

# EPI-LOG

## Disease Control

Paul Rehme, DVM, MPH  
[Paul.Rehme@flhealth.gov](mailto:Paul.Rehme@flhealth.gov)  
386-274-0618

## Epidemiology

Tammy Blankenship, MD, MPH  
[Tammy.Blankenship@flhealth.gov](mailto:Tammy.Blankenship@flhealth.gov)  
386-281-6649

## Public Health Preparedness

Melanie Black, MSW  
[Melanie.Black@flhealth.gov](mailto:Melanie.Black@flhealth.gov)  
386-274-0576

## HIV/AIDS

Paula Burns, MSW  
[Paula.Burns2@flhealth.gov](mailto:Paula.Burns2@flhealth.gov)  
386-274-0585

## Sexually Transmitted Disease

Travis Brown  
[Travis.Brown@flhealth.gov](mailto:Travis.Brown@flhealth.gov)  
386-274-0663

## Tuberculosis

Vacant  
N/A  
386-274-0654

Ivette Rainey  
Staff Assistant  
[Ivette.Rainey@flhealth.gov](mailto:Ivette.Rainey@flhealth.gov)  
386-274-0634

Ellen Brown  
Staff Assistant  
[Ellen.Brown@flhealth.gov](mailto:Ellen.Brown@flhealth.gov)  
386-274-0651

### To report a disease or outbreak:

Phone: 386-274-0634 M-F, 8 a.m.-5 p.m.  
Fax: 386-274-0641  
After hours: 386-316-5030  
P.O. Box 9190, Bin #111  
Daytona Beach, FL 32120-9190

## CDC's Talk, Test, Treat for STDs

According to the Centers for Disease Control and Prevention (CDC), sexually transmitted disease (STD) prevention and treatment is not one-size-fits-all. CDC's resources ensure providers are using the most effective methods, while also allowing them to tailor their counseling messages, testing, and treatment options to a patient's specific needs. The CDC provides tips on the many ways that providers can empower patients to take charge of their sexual health.

### TALK.

**Providing the best medical care possible means talking to patients about sexual health.**

Taking a sexual history should be a part of routine care. Talking about sexual health can be challenging, but studies show patients want to be asked about sex. Create an environment that is open to an honest discussion around a patient's sexual history. Success in this area can gain important information that will allow a provider to give the best care possible.

Counsel patients on safe sex, and ensure they know about today's many prevention options. Monogamy, condoms, hepatitis B vaccine and HPV vaccine are just some ways for patients to protect themselves.

### TEST

**Test your patients for STDs as recommended.**

Syphilis, HIV, chlamydia, and hepatitis B screening for all **pregnant women**, and gonorrhea screening for at-risk

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pregnant women starting early in pregnancy, with repeat testing as needed, will protect the health of mothers and their infants.

Annual chlamydia and gonorrhea screening is advised for all **sexually active women** younger than 25 years, as well as older women with risk factors such as new or multiple sex partners or a sex partner who has an STD .

Screening at least once a year for syphilis, chlamydia, and gonorrhea for all **sexually active gay, bisexual, and other men who have sex with men (MSM)** is advised. MSM who have multiple or anonymous partners should be screened more frequently for STDs.

**All adults and adolescents** from age 13 to age 64 should be tested at least once for HIV. Sexually active gay and bisexual men may benefit from more frequent testing

