

EPI OBSERVER



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



Florida Department of Health in Martin County

3441 SE Willoughby Blvd
Stuart, Florida 34994
(772) 221-4000

16401 SW Farm Road
Indiantown, FL 34956
(772) 597-3687

Karlette J. Peck, MPH, P.A.
Health Officer, Ext 2123

Epidemiology Staff

Grethel Clark, MPH

Program Manager

Ext 2214, Work cell# 772-260-4328

Nancy Cirks, RN

TB Program Coordinator

Ext 2227, Work cell# 772-215-7300

Sydney Bailey, RN

Senior Community Health Nurse

Ext 2224, Work cell# 772-919-5972

Melissa Martinez

Medical Unit Specialist

Ext 2243, Work cell# 772-260-4329

Marly Richard, MPH

Syndromic Surveillance Specialist

Ext 2130, Work cell# 772-233-9509

Jacqueline Clarke

Health Services Representative

Ext 2128, Work cell# 772-260-4325

To Report A Disease:

Phone: 772-221-4000

Fax: 772-223-2533

Happy New Year to our Medical Providers and Community Partners!



The Florida Department of Health in Martin County, Division of Epidemiology (FDOH-Martin-Epi) would like to wish our community partners a happy and healthy 2016. For many, the beginning of the year means new resolutions, ideas, projects and even ways of implementing healthy behaviors. We encourage everyone to go on with these resolutions as they are the foundation for a healthier community.

How to prevent some of the risky behaviors having the highest impact on the health of our community:

- * **Hand washing** — Prevents oral-fecal transmissions such as GIs and Hepatitis A.
- * **Stay home while sick** — Prevents person-to-person transmission of diseases especially respiratory infections.
- * **Get vaccinated** — Prevents vaccine-preventable diseases such as Measles, Pertussis, and Hepatitis A & B.
- * **Avoid injection and non-injection illegal drugs which may include sharing needles and syringes** — Prevents diseases that are transmitted percutaneous or through mucosal contact with infectious blood or body fluids like Hepatitis B & C.
- * **Keep your pets up-to-date with their vaccinations** — Prevents the transmission of Rabies.
- * **Practice safe sex** — Prevents contraction and transmission of viruses like HIV.

Looking forward...

As we look ahead to the upcoming months the FDOH-Martin-Epi would like you to stay vigilant in terms of emerging infectious diseases. Infectious diseases continue to have a significant impact on the health of communities around the world. More and more we are faced with newly identified pathogens and although these pathogens often originate in another part of the world we now know they are only a plane ride away from our states, counties, hospitals and families.

We will continue to monitor and bring to your attention any emerging disease that may threaten public health.

If you are not receiving our communications via blast fax, please call us to ensure we have the right contact information for you.



Did you know...

Gastrointestinal Illnesses accounted for **26%** of all reported cases in Martin County making them the disease group with the highest incidence rate in 2015.

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Salmonella Infection

Every year, approximately 40,000 cases of salmonellosis are reported in the United States. Because many cases are not diagnosed or reported, the CDC estimates that the actual number of infections may be thirty or more times higher. In Florida, approximately 6,000 cases of salmonellosis are reported each year.

What is it?

Salmonella is a bacterium that causes a diarrheal illness in humans. It is one of the most common causes of food poisoning in the United States.

What are the symptoms?

- * Symptoms include diarrhea, stomach cramps, abdominal pain, and fever.
- * They usually begin 12 to 72 hours after exposure to the bacteria and last for 4 to 7 days.
- * Sometimes people infected with Salmonella have no symptoms at all. People with mild symptoms usually recover on their own without treatment.

How is it spread?

Salmonella lives in the intestines of animals or humans and can be found in water, food, soil, or surfaces that have been contaminated with the feces of infected hosts. People may become infected through:

- * Contact with the feces of infected humans or animals.
- * Contaminated foods, water and produce.
- * Inadequately cooked or raw meat, poultry, eggs or milk.

Who is at high risk?

- * Children especially those under the age of 5 are at the highest risk for Salmonella infection.
- * Older adults, and individuals with weakened immune systems are also at risk for salmonella infections.

63%
of all reported Salmonella cases
in **Martin County** this year were
in children under 5

