

The Winnebago County Health Department Presents Communicable Disease Bulletin

Fall Edition 2013



Public Health
Prevent. Promote. Protect.



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WCHD Mission Statement:

To prevent disease, promote health and enlist the community in efforts to improve the health of all Winnebago County residents.

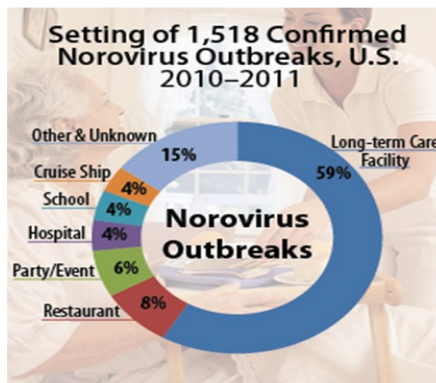
The “belly buster”.....

In 2012, a new strain of norovirus was detected in Australia. It is called GII.4 Sydney. People in the U.S. and other countries have also been infected with the new strain. In the U.S., it is currently the leading cause of norovirus outbreaks. However, the new strain does not appear to have caused more norovirus illness than in other years.

Norovirus is a very contagious virus. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. Each year on average in the United States, norovirus causes 19-21 million cases of acute gastroenteritis, leads to 1.7–1.9 million outpatient visits and 400,000 emergency department visits, primarily in young children and contributes to about 56,000-71,000 hospitalizations and 570-800 deaths, mostly among young children and the elderly.

Most outbreaks of norovirus illness happen when infected people spread the virus to others. But, norovirus can also spread by consuming contaminated food or water and touching things that have the virus on them. Healthcare facilities, including nursing

homes and hospitals, are the most commonly reported places for norovirus outbreaks in the United States. Over half of all norovirus outbreaks reported in the United States occur in long-term care facilities.



Norovirus **symptoms** usually include sudden onset of nausea and vomiting and/or watery diarrhea with cramps. Low grade fever, chills, and body aches can occur. The **onset**



of symptoms occurs typically between 24 and 72 hours. The most common **complication** is dehydration. Preventing norovirus requires proper handwashing, the washing of fruits and vegetables thoroughly, cooking of seafood appropriately, restriction of cooking for others when ill, and the cleaning of contaminated surfaces and soiled laundry.

There is no vaccine to prevent norovirus infection, but research is being done in this area. There is no specific medicine to treat people with norovirus illness. Norovirus infection cannot be treated with antibiotics because it is a viral (not a bacterial) infection. Fluid replacement is essential in preventing dehydration. Sports drinks and other drinks without caffeine or alcohol can help with mild dehydration.



"It's the same every winter - another epidemic of norovirus stories."

I feel awful.....

Influenza (also known as the flu) is a contagious respiratory virus that can cause mild to severe illness and can lead to death. The flu is different from a cold because the flu usually has an acute onset. People who have the flu often have some or all of these symptoms:

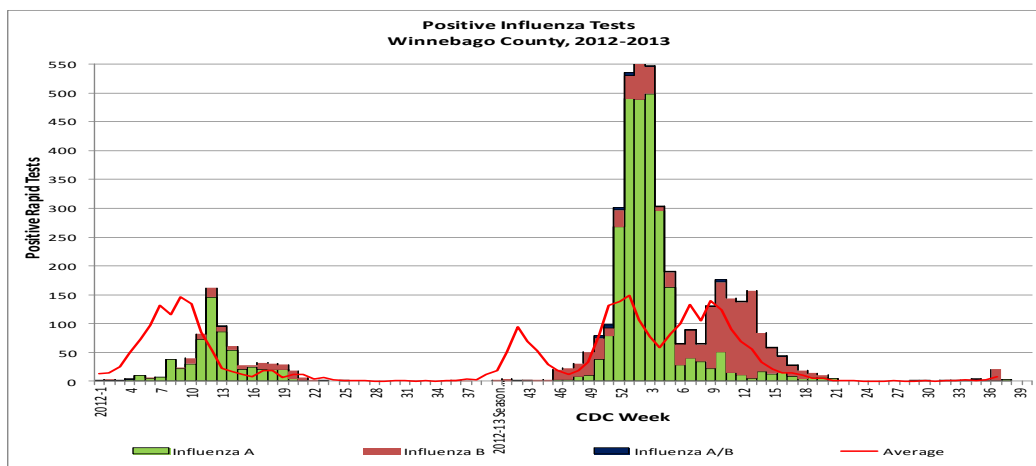
- Fever or chills
- Cough
- Sore throat
- Body aches
- Headaches
- Fatigue
- Some adults may have vomiting and diarrhea, although this is more common in children. If adults have primary symptoms of vomiting and diarrhea, it may not be influenza.



Most people who get influenza recover in a few days. However, some individuals can develop complications, such as pneumonia. Other complications include bronchitis, sinus and ear infections. Anyone can get influenza, but some people are at higher risk of developing serious complications. This includes people 65 years and older, people of any age with certain medical conditions, pregnant women, and young children.

Influenza is very unpredictable and severity can depend of which strain is circulating in the community. Influenza A tends to be more severe than Influenza B. In addition, the timing and duration of influenza season can vary. Influenza outbreaks can occur as early as October; however, most influenza peaks in January or February.

In Winnebago County, influenza surveillance is conducted on a voluntary basis. Medical facilities report the number of influenza tests (usually rapid) to aid in influenza trends being seen in the community. The Winnebago County Health Department has identified that both Influenza A and Influenza B are circulating, and to prevent infection, seek vaccination promptly. Below is current influenza data for Winnebago County:



Communicable Disease Statistics

Disease Type	2012	2013*	Disease Type	2012	2013*
Chickenpox	33	16	Hepatitis C-chronic	226	160
Cryptosporidiosis	6	6	Histoplasmosis	0	2
Ehrlichiosis	0	0	Lyme disease	34	26
Enteric e. coli	2	1	Neisseria Meningitis	0	0
Giardiasis	11	11	Pertussis (whooping cough)	24	49
Haemophilus Influenzae, inv.	4	1	Potential Human Rabies Exposure	1	4
Hepatitis A	4	2	Rubella	0	0
Hepatitis B-acute	6	4	Salmonellosis	59	29
Hepatitis B-chronic	29	21	Shigellosis	4	1
*Preliminary year to date data			West Nile Virus	3	0