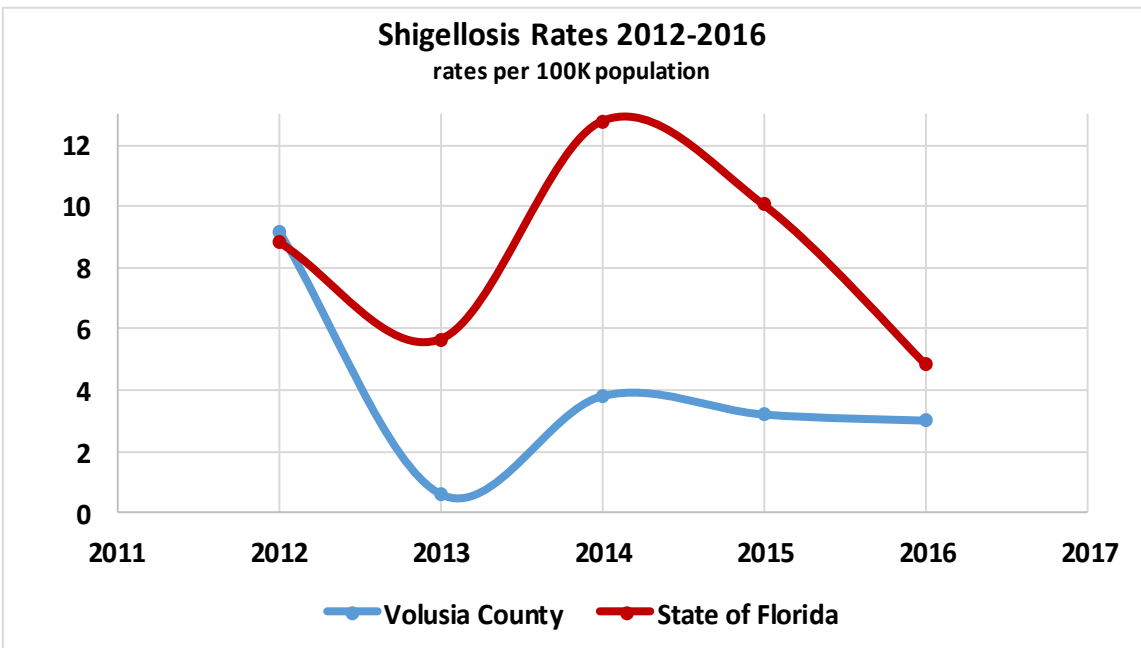
Keep in mind that screening recommendations are sources of clinical guidance, not prescriptive standards. Always consider a patient's sexual history and the burden of disease in their community.

### TREAT

Follow CDC's STD Treatment Guidelines to ensure appropriate treatment and care. The guidelines may be found at: <https://www.cdc.gov/std/tg2015/default.htm> or downloaded at: <https://www.cdc.gov/std/tg2015/tg-2015-print.pdf>

## Shigella sp. Infection (Shigellosis)

Shigellosis is an infectious disease caused by a group of bacteria, *Shigella sp.* It is estimated that 450,000 people in the United States become infected with *Shigella sp.* every year. The rate for reported cases (defined as cases per 100,000 people in the population) in Volusia County has remained lower than that of the State of Florida since 2013. Volusia County and the State of Florida rates both decreased last year as a whole. Most cases are seen in the summer and early fall.



Shigellosis is an infection of the intestinal lining. Symptoms include watery diarrhea, fever, abdominal pain and occasionally blood in the stool. Symptoms typically appear 1-2 days after fecal-oral route exposure. It only takes a small amount of microscopic *Shigella sp.* bacteria to cause infection. Infected individuals release the bacteria into their stool, which can then spread in water and food sources or directly to another individual. Common fecal-oral route exposures include ingestion of the bacteria from contaminated hands during food preparation, failing to wash hands properly after changing the diaper of an infected individual, or swallowing contaminated water.



### **Best practices for prevention include:**

- Careful handwashing before food preparation or eating
- Careful handwashing after changing a diaper or assisting with fecal clean-up for any individual
- Wiping and cleaning high traffic surfaces in childcare or group settings
- Avoiding swallowing water from ponds, lakes or untreated swimming pools

Shigellosis infection is typically mild and symptoms resolve on their own. The best self-care treatment is to keep well hydrated and replace fluids and electrolytes that have been lost in diarrhea. Eat small amounts of bland foods frequently. Such foods include cereals, potatoes, bananas, and dry toast. In severe cases, antibiotics may be prescribed to help shorten the duration of the symptoms.

For more information on Shigellosis, please visit the CDC website at: <https://www.cdc.gov/shigella/> or contact the Department of Health in Volusia County at (386) 274-0651.

