

The Update Huron County

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Prevent the Spread of Norovirus

Noroviruses are a group of related viruses. Infection with these affects the stomach and intestines and causes an illness called gastroenteritis. Anyone can become sick with norovirus and you can get it more than once during your life.

Norovirus illness often begins suddenly and, when infected, you may feel very sick, with stomach cramping, vomiting, or diarrhea. Infections are usually not serious, and most people recover within 1 or 2 days with no long-term health effects. But, more severe illness is possible, particularly in young children, the elderly, and people with other health conditions, can lead to hospitalization and even death.

Norovirus and Food

Norovirus is the leading cause of disease from contaminated foods in the United States; it is responsible for more illness than all other viruses, bacteria, and parasites combined. The types of foods most commonly involved in foodborne norovirus outbreaks include leafy greens (such as lettuce) and raw shellfish (such as oysters). However, any food item that is served raw or handled after being cooked can become contaminated with noroviruses.

It's also common to hear norovirus illness called "food poisoning" or "stomach flu." It is true that food poisoning *can* be caused by noroviruses, but it also can be caused by other germs and chemicals. Norovirus illness is *not* related to the flu (influenza), a respiratory illness caused by influenza virus.

(continued on page 2)

A monthly newsletter providing local health department reports and information about communicable diseases and community health issues. Our resources include publications by the Centers for Disease Control and Prevention (CDC), such as the Morbidity and Mortality Weekly Report (MMWR);

the Michigan Department of Community Health (MDCH) and other sources. If you would like more information, or have questions about the above topics or other public health issues, please contact Juliann Koehn at 989-269-9721, ext 141.

Inside this issue:

Prevent the Spread of 1–3
Norovirus

School Reporting 3

7 Signs of Terrorism 4

Whooping Cough 5 & 7
Increasing In Our
Communities

Quarterly Summary 6
of Reportable Com-
municable Diseases

Communicable Dis- 8
ease Reporting

Immunization 8
Update

Our Mission Statement

"We are dedicated to promoting and protecting the health of individuals and families in our service jurisdiction by providing a wide range of quality health and human services"

(continued from page 1)

Symptoms of norovirus infection usually include

- Diarrhea
- Vomiting
- Nausea
- Stomach cramping

Other, less common symptoms may include

- Low-grade fever
- Chills
- Headache
- Muscle aches
- General sense of fatigue



Most people with norovirus get better within 1-2 days. Some may feel very sick and vomit many times a day. Because they can't drink enough liquids to replace those lost from vomiting and diarrhea, some people become dehydrated. This is especially true for young children, the elderly, and persons of any age who are unable to care for themselves or who have other illnesses. Symptoms of dehydration in adults and children include a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up. A dehydrated child may also cry with a few or no tears and be unusually sleepy or fussy.

Severe dehydration can be serious. The best way to prevent dehydration is to drink plenty of liquids. The most helpful fluids for this purpose are oral rehydration fluids. Other drinks that do not contain caffeine or alcohol can also help with mild dehydration. However, these drinks may not replace important nutrients and minerals that are lost due to vomiting and diarrhea.

Norovirus can spread rapidly from person to person in crowded, closed places like long term care facilities, daycare centers, schools, hotels, and cruise ships. The virus is found in the stool (fecal matter) and vomit of infected people. You can get it by

- Eating food or drinking liquids that are contaminated with norovirus.
- Touching surfaces or objects contaminated with norovirus and then putting your hand or fingers in your mouth.
- Having direct contact with another person who is infected with norovirus (for example, when caring for someone with norovirus or sharing foods or eating utensils with someone who is infected).

People with norovirus are contagious from the moment they begin feeling ill until at least 3 days after recovery. And some people may be contagious for even longer after recovering from the illness.

Norovirus: No Vaccine and No Treatment

There is no vaccine to prevent infection, and there is no drug to treat people who are sick from the virus. Antibiotic drugs will not help if you have norovirus infection. This is because antibiotics fight against bacteria, not viruses. However, there are practical tips you can follow to protect yourself and others from getting infected with norovirus.

(continued on page 3)

(continued from page 2)



Stop the Spread of Norovirus

Follow these simple tips to reduce the chances of you, your family, and others becoming sick from norovirus.

