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](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](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.

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**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

* You can visit the CDC website or [https://www.cdc.gov/flu/protect/whoshouldvax.htm](https://www.cdc.gov/flu/protect/whoshouldvax.htm) for more information on food safety.

**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](https://www.cdc.gov/flu/protect/whoshouldvax.htm)
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


**Are you in the dark about STDs?**

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
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.

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

**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
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<th>Reportable Disease</th>
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<td>Anaplasmosis, HGA (Anaplasma phagocytophilum)</td>
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<td>Carbon Monoxide Poisoning</td>
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<tr>
<td>Cryptosporidiosis</td>
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<td>Haemophillus influenzae Invasive Disease</td>
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<td>Rabies, Possible Exposure</td>
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<td>Strep pneumoniae Invasive Disease, Drug-Susceptible</td>
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<td>Zika Virus Disease and Infection, Non-Congenital</td>
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<td><strong>TOTAL</strong></td>
<td><strong>253</strong></td>
<td><strong>302</strong></td>
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</table>

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](http://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
**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

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**FREE TESTING**

HIV Rapid  
STD & Hep C  
Pruebas Rapidas 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  
  5:00 - 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

**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

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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