Volusia County Disease Activity*	4th Quarter 2016	4th Quarter 2015	Full Year 2016	Full Year 2015
<b>Vaccine Preventable</b>				
Mumps	0	0	0	0
Pertussis	0	0	3	2
Varicella	2	3	0	16
<b>CNS Diseases and Bacteremias</b>				
Creutzfeldt-Jakob disease (CJD)	0	0	0	0
Haemophilus influenzae (invasive)‡	2	1	25	3
Meningitis (bacterial, cryptococcal, mycotic)	0	0	0	1
Meningococcal disease	0	0	0	1
Staphylococcus aureus (GISA/VISA)	0	0	0	0
Streptococcus pneumoniae (invasive disease)‡	5	0	35	9
<b>Enteric Infections</b>				
Campylobacteriosis	20	13	76	75
Cryptosporidiosis	6	8	20	37
Cyclosporiasis	0	0	1	1
Escherichia coli, shiga-toxin producing (STEC)	2	5	13	7
Giardiasis	6	8	25	17
Listeriosis	0	0	1	1
Salmonellosis	37	45	129	154
Shigellosis	2	9	18	13
Typhoid Fever	0	0	0	0
<b>Viral Hepatitis</b>				
Hepatitis A	0	0	0	0
Hepatitis B, acute	4	5	18	11
Hepatitis B, chronic	21	20	91	88
Hepatitis C, acute	1	0	9	4
Hepatitis C, chronic	230	178	978	713
Hepatitis E	0	0	0	0
Hepatitis +HBsAg in pregnant women	2	1	4	3
<b>Vector Borne, Zoonoses</b>				
Brucellosis	0	1	0	1
Chikungunya	0	0	0	4
Dengue Fever	1	0	1	0
Ehrlichiosis/Anaplasmosis	1	1	4	3
Lyme disease	1	1	7	8
Malaria	0	0	2	0
Monkey bite	0	0	0	0
Q Fever, acute	0	0	0	0
Rabies, animal	0	2	1	3
Rabies (possible exposure)	30	55	139	146
Rocky Mountain spotted fever/Spotted Fever Rickettsiosis	0	0	1	6
West Nile virus, neuroinvasive	0	1	0	1
Zika virus disease	4	0	12	0
<b>HIV/AIDS†</b>				
HIV	29	30	118	123
AIDS	2	11	29	36
<b>STDs†</b>				
Chlamydia	459	461	1844	1695
Gonorrhea	165	165	682	587
Syphilis				
Infectious (Primary and Secondary)	4	9	30	19
Latent (early and late)	23	11	85	42
Congenital	1	0	1	0
<b>Others</b>				
Carbon monoxide poisoning	16	9	49	30
Ciguatera Fish Poisoning	3	0	5	0
Hansen's Disease (leprosy)	1	0	2	2
Hemolytic Uremic Syndrome	0	0	0	0
Influenza due to novel or pandemic strains	0	0	0	0
Influenza-associated pediatric mortality	0	0	0	0
Lead poisoning	5	10	20	16
Legionellosis	0	1	5	2
Pesticide related illness or injury	0	0	0	0
Tuberculosis	-	-	5	8
Vibriosis	0	0	6	1

\*Includes reported confirmed/probable cases. Data is provisional and subject to change. † Numbers are for Volusia/ County only ‡ Only reportable for young children

## Influenza Update

The 2016-2017 flu season has seen an increase in activity over recent weeks. As predicted the peak occurs in January or February. While circulation is ongoing, the Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older receive the annual flu vaccination.

The State of Florida continues to report widespread and elevated influenza activity to the CDC. Statewide emergency department and urgent care center visits for influenza-like illness (ILI) remain stable. During the last state reporting week, the estimated number of deaths due to pneumonia and influenza has increased although remains similar to levels seen at this time during previous seasons. In addition, various influenza outbreaks have been reported mostly in facilities serving older adults.

Nationally, influenza and ILI has increased. Some states have reported significant increases in hospitalizations for pneumonia and influenza especially in adults 65 years of age and older. As of late, influenza A (H3) has been the most common subtype reported to the CDC from state public health labs.

Volusia County has also seen a similar trend this flu season. The percentage of persons seen at emergency departments with ILI is at 3.5% of total patients seen. Local hospitals and state lab reports have noted an increase in positive flu samples being tested. As the rest of the country, influenza A is the most common.

Prevention methods for influenza include frequent hand washing, avoiding contact with those who are symptomatic, keeping hands away from eyes, nose and mouth, and getting plenty of rest and exercise ([www.flu.gov](http://www.flu.gov)).

For more information regarding the flu or the current vaccine, please visit the CDC website at: <https://www.cdc.gov/flu/> or contact the Department of Health in Volusia County at (386) 274-0651 .



Department of Health in Volusia County  
Office of Disease Control and Health Protection  
1845 Holsonback Drive, Bin 111  
Daytona Beach, Florida 32117