- 1.) **Practice proper hand hygiene:** Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. Alcohol-based hand sanitizers (containing at least 62% ethanol) may be a helpful addition to hand washing, but they are not a substitute for washing with soap and water.
- 2.) **Take care in the kitchen:** Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them.
- 3.) **Do not prepare food while infected:** People who are infected with norovirus should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.
- 4.) **Clean and disinfect contaminated surfaces:** After an episode of illness, such as vomiting or diarrhea, immediately clean and disinfect contaminated surfaces by using a bleach-based household cleaner as directed on the product label or a solution made by adding 5-25 tablespoons of household bleach to 1 gallon of water.
- 5.) **Wash laundry thoroughly:** Immediately remove and wash clothing or linens that may be contaminated with vomit or fecal matter. Handle soiled items carefully—without agitating them—to avoid spreading virus. They should be laundered with detergent at the maximum available cycle length and then machine dried.

Source:
www.cdc.gov



School Reports */**/+

Disease	Oct./Nov./Dec 2010
Head Lice	3
Strep Throat	28



*All schools may not have reported

**Diagnosis is not always made by a health care professional

+ Influenza reports will now be found on the quarterly summary reports because MDCH also enters influenza reports that may not be from school-aged children

Source: Huron County Schools Weekly Communicable Disease Reports/MDSS

Numerous Suspicious Contacts Received by Region 3 Healthcare Agencies

Over the last few months, the Region 3 office has been involved with a number of their hospitals and other healthcare agencies in regards to a significant number of suspicious calls, emails and visits.

These contacts have ranged from calls and emails with inquires regarding hospital construction plans, to questions regarding what sort of radiation equipment and radio isotopes are kept on site, or what sort of healthcare is provided by the hospital. We have also had hospitals experience visitors coming to their facilities asking these sorts of questions in person. Many of the calls and emails have appeared to originate outside of the continental United States, while some of the on-site visitors have appeared to staff to be foreign nationals.

The Region 3 office has been working very closely with their Michigan State Police District Coordinator and the U.S. Department of Homeland Security as well as the State Office of Public Health Preparedness regarding these events. The following specific guidance has been provided by:

1. If you receive a suspicious call, transfer it to your Security Dept if you have one. If not, please ask your staff to try to obtain the following information.
2. Have Security (or your staff) request the following information from the caller:
 - Their name (remember to get the correct spelling)
 - Their phone number - note: some calls are coming in from foreign countries so make sure to confirm the country of origin.
 - Their email address, if possible.
 - If supposedly from a company, their company's physical address.
 - Please then inform our office and/or your local law enforcement agency of the contact.
3. If the contact is an individual or individuals presenting to your hospital or office and if you have any questions regarding their intent, please contact your local law enforcement agency immediately.

In our Region, many of these contacts have not been to department heads or administration offices but rather to front line staff. Some of the calls regarding radiology, radiation therapy and nuclear medicine have been made directly to those departments.

(continued on page 9)

Source: The Region 3 News Update
December 10th, 2010

WHOOPING COUGH INCREASING IN OUR COMMUNITIES

Why all parents need to be vaccinated-

Pertussis, more commonly known as whooping cough, is a highly contagious bacterial disease that can be fatal for infants. When a source could be identified, about 75% of babies contract this disease from a household member with around half of the cases coming from parents. Pertussis is often thought of as being only a childhood disease when in fact, adults and adolescents are capable of contracting and spreading this serious disease. When you get vaccinated, you're doing more than protecting your health, you're helping to protect the health of your child.

What is pertussis?

