

INFLUENZA

Influenza (Flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.

People who have the flu often feel some or all of these signs and symptoms: Fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Some people may have vomiting and diarrhea, though this is more common in children than adults.

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.

Influenza Resources:

DOH Martin: martincountyhealth.com
 DOH: www.floridahealth.gov/floridaflu
 CDC: www.cdc.gov/flu



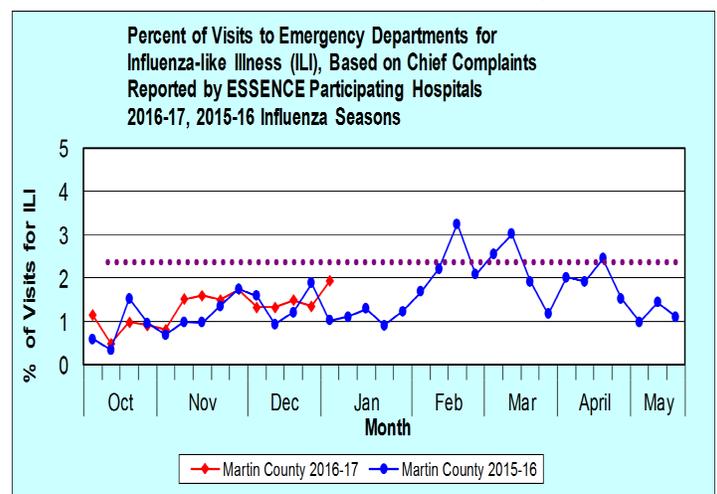
With the 2016-2017 flu season in full swing and influenza activity increasing across the state, it is critical that all Floridians get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. **It is never too late to get your flu shot.** While most cases of flu are mild, there are exceptions.

Flu activity is on the rise in Florida, particularly in **groups at high risk** for severe illness such as **children, pregnant women, people with underlying chronic conditions**

and people over the age of 65. Visits to emergency departments for influenza are also increasing in these high risk groups. The department continues to urge residents to reduce their risk of severe illness from infection by getting vaccinated against influenza. This is especially important for individuals at high-risk for severe illness.

This graph shows Influenza-Like Illness (ILI) in Martin County residents who visit hospitals during flu season (October-May).

We are currently experiencing a gradual increase in ILI activity and as peak flu season approaches, it is as important as ever to **get vaccinated and help prevent flu in Martin County!**



! Did you know...

During the 2015-2016 flu season, CDC estimates that 5 million cases of flu illness, 2.5 million flu-associated medical visits, and 71,000 flu hospitalizations were **prevented by flu vaccination.**

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Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

WHAT CAN YOU DO?

1. A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine by the end of October, if possible, or as soon as possible after October.



Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated.
#FightFlu

2. Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

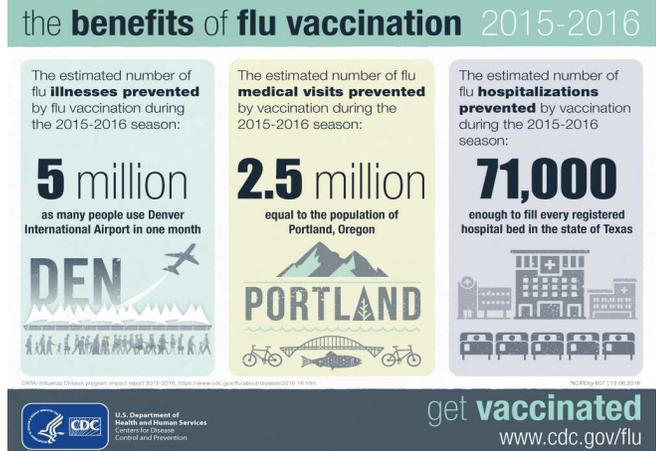
If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)



If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.



HIV/AIDS



HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behaviors, and where they live.

- ✧ An estimated 1.2 million people in the United States were living with HIV at the end of 2013, the most recent year for which this information is available. Of those people, about **13%** or **1 in 8** did not know they were infected.

QUESTIONS ABOUT HIV? GET THE FACTS: www.cdc.gov/hiv

FDOH in Martin County offers confidential Rapid HIV testing and treatment services. Appointments are available by calling 772-221-4000.

In recognition of **National Black HIV/AIDS Awareness Day— February 7**, the Florida Department of Health is providing a series of local events including **FREE Rapid HIV & STD testing** events in February.

