



Bay County Health Department News You Can Use

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Bay County Health Department

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Tis The Season For The Flu Vaccine

Seasonal flu is a contagious respiratory illness caused by flu viruses. Approximately 5-20% of U.S. residents get the flu each year. This year the fall flu vaccine will protect against the influenza A H3N2 virus, the Wisconsin influenza B virus, and the 2009 H1N1 virus. Everyone is encouraged to get a flu shot, although certain people are at greater risk for serious complications from the flu.

These include:

- Older people
- Young children
- People with chronic lung disease (such as asthma and Chronic Obstructive Pulmonary Disease), diabetes, heart disease, neurologic conditions, and certain other long-term health conditions
- Pregnant women

Those allergic to chicken eggs, have experienced an allergic reaction to flu vaccines in the past, or who have had Guillain-Barre Syndrome (GBS) should talk with their doctor about other ways to prevent getting the flu. If you are ill with a fever (i.e. a temperature of 100°) you should wait until your symptoms pass to get vaccinated.

Flu Symptoms

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

Steps to Preventing the Flu

Wash your hands often with soap and water or an alcohol-based hand rub.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Try to avoid close contact with sick people.

Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Hand washing is extremely important in preventing the spread of disease and illnesses.

Inside this issue:

Head Lice	2
Norovirus Awareness	2-3
Chicken Pox	3
Fungal Meningitis	3
Communicable Disease Numbers	4



School News



Head Lice

Now that school is back in session, reports of head lice will be increasing. Head lice infest the head and neck and attach their eggs to the base of the hair shaft. Lice move by crawling; they cannot hop or fly.

How did my child get head lice?

Head-to-head contact with an already infested person is the most common way to get head lice. Head-to-head contact is

common during play at school, at home, and elsewhere (sports activities, playground, slumber parties, camp).

Although uncommon, head lice can be spread by sharing clothing or belongings. This happens when lice crawl, or nits attached to shed hair hatch, and get on the shared clothing or belongings. Dogs, cats, and other pets do not play a role in the transmission of human lice.

Signs and Symptoms of Lice Infestation

Tickling feeling of something moving in the hair.

Itching caused by an allergic reaction to the bites of the head louse.

Irritability and difficulty sleeping; head lice are most active in the dark.

Sores on the head caused by scratching. These sores can sometimes become infected with bacteria found on the person's skin.

WARNING:
Do not use a combination shampoo/conditioner, or conditioner before using lice medicine. Do not re-wash the hair for 1-2 days after the lice medicine is removed.

Treatment of Lice Infestation

Both over-the-counter and prescription medications are available for treatment of head lice infestations. Treatment of the infested person(s) requires using an over-the-counter (OTC) or prescription medication. Before applying treatment, it may be helpful to remove clothing that can become wet or stained during treatment.

Apply lice medicine, also called pediculicide, according to the instructions contained on the box or printed on the label. If the infested person has very long hair (longer than shoulder length), it may be necessary to use a second bottle.

If a few live lice are still found 8-12 hours after treatment, but are moving more slowly than before, do not retreat. The medicine may take longer to kill all the lice. Comb dead and any remaining live lice out of the hair using a fine-toothed nit comb.

After each treatment, checking the hair and combing with a nit comb to remove nits and lice every 2-3 days may decrease the chance of self-reinfestation. Continue to check for 2-3 weeks to be sure all lice and nits are gone.

If a child vomits or has an episode of diarrhea that escapes from their clothes:

Isolate the child from other children.

Isolate all children from the vomit and diarrhea.

If a child vomits or has an episode of diarrhea in a classroom, move all the children out of the classroom until clean up is completed.

Put on disposable gloves, a mask and eye protection.

Norovirus Awareness

Noroviruses are a group of viruses that cause acute gastroenteritis in humans. The symptoms of Norovirus infection include nausea, vomiting, diarrhea, cramping, and low-grade fever. Noroviruses are transmitted through the fecal-oral route, either by consumption of fecally contaminated food or water, direct person-to-person spread, or environmental and fomite (an inanimate object or substance, such as clothing, furniture, or soap, that is capable of transmitting infectious organisms from one individual to another) contamination.

Norovirus spreads easily from person to person and is often responsible for large outbreaks.

Be sure to encourage frequent and thorough hand washing among both children and school staff. Staff and children must stay home if they become ill with vomiting or diarrhea for at least 48 hours after symptoms have stopped. Excluding ill people from the school facility will help prevent an outbreak.