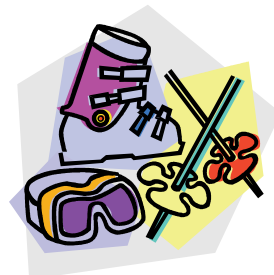
Pertussis is a contagious disease that creates sticky, thick mucus in the airways that makes it hard to breathe, eat, and drink. Infants with serious pertussis can have trouble breathing and turn blue. Pertussis is also known as whooping cough because people with the disease often make a loud "whoop" sound as they struggle to breathe through their narrowed airways between coughing spasms. It can present some-

Quarterly Summary of Reportable Communicable Diseases in Huron County
October, November, December 2009 and
October, November, December 2010

DISEASE GROUP	DISEASE	Oct/Nov/Dec 2009	Oct/Nov/Dec 2010
FOODBORNE	Campylobacter	1	4
	Cryptosporidiosis	0	1
	Salmonella	0	1
VIRAL HEPATITIS	Hepatitis C, Chronic	1	1
MENINGITIS	Streptococcus Pneumoniae, Invasive	1	0
OTHER	*Flu-like Disease	1,615	9
SEXUALLY-TRANSMITTED INFECTION	Chlamydia (Genital)	14	18
VACCINE-PREVENTABLE DISEASE (VPD)	Varicella (Chicken Pox)	1	3

*NOTE: The discrepancy in number of reported diseases may be due to changes in reporting procedures or the addition or reporting

Source: MDSS & Agency



(continued from page 5)

Pertussis is more severe for babies.

- In 2004-2005, 66 deaths from pertussis were reported.
- 90% of reported pertussis deaths are among babies under 4 months of age.
- 72% of babies under 6 months of age reported to have pertussis are hospitalized.
- One in 10 children reported to have pertussis also has pneumonia.

One in 50 children reported to have pertussis will have seizures or convulsions.

Pertussis Reports-

- In the U.S., reports of pertussis have increased more than 100% during 2004-2007 compared to 2000-2003.
- Centers for Disease Control and Prevention (CDC) estimates that only a small percentage of actual cases are reported.
- Michigan Public health authorities have observed a notable increase in pertussis case reports throughout the state since mid-2008. From 2003-2007 the annual average number of reports was about 340 cases per year. In 2009 there were over 900 cases reported, and in 2010 there have been 401 cases (as of June 27).

Whooping cough is in our community we need to be aware of this disease and get vaccinated! Vaccination against pertussis is avail-

Source: www.SoundsofPertussis.com

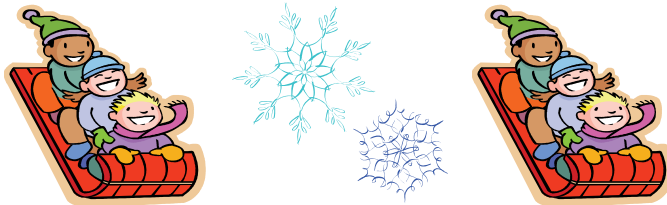
**The Update
Huron County**



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PAGE 7

COMMUNICABLE DISEASE REPORTING	Oct/Nov/Dec 2010
Rabies Investigations Received and Investigated	8
Rabies Number Receiving Rabies Prophylactic Treatment	0
Communicable Disease Reports Received and Investigated	12
TB Tests Given	297
TB Tests Reactors/Converters	1/0
TB Active Cases (newly diagnosed)	0
TB Receiving Treatment	1

Source: Agency Logs



IMMUNIZATION UPDATE	Oct/Nov/Dec 2010
Children ages Birth to 18 years How many vaccines were administered How many flu vaccines were administered	465 people received 1,144 vaccines 1,108 flu vaccines
Adults 19 years and older How many vaccines were administered	95 people received 131 vaccines

Source: MCIR & Agency



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What Are The 7 Signs of Terrorism?

- 1. Surveillance:** Someone recording or monitoring activities. This may include the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.
- 2. Elicitation:** People or organizations attempting to gain information about facility operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person.
- 3. Tests of security:** Any attempts to measure reaction times to secure breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.
- 4. Acquiring supplies:** Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring uniforms, decals, flight manuals, passes or I.D. badges or any other controlled items.
- 5. Suspicious persons out of place:** People who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else.
- 6. Dry run/ Trial run:** Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.
- 7. Deploying assets:** People and supplies getting into position to commit the act. This is an agency's last chance to alert authorities before the terrorist act occurs.

This all comes under the general concept of Situational Awareness - being aware of what is happening now around you to understand how information, events, and your own actions will impact your goals and objectives, both now and in the near future.

The following is from Mike Moll of the Department of Homeland Security: