleep under a mosquito bed net when outside or in a room that is not screened.

### Additional Resources:

DOH Martin: [martincountyhealth.com](http://martincountyhealth.com)  
 FL-DOH: [www.floridahealth.gov/zika](http://www.floridahealth.gov/zika)  
 CDC: <http://www.cdc.gov/zika>



### Did you know...

As of 3/31/2016 there have been **76** confirmed cases of Zika in **15** Florida counties.

**All cases are travel-associated.**

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## Zika Fever - Information for Clinicians

Please contact the **Florida Department of Health in Martin County: 772-221-4000 - Option 7** immediately if you suspect a patient has Zika fever to ensure prompt mosquito control efforts. Patient health status reporting is also required.

Zika fever, a dengue-like illness caused by a mosquito-borne flavivirus, has been identified in numerous countries in Central and South America, Mexico and the Caribbean including Puerto Rico. Outbreaks have previously been reported in Africa, Southeast Asia and the Pacific Islands. **The Ministry of Health of Brazil has reported an increase in the number of babies born with microcephaly and other poor pregnancy outcomes in areas experiencing Zika virus outbreaks.** Further studies are being conducted to investigate this concern. Fetuses and infants of women infected with Zika virus during pregnancy should be evaluated for possible congenital infection and neurologic abnormalities. Suspected links between Zika virus infection and Guillain-Barre syndrome (GBS) have also been reported in infected persons.

**Transmission** occurs through the bite of an infected mosquito. Rarely, perinatal, in utero, sexual and transfusion transmissions have also been reported. **Suspect cases should be advised to avoid mosquito bites while ill to prevent infection of local mosquitoes.** Potentially infected men with pregnant partners should either abstain from sex or use condoms during intercourse for the duration of the pregnancy.

**Incubation** period is approximately 2 to 14 days.

**Clinical Presentation:** Only about 1 in 5 people infected with Zika virus are symptomatic. Zika fever is a mild illness with symptoms similar to those of mild dengue fever. Severe disease requiring hospitalization is uncommon. Treatment is symptomatic and illness typically resolves within a week. Co-infections with dengue or chikungunya are possible and should be considered. Aspirin and other non-steroidal anti-inflammatory drugs are not advised in case of co-infection with dengue. Pregnant women with fever should be treated with acetaminophen. Signs/symptoms of Zika fever may include:

- \* Acute fever (often low grade)
- \* Arthralgia
- \* Myalgia
- \* Retro-orbital pain
- \* Maculopapular rash
- \* Conjunctivitis
- \* Headache
- \* Vomiting

**Laboratory testing:** Polymerase chain reaction (PCR) at Florida Department of Health can be used to detect viral RNA in serum, urine and saliva samples collected during the first three weeks after illness onset. Serum antibody tests are also available for samples collected  $\geq 4$  days after illness onset. Commercial testing for Zika virus is currently not available.

Laboratory Testing	Laboratory Samples to be Collected
RT-PCR or Serology (IgG/IgM) depending on collection date	-Serum (2 ml serum/red or tiger top tube) -Urine sample (2-3 ml collected in a sterile container) -Saliva (0.5-2 ml collected in a sterile container) – No sputum

**Please contact your county health department to request Zika virus testing for patients meeting the following criteria:**

- \* All persons, including pregnant women, with two or more of the following signs/symptoms: fever, maculopapular rash, arthralgia or conjunctivitis (GBS could follow) **and** a history of travel to an area reporting Zika virus activity in the two weeks prior to illness onset **or** is a suspect local case should be immediately reported and tested.  
OR
- \* Mother of an infant or fetus with microcephaly or intracranial calcifications or poor fetal outcome diagnosed after the first trimester **and** with history of travel to an area with Zika virus activity during pregnancy should be immediately reported. Testing of both mother and infant is recommended.  
OR
- \* Pregnant women who, while pregnant, **traveled to an area reporting Zika virus activity** regardless of the length of time since the travel/illness occurred, but ideally within 2-12 weeks of travel can also be tested.

Guidance will be updated as additional information becomes available.

Resources: **Florida Department of Health in Martin County: 772-221-4000 - Option 7**  
DOH: [www.floridahealth.gov/zika](http://www.floridahealth.gov/zika) CDC: <http://www.cdc.gov/zika>

# RABIES

Rabies is a deadly virus which is mainly spread by the saliva of an infected animal through a bite or broken skin. The virus travels from the site of the wound to the brain causing swelling, restlessness, muscle spasm, difficulty swallowing, loss of muscle function, and even death.

- ✗ Incubation period: 10 days to 7 years, the average being 3-7 weeks.
- ✗ Transmission: High risk rabies virus transmitters include skunks, bats, raccoons, foxes, and unvaccinated dogs and cats.

## What to do if an animal bites you:

- ✗ Clean the wound/bite/area of exposure to saliva thoroughly with soap and water.
- ✗ Call local animal control to capture the animal.
  - \* If rabies is suspected in a domestic animal, it will be watched for disease signs for 10 days.
  - \* If it is a wild animal, it will be euthanized and a special test for rabies will be done.
- ✗ Seek professional medical assistance - antibiotics and a tetanus shot may be necessary.
  - \* If you are assessed as "at risk for rabies", you will be given a series of 4 preventative shots.
  - \* It is possible to prevent rabies if shots are given promptly and appropriately.

