

KEEP FOOD SAFETY A PRIORITY THIS HOLIDAY SEASON

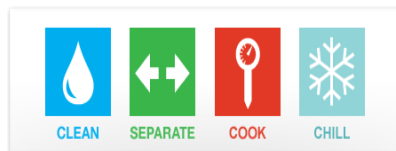


The one thing we don't want to worry about as we sit down to our holiday meal is foodborne illness. Ailments like vomiting, stomach cramps and diarrhea can really put a damper on the holiday spirit.

As you begin planning for holiday meals, it's important to keep food safety a top priority, so the holidays can remain happy days. Here are some food safety tips from the CDC to keep in mind for this holiday season:

- **Clean:** wash your hands for 20 seconds with soap and water before, during and after preparing food and before eating. Wash your utensils, cutting boards, and countertops with hot, soapy water and rinse your fruits and vegetables under running water.
- **Separate:** Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, -unless kept separate—so use different cutting boards and plates for raw meat, poultry, and seafood when preparing your meals. Separate them from other foods in the fridge and in the shopping cart.
- **Cook:** Food is safely cooked when the internal temperatures gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture. You can visit <https://www.cdc.gov/foodsafety/keep-food-safe.html> for a detailed list of foods and temperatures.
- **Chill:** Keep your refrigerator below 40° and know when to throw your food out. Refrigerate perishable food within 1-2 hours. Thaw frozen food safely in the refrigerator, in cold water, or the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

* You can visit the CDC website or <https://martin.floridahealth.gov/newsroom/2016/11/foodsafety.html> for more information on food safety.



DID YOU KNOW?

Norovirus is the most common cause of illness from contaminated food or water, and can also be spread from person-to-person.

- Symptoms usually start within 1 or 2 days of eating the contaminated food, but may begin in as few as 12 hours.
- Projectile vomiting is usually the first symptom, along with diarrhea and cramps. Headache, mild fever, and muscle aches may also occur.

INSIDE THIS ISSUE:

Food Safety/Cover Your Cough	1
Rabies/STDs	2
Legionnaires' & Pontiac Fever	3
PrEP/Measles	3
Reportable Disease Summary	4
Bulletin Board	5

COVER YOUR COUGH

Influenza (flu) is a serious contagious disease that can lead to hospitalization and sometimes death. As flu season is upon us, it's so important to Cover your Cough to stop the spread of germs that can make you and others sick.

- Cover your mouth and nose with a tissue when you cough/sneeze or cough/sneeze into your upper sleeve, **not** your hands
- Put your used tissue in the waste basket
- You may be asked to put on a surgical mask to protect others
- Clean your hands after coughing/sneezing with soap and water or clean them with alcohol-based hand cleaner

The CDC recommends a three step approach to fighting the flu:

- A flu vaccine is the first and most important step in protecting against flu viruses
- Take everyday actions to help prevent the spread of germs that cause respiratory illnesses
- Take flu antiviral drugs if your doctor prescribes them

Flu symptoms can include:

- Fever/chills* (but not for everyone)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue
- Sometimes diarrhea and vomiting



Vaccination: Who Should Do It, Who Should Not and Who Should Take Precautions

Everyone 6 months and older is recommended for annual influenza vaccination, with rare exceptions.

For the 2018-19 flu season, ACIP recommends annual influenza vaccination for everyone 6 months and older with any licensed, appropriate influenza vaccine (IIV, RIV4, or LAIV4) with no preference expressed for any one vaccine over another. Some vaccines are not recommended in some situations and health conditions, and some people should not receive influenza vaccines at all (though this is uncommon).

For more information, visit: <https://www.cdc.gov/flu/protect/whoshouldvax.htm>

PUBLIC HEALTH IMPORTANCE OF RABIES

Rabies virus can cause a nearly 100% fatal illness in humans and other mammals. The virus is present in some wildlife in Florida and can spread to unvaccinated pets, which then pose a high risk to the pet owner and their family. The main wildlife sources of rabies in Florida are raccoons and bats, and they can spread it on to humans and other animals, typically through bites.