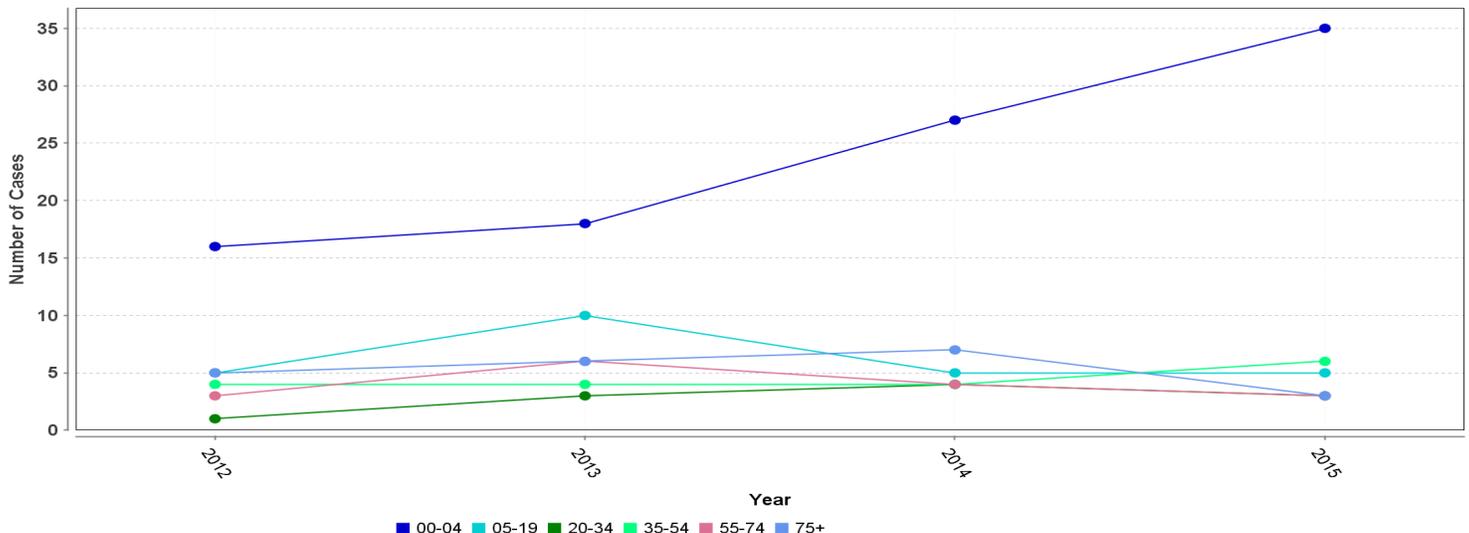
How can you prevent it?

- * Wash your hands with warm, soapy water for 20 seconds especially after using the bathroom, changing diapers, touching animals and before preparing and eating food.
- * Prevent cross-contamination by washing hands, utensils, and kitchen surfaces after handling raw foods, and separating raw meats, poultry, and seafood from vegetables and cooked foods.
- * Wash and/or peel fruits and vegetables.
- * Do not consume raw or undercooked eggs, poultry, meat or unpasteurized milk.

What should you do if you have symptoms?

- * Contact your health care provider.
- * Stay home while you are sick.
- * Wash your hands often.
- * Avoid preparing food for others while you are sick.

Salmonella Cases By Age Group in Martin County, FL - January 1, 2012 to December 31, 2015





Martin County Disease Surveillance Report MERLIN Registry System (January 1st, 2015—December 31st, 2015)

Disease Category	Martin County Cases Reported Year-to-Date		Florida Cases Reported Year-to-Date	
	2015	2014	2015	2014
A. Vaccine-Preventable Diseases				
Mumps	2	0	19	18
Pertussis	0	4	340	713
Varicella	15	16	740	567
B. CNS Diseases and Bacteremias				
Haemophilus influenzae Invasive Disease	1	1	242	257
Meningitis (Bacterial, Cryptococcal, Mycotic)	1	0	123	132
Streptococcus pneumoniae Invasive Disease				
Drug-Resistant	5	1	163	388
Drug-Susceptible	4	3	267	392
C. Enteric Infections				
Campylobacteriosis	50	41	3,620	3,015
Cryptosporidiosis	10	6	870	1,884
Escherichia coli, Shiga toxin-producing (STEC) Infection	0	1	456	477
Giardiasis	9	7	1045	1,147
Salmonellosis	56	54	6390	6,303
Shigellosis	21	25	2008	2,597
D. Viral Hepatitis				
Hepatitis A	2	5	124	106
Hepatitis B, Acute	7	13	525	405
Hepatitis B, Chronic	34	14	5,480	4,873
Hepatitis B, Surface Antigen in Pregnant Women	1	1	473	503
Hepatitis C, Acute	8	1	202	183
Hepatitis C, Chronic	285	154	27699	22,264
E. Vectorborne, Zoonoses				
Chikungunya Fever	1	0	124	438
Lyme Disease	4	6	293	167
Rabies, Animal	2	1	84	93
Rabies, Possible Exposure	41	39	3,447	2,942
F. Others				
Ciguatera Fish Poisoning	4	2	57	63
Lead Poisoning	2	0	8964	800
Legionellosis	4	3	318	284
Pesticide-Related Illness and Injury, Acute	4	0	68	66
Vibrio fluvialis	0	1	14	8
Total	574	399	56,155	51,085

Upcoming Observances

February 7—National Black HIV/AIDS Awareness Day
March 10—National Women and Girls HIV/AIDS Awareness Day
March 20—National Native American HIV/AIDS Awareness Day
March 24—World Tuberculosis Day

The Bulletin Board

Connect with DOH. Get news, updates and more!
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

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

EXERCISE AND EAT NUTRITIOUS FOODS

GET THE FLU VACCINE

Florida HEALTH Martin County

www.MartinCountyHealth.com

Are you interesting 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!