

The Winnebago County Health Department Presents Communicable Disease Bulletin

Winter Edition



Public Health
Prevent. Promote. Protect.



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WCHD Mission Statement:

To prevent disease,
promote health and
enlist the commu-
nity in efforts to im-
prove the health of
all Winnebago
County residents.

Be in the "Know" with Norovirus

Noroviruses are a group of viruses that cause acute gastroenteritis in humans. It is spread from person to person, through contaminated food or water, and by touching contaminated surfaces. Norovirus is recognized as the leading cause of foodborne-disease outbreaks in the United States. Norovirus is often mistakenly called "food poisoning" or "stomach flu". However, it is *not* related to the "flu", which is a respiratory illness caused by influenza virus.

The most common symptoms of acute gastroenteritis are diarrhea and/or vomiting. Additional symptoms can include low-grade fever, chills, headache, muscle aches, and fatigue. Noroviruses are

usually not serious and most people get better in 1- to 2 days. However, noroviruses can be serious in young children, the elderly, and people with other health conditions; it can lead to severe dehydration,



hospitalization and even death.

The best way to prevent dehydration is to drink plenty of liquids. Oral rehydration fluids are the most helpful for

severe dehydration. But other drinks without caffeine or alcohol can help with mild dehydration. However, these drinks may not replace important nutrients and minerals that are lost due to vomiting and diarrhea.

Noroviruses spread easily, causing more than 20 million gastroenteritis cases each year in the U.S. Washing your hands frequently is the best method to prevent infection. If you experience any of the above symptoms, please contact your doctor. If multiple cases occur in a school or long term health care facility, please contact the Winnebago County Health department to report pertussis at 815-720-4050.

Preparing against Pertussis

Pertussis, a respiratory illness commonly known as whooping cough, is a very contagious disease caused the *Bordetella pertussis* bacteria. These bacteria attach to the cilia of the upper respiratory system and release toxins, which damage the cilia and cause inflammation.

Pertussis is very contagious and is spread persons to person by coughing or sneezing while in close contact with others, who then breathe in the bacteria. Infants who get Pertussis are often infected by older siblings, parents or caregivers who are unaware that

they have the disease.



Symptoms of pertussis usually develop within 7 – 10 days after being exposed, but sometimes not for as long as 6 weeks. If pertussis is circulating in the community, there is a chance that a fully vaccinated person, of any age, can catch this very contagious disease. If you have been vaccinated,

the infection is usually less severe. The prevention is through vaccinations. In the U.S., the recommended pertussis vaccine for infants and children is DTaP. The first three shots are given at 2, 4, and 6 months. The fourth shot is given between 15-18 months of age, and a fifth shot is given before a child enters school. Pre-teens should get a Tdap booster at their regular check-up at age 11 or 12. Teens who did not get the booster at 11- or 12-year-old should get vaccinated at their next visit. Adults should also get the Tdap booster. www.cdc.org

Flu Fun Facts

Influenza viruses are spread from person to person primarily through large-particle respiratory droplet transmission. Transmission via large particle droplets requires close contact between source and recipient persons, because droplets do not remain suspended in the air and generally travel only a short distance. Contact with respiratory-droplet contaminated surfaces is another possible source of transmission. The typical incubation period for influenza is 1-4 days. Adults shed influenza virus from the day before symptoms begin through 5-10 days after illness onset. However, the amount of virus shed, and presumably infectivity, decreases rapidly by 3-5 days after onset in an experimental human infection model. Young children also might shed virus several days before illness onset, and children can be infectious for 10 or more days after onset of symptoms. Severely immunocompromised persons can shed virus for weeks or months.

Uncomplicated influenza illness is characterized by the abrupt onset of and respiratory signs and symptoms such as fever, myalgia, headache, malaise, nonproductive cough, sore throat, and rhinitis. Children often experience otitis media, nausea, and vomiting in addition to the normal adult symptoms. Uncomplicated influenza illness typically resolves after 3—7 days for the majority of persons,

although cough and malaise can persist for >2 weeks.



US flu season is usually from fall through early spring. The peak is from late November through March. On average, each year in the United States 5 to 20% of the population gets the flu, 200,000+ people are hospitalized from flu-related complications, and deaths from flu-related causes range anywhere from 3,300 to 48,600 (average 23,600). The CDC predicted this flu season to be an average flu year, although it's getting a foothold in the United States later than in recent years

We are more than a third of the way through our flu season for 2011-2012 and things are as expected. The season did start later than normal and we are seeing mostly Influenza A circulating up till now. To date in Winnebago County, we have

received report of 13 rapid positive tests for Influenza, 12 of those tested rapid A positive and 1 with strains A and B present. In the last few weeks we have seen a slight increase in positive tests being reported as the flu season begins to gain a slightly stronger foothold in the community.

It's not too late to get your flu shot and/or remind other to get theirs, especially since the season is starting later than usual. Included in the 2010-2011 flu vaccine is protection from H1N1. The CDC recommends that even if vaccinated against H1N1 in 2009/2010, people should need the most current flu vaccination because for protection from the newer identified virus strains. Although the World Health Organization (WHO) declared an end to the 2009 H1N1 flu pandemic, the H1N1 flu virus is circulating again this flu season + other seasonal flu viruses. The CDC recommends that everyone 6 months and older get a flu shot including pregnant women. It takes your body approximately 2 weeks for the immune properties of the vaccine to kick in so don't wait any longer. Call our Adult Immunizations office at 815-720-4264 for a flu shot. www.cdc.org



Communicable Disease Statistics

Disease Type	2010	2011	Disease Type	2010	2011
Chickenpox	23	24	Histoplasmosis	2	0
Cryptosporidiosis	14	5	Influenza A- novel virus	3	17
Ehrlichiosis	5	2	Influenza B	0	2
Enteric e. coli	6	17	Lyme disease	15	23
Giardiasis	23	17	Neisseria Meningitis	0	4
Haemophilus Influenzae, inv.	7	2	Pertussis (whooping cough)	139	35
Hepatitis A	7	5	Potential Human Rabies Exposure	3	20
Hepatitis B-acute	8	5	Rubella	0	1
Hepatitis B-chronic	38	39	Salmonellosis	54	48
Hepatitis C-chronic	264	240	Shigellosis	5	3