Rabies in humans is 100% preventable through prompt appropriate medical care, such as modern day prophylaxis. 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 and young children when outside to reduce their exposure to wildlife
 - Spray or neuter to decrease the number of stray animals
 - Report any stray or ill animals to animal control
 - Avoid direct contact with wildlife and/or do not feed wildlife



What do you do if an animal bites you?

- Immediately scrub the wound with lots of soap and running water for five to ten minutes
- Try to get a complete description of the animal and determine where it is so that it can be picked up by animal control staff for quarantine or rabies testing
- Go to your family doctor or the nearest emergency room
- Call your county health department or animal control agency with your description and location of the animal. The animal will either be quarantined for ten days (if it is a dog, cat, or ferret, or be tested for rabies
- If you kill the animal, be careful not to damage the head, and avoid further contact with the animal even when it is dead

For more information, visit <https://www.floridahealth.gov/diseases-and-conditions/rabies/index.html> or <https://www.cdc.gov/rabies>

Most young adults pride themselves in 'knowing it all'. From which college to choose, which job to take, or the best hangout spot on a Friday night. And, they most certainly think they know everything there is to know about sex whether they are having it or not. But, when

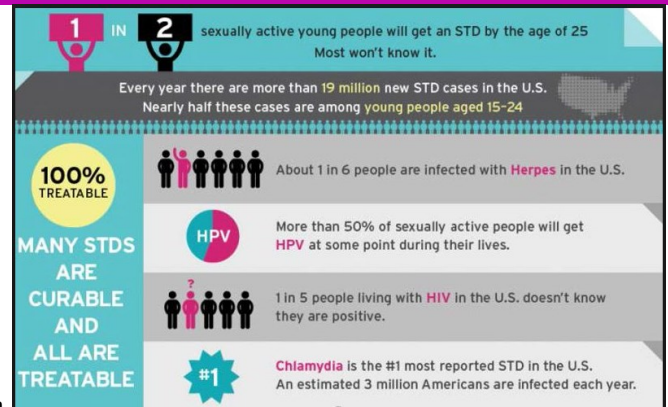
ARE YOU IN THE DARK ABOUT STDs?

asked to produce the facts about STDs they give the blank stare like they forgot about a pop quiz in English class.

Sexually transmitted diseases (STDs) are passed from one person to another through intimate physical contact and sexual activity, including vaginal, oral, and anal sex. STDs are *very* common. In fact, CDC estimates 20 million new infections occur every year in the United States. **STDs do not always cause symptoms, so it is possible to have an infection and not know it.** That's why it is important to get tested if you are having sex. If you are diagnosed with an STD, know that all can be treated with medicine and some can be cured entirely.

Effective strategies for reducing STD risk include:

- Abstinence (to not have sex) is the most reliable way to avoid an infection
- Vaccinations are safe, effective, and recommended ways to prevent hepatitis B and HPV
- Reduce number of sex partners
- Mutual monogamy, however it is still important for you and your partner to get tested and share the results with each other
- Use condoms correctly and consistently every time you have anal, vaginal, or oral sex



Teen Clinic: Free & Confidential

Overview:

The goal of the program is to provide teens, ages 12 to 19, with a safe place where their sexual health concerns and questions can be addressed.

Services:

Sexual & General Health Education

STD Testing

Pregnancy Testing

Birth Control

Clinic Schedule:

Walk in: 1st and 3rd Friday of the month 1:30 – 5:00 pm
Stuart, Florida Department of Health
3441 SE Willoughby Blvd.

Walk in: 3rd Thursday of the month 2:00 – 5:00 pm
Indiantown, Florida Department of Health
16401 SW Farm Rd.

Cost: FREE

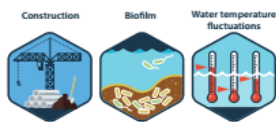
Resources: [Stay Teen](#)

More information: Call 772-521-1172

LEGIONNAIRES' DISEASE & PONTIAC FEVER

Legionella is a type of bacterium found naturally in freshwater environments, like lakes and streams. The CDC outlined four key steps that can lead to a health concern from *Legionella* growing in human-made building water systems and spreading to people:

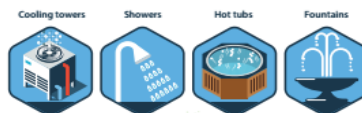
1. Internal and external factors can lead to *Legionella* growth in building water systems.