- ✧ Blacks/African Americans have the most severe burden of HIV of all racial/ethnic groups in the United States. Compared with other races and ethnicities, African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those ever diagnosed with AIDS.

Free
HIV Rapid & STD Testing
 Pruebas Rápidas de HIV & STD
 Gratis !!

Indiantown

Tuesday, February 7

9:00 am - 1:00 pm

FL. Dept. of Health • 16401 SW Farm Rd.

Stuart

Friday, February 10

9:00 am - 1:00 pm

FL Dept. of Health • 3441 SE Willoughby Blvd.



More information: 772-221-4000 ext. 2128

No appointment needed / No se necesita cita

Results in 15 minutes / Resultados en 15 minutos



10 YEARS LATER
SILENCE IS DEATH

YOU CAN'T FIX WHAT YOU WILL NOT FACE
 — James Baldwin

Please Join Us!

COMMUNITY ENGAGEMENT MEETING
 In Recognition of
 National Black HIV/AIDS Awareness Day

TUES. FEB. 7, 2017
5:30pm - 8:30pm

INDIAN RIVER STATE COLLEGE
 3209 Virginia Ave, Ft. Pierce, FL 34981
 Kight Center Building V | Room 110

RSVP BY: TUES. January 31, 2017
 Call: Felicia 772-462-3819 | Felicia.Sims@flhealth.gov

SPONSORED BY:  

Martin County Reportable Disease Summary January 1 - December 31

Reportable Disease	2015	2016
Campylobacteriosis	51	60
Carbon Monoxide Poisoning	0	6
Chikungunya Fever	1	0
Ciguatera Fish Poisoning	4	0
Cryptosporidiosis	10	3
Escherichia coli: Shiga Toxin-Producing (STEC) Infection	0	1
Giardiasis: Acute	8	5
Haemophilus influenzae Invasive Disease	1	1
Hansen's Disease (Leprosy)	2	0
Hepatitis A	2	2
Hepatitis B: Acute	7	1
Hepatitis B: Chronic	31	20
Hepatitis B: Surface Antigen in Pregnant Women	2	3
Hepatitis C: Acute	7	3
Hepatitis C: Chronic	172	252
Lead Poisoning	1	0
Legionellosis	3	2
Lyme Disease	7	5
Meningitis: Bacterial or Mycotic	1	0
Mumps	2	0
Pesticide-Related Illness and Injury: Acute	5	1
Rabies: Animal	2	0
Rabies: Possible Exposure	41	39
Salmonellosis	57	81
Shigellosis	21	2
Strep pneumoniae Invasive Disease: Drug-Resistant	5	1
Strep pneumoniae Invasive Disease: Drug-Susceptible	4	4
Varicella (Chickenpox)	16	11
Vibriosis (Vibrio parahaemolyticus)	0	2
Zika Virus Disease and Infection- Non-Congenital	0	4

Data is provisional and not considered official.



There are no areas of ongoing, active transmission of Zika by mosquitoes in Florida. All previous Zika zones in Miami-Dade County have been lifted after 45 days with no evidence of active transmission and no additional people infected. It is not uncommon, however, for there to be isolated incidents of locally acquired Zika.

The Florida Department of Health continues to closely monitor the status of Zika virus in Florida and take action to keep Floridians, especially pregnant women, safe. If the department identifies any areas of concern, the public and the media will be notified.

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

Fax: 772-223-2533

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

The Bulletin Board

Connect with DOH. Get news, updates and more!

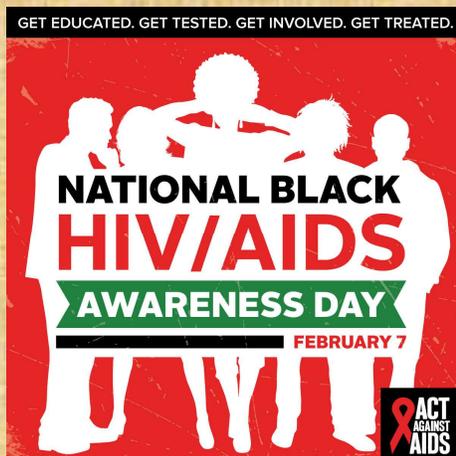
www.MartinCountyHealth.com



January
Cervical Health Awareness Month

February
American Heart Month
National Black HIV/AIDS Awareness Day - February 7

March
World Tuberculosis Day—March 24



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

 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

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!