**Prevention Tips:**  
***\*Vaccinate pets***  
***\*Do not pet or feed***  
***stray animals***

## Guidelines for Physicians

<b>Rabies Post-Exposure Prophylaxis (PEP) schedule</b>		
Vaccination status	Intervention	Regimen*
<b>Not previously vaccinated</b>	Wound cleansing	<ul style="list-style-type: none"> <li>* All PEP should begin with immediate thorough cleansing of all wounds with soap and water.</li> <li>* If available, a virucidal agent (e.g., povidine-iodine solution) should be used to irrigate the wounds.</li> </ul>
	Human rabies immune globulin (HRIG)	<ul style="list-style-type: none"> <li>* <b>Administer 20 IU/kg body weight.</b></li> <li>* <b>Given on day 0**, but no later than 7 days after the first dose of vaccine.</b></li> <li>* <b>If anatomically feasible, the full dose should be infiltrated around and into the wound(s), and any remaining volume should be administered at an anatomical site (intramuscular [IM])distant from vaccine administration.</b></li> <li>* <b>Also, HRIG should not be administered in the same syringe as vaccine. Because RIG might partially suppress active production of rabies virus antibody, no more than the recommended dose should be administered.</b></li> </ul>
	Vaccine	<ul style="list-style-type: none"> <li>* Given IM on days 0**, 3, 7 and 14.</li> <li>* Immunosuppressed patients receive an additional dose on day 28, and titers done within 1-2 weeks of last vaccination.</li> </ul>
<b>Previously vaccinated***</b>	Wound cleansing	<ul style="list-style-type: none"> <li>* All PEP should begin with immediate thorough cleansing of all wounds with soap and water.</li> <li>* If available, a virucidal agent such as povidine-iodine solution should be used to irrigate the wounds.</li> </ul>
	<b>HRIG</b>	<b>HRIG should not be administered.</b>
	Vaccine	* Given IM on days 0** and 3.

\* These regimens are applicable for persons in all age groups, including children.

\*\* Day 0 is the day the first dose of vaccine is administered.

\*\*\* Any person with a history of pre-exposure vaccination, prior PEP, or previous vaccination with any other type of rabies vaccine and a documented history of antibody response to the prior vaccination.

The **deltoid area** is the **only acceptable site** of vaccination for adults and older children. For younger children, the outer aspect of the thigh may be used. **Vaccine should never be administered in the gluteal area.**



## Martin County Disease Surveillance Report MERLIN Registry System (January 1st, 2016—March 31st, 2016)

Disease Category	Martin County Cases Reported Year-to-Date		Florida Cases Reported Year-to-Date	
	2016	2015	2016	2015
<b>A. Vaccine-Preventable Diseases</b>				
Mumps	0	2	6	8
Varicella	5	6	241	220
<b>B. CNS Diseases and Bacteremias</b>				
Streptococcus pneumoniae Invasive Disease				
Drug-resistant	1	2	59	48
Drug-susceptible	4	0	171	101
<b>C. Enteric Infections</b>				
Campylobacteriosis	14	14	797	771
Cryptosporidiosis	1	0	120	156
Giardiasis	2	4	233	239
Salmonellosis	11	5	932	809
Shigellosis	1	11	186	467
<b>D. Viral Hepatitis</b>				
Hepatitis B, Acute	0	2	133	106
Hepatitis B, Chronic	4	10	1284	1390
Hepatitis C, Acute	0	2	60	38
Hepatitis C, Chronic	36	53	6456	6104
<b>E. Vectorborne, Zoonoses</b>				
Lyme Disease	2	0	74	19
Rabies, Animal	0	1	12	21
Rabies, Possible Exposure	7	12	692	770
Zika Fever	1	0	90	0
<b>F. Others</b>				
Carbon Monoxide Poisoning	4	0	63	69
Haemophilus Influenzae Invasive disease	1	0	78	46
Hansen's Disease (Leprosy)	2	0	10	6
Legionellosis	0	2	68	71
Pesticide-Related Illness and Injury, Acute	1	0	1	17
<b>Total</b>	<b>97</b>	<b>126</b>	<b>11766</b>	<b>11476</b>

Data in Merlin reports are provisional, based on cases entered by county health departments and are not considered official data.

# Upcoming Events

 April 1 - 30: STI Awareness Month 

In recognition, FDOH Martin is offering free rapid HIV & STD testing as follows:

<u>Stuart</u> April 11 • Monday • 9:00 am - 1:00 pm April 27 • Wednesday • 9:00 am - 1:00 pm FL. Dept. of Health, Martin 3441 SE Willoughby Blvd.	<u>Indiantown</u> April 14 • Thursday • 9:00 am - 1:00 pm FL. Dept. of Health, Martin 16401 SW Farm Rd.
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## The Bulletin Board

Connect with DOH. Get news, updates and more!  
[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

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! 



STAY HOME WHEN YOU ARE SICK

WASH YOUR HANDS OFTEN

COVER YOUR COUGH AND SNEEZE

EXERCISE AND EAT NUTRITIOUS FOODS

GET THE FLU VACCINE

IT'S FLU SEASON "SHOO THE FLU" AND STAY HEALTHY

Florida HEALTH Martin County

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

Are you interested in supplying condoms to your patients? Give Jackie Clarke a call at: **772-221-4000 ext. 2128**

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!