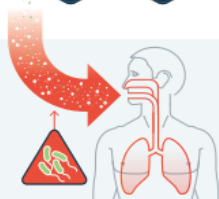
2. *Legionella* grows best in large, complex water systems that are not adequately maintained.



3. Water containing *Legionella* is aerosolized through devices.



4. People can get Legionnaires' disease when they breathe in mist or accidentally swallow water into the lungs containing *Legionella*. Those at increased risk are adults 50 years or older, current or former smokers, and people with a weakened immune system or chronic disease.



People who get sick after being exposed to *Legionella* can develop two different illnesses: Legionnaires' disease and Pontiac fever.

Legionnaires' symptoms:

- Cough
- Shortness of breath
- Fever
- Muscle aches
- Headaches

Pontiac fever symptoms:

- Fever
 - Muscles aches
- * milder infection than Legionnaires'


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

WHAT IS PREP?

Pre-exposure prophylaxis (PrEP) is when people at very high risk for HIV take HIV medicines to lower their chances of getting infected. PrEP can stop HIV from taking hold and spreading throughout your body. It is highly effective for preventing HIV if used as prescribed.

Daily PrEP use can lower the risk of getting HIV from sex by more than 90% and from injection drug use by more than 70%. PrEP should be used in conjunction with other prevention methods like condoms to reduce the chance of infection even further.


How Does It Work?




Some of the same medicines prescribed for the treatment of HIV can also be prescribed for its prevention

In several studies of PrEP, the risk of getting HIV infection was much lower — up to 92% lower — for those who took the medicines consistently than for those who didn't take the pill

WITH MEDICINE




WITHOUT MEDICINE




92% LOWER RISK

When taken every day, PrEP can provide a high level of protection against HIV, and is even more effective when it is combined with condoms and other prevention tools



People who use PrEP must take the medicine every day and return to their health care provider every 3 months for follow-up and prescription refills



The federal guidelines recommend that PrEP be considered for people who are HIV-negative and in an ongoing sexual relationship with an HIV-positive partner, who have injected drugs in the past 6 months and have shared needles or been in drug treatment in the past 6 months, or if you have a partner who is HIV-positive and are considering getting pregnant.

PrEP medication is now available through the Florida Department of Health in Martin County.

For more information, visit <https://www.cdc.gov/hiv/basics/prep.html>

MEASLES

Measles is a respiratory disease caused by a virus (also called measles) that is transmitted by infected droplets in the air. The disease is also called rubella. Measles virus normally grows in the cells that line the back of the throat and lungs. **Measles is so contagious that if one person has it, 90 percent of the people close to that person who are not vaccinated will also become infected with the measles virus.**

The symptoms of measles generally begin about 7-14 days after a person is infected and includes:

- Blotchy rash
- Cough
- Feeling run down, achy
- Fever
- Red, watery eyes
- Runny nose
- Tiny white spots with bluish-white centers found inside the mouth



About 30 percent of measles develop one or more complications, including:

- Pneumonia, which is the complication that is most often the cause of death in young children
- Ear infections occur in about 1 in 10 cases and permanent loss of hearing can result
- Diarrhea is reported in about 8 percent of cases

Measles can be prevented by the combination MMR (measles, mumps, and rubella) vaccine.

For more information, visit <https://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/measles/index.html>