Norovirus Awareness, continued

Clean and Disinfect spills using the following three step process:

1. Clean up visible vomit with absorbent material and discard into a plastic bag.
2. **For non-porous surfaces, tile floors, counter-tops, sinks, toilets** - Disinfect the area using 1/3 cup of bleach in 1 gallon of water for hard surfaces and steam clean carpets (1:50 dilution)
For stainless steel, food/mouth contact items, toys – Disinfect using 1 tablespoons of bleach in 1 gallon water (1:250 dilution)
For porous surfaces, wood floors – Disinfect using 1 cup bleach plus 1/2 cup bleach in 1 gallon water (1:10 dilution)
3. Liberally disinfect area and objects surrounding the contamination with an appropriate environmental disinfectant (multiple applications may be required)

Clean clothing, textiles, toys, etc. using the following method:

- Remove vomit or material from clothing
- Keep contaminated and uncontaminated clothing/textiles separate.
- Wash items in pre-wash cycle then use the hottest regular wash cycle with detergent.
- Dry these items separately from uncontaminated items, on the highest dryer setting.
- Clean any toy or equipment that may enter a child's mouth with soapy water and then disinfect using 1 tablespoon of bleach in 1 gallon of water
- Remove organic matter on softer toys or equipment and launder them in the same way as clothing or textiles or, discard them if necessary
- Remove and discard soiled gloves
- Wash hands

Chickenpox

Although Chickenpox can now be prevented by vaccination, it still remains active in our community. Chickenpox is an infectious disease caused by the varicella-zoster virus, which results in a blister-like rash, itching, tiredness and fever. The rash appears first on the trunk and face, but can spread over the entire body causing between 250 to 500 itchy blisters. Most cases of chickenpox occur in persons less than 15 years old.

Chickenpox is highly infectious and spreads from person to person by direct contact or through the air from an infected person's coughing or sneezing. A person with chickenpox is contagious 1-2 days before the rash appears and until all blisters have formed scabs. It takes from 10-21 days after contact with an infected person for someone to develop chickenpox.

Hot Topic

Fungal Meningitis

Cause

Fungal meningitis is rare and usually the result of spread of a fungus through blood to the spinal cord. Although anyone can get fungal meningitis, people with weak immune systems, like those with AIDS or cancer, are at higher risk.

The most common cause of fungal meningitis for people with weak immune systems is *Cryptococcus*. This disease is one of the most common causes of adult meningitis in Africa.

Signs and Symptoms

Fever	Headache
Stiff Neck	Nausea and Vomiting
Altered Mental Status	Photophobia (Sensitivity to Light)

For more information on Fungal Meningitis go to www.cdc.gov/meningitis/fungal.html

Transmission

Fungal meningitis is not contagious, which means it is not transmitted from person to person. Fungal meningitis can develop after a fungus spreads through the bloodstream from somewhere else in the body, as a result of the fungus being introduced directly into the central nervous system, or from an infected body site infection next to the central nervous system.

You may also get fungal meningitis after taking medications that weaken your immune system. Examples of these medications include steroids (such as prednisone), medications given after organ transplantation, or anti-TNF medications, which are sometimes given for treatment of rheumatoid arthritis or other autoimmune diseases.

Treatment

Fungal meningitis is treated with long courses of high dose antifungal medications, usually given through an IV line in the hospital. The length of treatment depends on the status of the immune system and the type of fungus that caused the infection. For people with immune systems that do not function well because of other conditions, like AIDS, diabetes, or cancer, treatment is often longer.

Mission

We, at the Bay County Health Department, commit to providing Bay County residents with quality health care delivered by our qualified, compassionate staff. We believe in a holistic approach in promoting the optimal level of wellness in each individual

GOALS

The goal of public health administration is to establish and maintain a community focus on public health through the development of an efficiently organized, adequately staffed and effective Health Department.

The Health Department was created to meet the needs and the expectations of all citizens in Bay County. Many of the services are free of charge while others are based on income, eligibility criteria, and fee for service .

Reported number of Communicable Disease Cases in Bay County & The State of Michigan for 2010, 2011 & 2012.*

Disease	Bay County			Michigan		
	2010	2011	2012	2010	2011	2012
Foodborne:						
Campylobacter	3	3	5	1,093	971	966
Escherichia coli 0157:H7*	0	0	0	0	0	0
Giardiasis	1	0	4	573	411	427
Norovirus	3	10	7	65	187	173
Salmonellosis	1	8	9	820	749	851
Shigellosis	0	1	0	223	146	220
Meningitis:						
Meningitis - Aseptic	8	13	8	759	748	715
Meningitis - Bacterial	1	1	2	170	112	158
Other:						
Cryptococcosis	0	0	1	50	44	46
Legionellosis	0	0	1	244	237	269
STD/HIV:						
HIV (Adult)	1	0	3	138	50	540
Chlamydia	217	264	218	36,765	37,754	35,979
Gonorrhea	32	22	15	10,077	9,687	9,327
Syphilis	11	2	5	1,185	1,890	2,108
VPD						
Tuberculosis	0	1	0	917	293	383
Chicken Pox (varicella)	10	9	13	1,223	893	876
Mumps	1	1	1	79	47	51
Pertussis	22	0	0	1,383	792	793
Viral Hepatitis						
Hepatitis A	4	3	2	248	275	453
Hepatitis B, Acute	2	2	1	332	206	215
Hepatitis B, Chronic	5	6	5	1,829	1,581	1,626
Hepatitis C, Acute	5	0	1	204	248	421
Hepatitis C, Chronic	61	52	56	6,777	6,765	7,399

*Figure represents data from January to September.



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*Creating a Healthy
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