Martin County Reportable Disease Summary January 1, 2018– September 30, 2018

Reportable Disease	2017	2018
Anaplasmosis, HGA (<i>Anaplasma phagocytophilum</i>)	0	1
Campylobacteriosis	41	30
Carbon Monoxide Poisoning	13	1
Cryptosporidiosis	5	5
Cyclosporiasis	1	1
<i>Escherichia coli</i> , Shiga Toxin-Producing (STEC) Infection	3	6
Giardiasis, Acute	3	11
<i>Haemophilus influenzae</i> Invasive Disease	2	0
Hepatitis A	1	0
Hepatitis B, Acute	5	4
Hepatitis B, Chronic	19	18
Hepatitis B, Pregnant Women	3	2
Hepatitis C, Acute	2	8
Hepatitis C, Chronic	167	186
Hepatitis C, Perinatal	2	0
Influenza, ICU (Special Project)	0	4
Lead Poisoning	11	25
Legionellosis	1	2
Listeriosis	1	0
Lyme Disease	6	3
Meningitis, Bacterial or Mycotic	1	1
Mercury Poisoning	3	0
Mumps	0	1
Pertussis	2	1
Rabies, Animal	3	0
Rabies, Possible Exposure	58	45
Salmonellosis	48	69
Scombroid Poisoning	0	6
Shigellosis	4	9
<i>Strep pneumoniae</i> Invasive Disease, Drug-Susceptible	0	3
Typhoid Fever (<i>Salmonella</i> Serotype Typhi)	2	0
Varicella (Chickenpox)	7	10
Vibriosis (Other <i>Vibrio</i> Species)	1	2
Vibriosis (<i>Vibrio parahaemolyticus</i>)	1	0
Vibriosis (<i>Vibrio fluvialis</i>)	0	1
Zika Virus Disease and Infection, Non-Congenital	0	0
TOTAL	253	302

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). You can visit www.floridahealth.gov/diseases-and-conditions/disease-reporting-and-management 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

THE BULLETIN BOARD

MARK YOUR CALENDAR!

OCTOBER

National Breast Cancer Awareness Month
 SIDS Awareness Month
 International Infection Prevention Week (7-13)

NOVEMBER

National Alzheimer's Disease Awareness Month
 American Diabetes Month
 Lung Cancer Awareness Month

DECEMBER

World AIDS Day (1)
 National Handwashing Awareness Week (2-8)

DID YOU KNOW?

Program 17

Vaccines for uninsured adults who are 19 years and older:

- Tdap
- Flu
- HPV9 (19-26 years old)
- Hep B

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 children travel immunizations are also offered:

- Pre-travel consultation
- Hepatitis A & B
- TDAP
- Typhoid (injectable)
- Polio
- Malaria (prescription)

For questions or appointments:

772-221-4000 ext. 2242

3441 SW Willoughby Blvd., Stuart, FL

The Martin County Health Department partners with the Golden Gate Center for Enrichment to offer many public health community programs. You can find the online calendar here: <http://goldengatecentermc.org/golden-gate-calendar> to learn about the Golden Gate programs offered and to sign up!

Call Golden Gate Center for Enrichment for more info:

772-286-4673 ext. 1600



FREE TESTING

HIV Rapid STD & Hep C

Pruebas Rápidas VIH, Hepatitis C y ETS

Saturday, October 6

Bahamian Festival/New Monrovia Park
 4450 SE Field Street, Stuart
 10:00 am - 2:00 pm

Saturday, October 13

10th Street Rec Center
 724 SE 10th St., Stuart
 10:00 am - 1:00 pm

Monday, October 15

Golden Gate Center for Enrichment
 3225 SE Dixie Highway, Stuart
 3:00 - 5:30 pm

Tuesday, October 23

Florida Dept. of Health
 16401 SW Farm Rd., Indiantown
 9:00 am - 1:00 pm

Friday, October 26

Florida Dept. of Health
 3441 SE Willoughby Blvd., Stuart
 9:00 am - 1:00 pm



No appointment needed
 No se necesita cita



GoHealthyMartin
www.MartinCountyHealth.com

FDOH in Martin County offers Confidential Rapid HIV and Hepatitis C testing and treatment services.

Appointments are available by calling:

772-221-4000

TESTING HOURS:

Monday-Thursday

8:30am-11am and 1pm-3pm

Walk-ins are welcome!

Pre-Exposure Prophylaxis (PrEP) medication is now available through Martin County FDOH. PrEP is a once-daily pill that can reduce the chance of acquiring HIV in HIV-negative individuals. PrEP should be used in conjunction with other prevention methods like condoms to reduce the chance

CONNECT WITH DOH. GET NEWS, UPDATES AND MORE!



www.MartinCountyHealth.com

Follow us on Twitter @GoHealthyMartin

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

