



Epi Update

A newsletter for healthcare professionals in Platte County, MO

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SPECIAL POINTS OF INTEREST:

- Gonorrhea is very close to becoming impossible to treat
- Spotlight immunizations! Learn why you need them and how to get one at PCHD
- Canning food from your garden? Follow steps to prevent botulism
- Providers: Stay current with new Zika guidelines

INSIDE THIS ISSUE:

- Spotlight PCHD Immunizations 2
- Home Canning and Botulism 2
- Updated Zika Guidelines 2
- July CD Report 3
- References 3

For more information or questions about Epi Update, contact Erin Sanders, PCHD Epidemiology Specialist at: (816) 858-2412

Rise of Drug-Resistant Gonorrhea

Drug-resistant *Neisseria gonorrhoeae* has been labeled an **urgent public health threat** by the CDC. Gonorrhea is the 2nd most commonly reported notifiable infectious disease in the United States, with over 800,000 cases each year. About 30% of these infections are estimated to be resistant to at least one antibiotic.¹

Gonorrhea bacteria develop resistance to antibiotics [very quickly](#). Just in the last decade, gonorrhea became resistant to fluoroquinolones, making **cephalosporins the last class of antimicrobials** to meet CDC's efficacy standards against gonorrhea.² After declining susceptibility to cefixime, CDC changed their treatment guidelines in 2012 to a **dual therapy protocol**: 250 mg IM dose of ceftriaxone in combination with 1 g oral dose of azithromycin.³ The World Health Organization (WHO) also updated their global treatment recommendations to match these guidelines in 2016.⁴

However, the last line of defense is faltering. WHO recently announced new data from their Global Gonococcal Antimicrobial Surveillance Programme (GASP) that shows antibiotic-resistant gonorrhea is on the rise. Of 77 countries participating in GASP from 2009-2014, **66% (including the U.S.) reported resistance to extended-spectrum cephalosporins**, the current last-resort treatment for gonorrhea. Additionally, 81% of countries reported increasing resistance to azithromycin.^{4,5}

Though rare, **treatment failures for ceftriaxone have been documented**, and gonococcal strains with high resistance to ceftriaxone have been reported in France, Japan, and Spain.⁵ The CDC's Gonococcal Isolate Surveillance Project (GISP) monitors trends in drug-resistant gonorrhea in approximately 25-30 sentinel sites across the U.S. To date, no isolates in GISP have showed a decreased susceptibility to both azithromycin and ceftriaxone. However, antibiotic resistance is not just an issue abroad – **GISP results in Kansas City** showed that **29.6%** of isolates tested in 2015 were resistant to penicillin, tetracycline, or ciprofloxacin, and **2.6%** of isolates showed decreased susceptibility to azithromycin, an increase from previous years.²

What can be done?^{3,4}

Prevent: Gonorrhea can be prevented through consistent and correct condom use.

Rapid detection and treatment: Providers should follow CDC's [treatment guidelines](#) and [screening recommendations for gonorrhea](#) and check [CDC's website](#) regularly for updates.⁶ Order cultures to test for decreased susceptibility from any patients with suspected or documented gonorrhea treatment failures. Report positive gonorrhea cases and treatment failures to your state or local public health agencies. Additionally, any sexual partners from the previous 60 days should be evaluated and treated.

Research: WHO and CDC continue to monitor gonorrhea drug resistance and update guidelines as needed. However, development of new drugs is also important. Currently there are **only 3 new candidate drugs for gonorrhea** in clinical development.⁴

GONORRHEA HAS GROWN RESISTANT TO NEARLY EVERY DRUG EVER USED TO TREAT IT



THE UNITED STATES IS NOW DOWN TO ONE RECOMMENDED TREATMENT FOR GONORRHEA



Spotlight PCHD

DID YOU KNOW??

- * *Before the measles vaccine became available in 1963, 3 to 4 million people were infected and 400 to 500 people died from measles in the U.S. every year*⁷
- * *Nearly 4,000 cases of mumps have been reported in the U.S. so far this year*⁸
- * *Polio is a plane ride away. Countries such as Afghanistan, Nigeria, and Pakistan have had multiple cases over the past 2 years*⁹
- * *3 infants died of pertussis (whooping cough) in the U.S. in 2015*¹⁰

Botulism is a rare but serious illness caused by a toxin that is most commonly produced by the *Clostridium botulinum* bacteria. These bacteria are found in soil naturally and produce toxins in certain conditions, such as when food is improperly canned. Toxins attack the body's nerves and cause difficulty breathing, muscle paralysis, and even death. Anyone with symptoms of botulism should seek emergency care and treatment immediately.^{12,13}

Centers for Disease Control and Prevention
MMWR
Morbidity and Mortality Weekly Report

ZIKA 

Spotlight on Immunizations

August is [National Immunization Awareness Month!](#) In the U.S., vaccines have greatly reduced infectious diseases that once routinely harmed or killed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease still exist. Every year, tens of thousands of Americans still suffer serious health problems, are hospitalized, and even die from diseases that could be prevented by vaccines.

Here's why you shouldn't wait to make sure you and your loved ones are up to date:

- Many vaccine-preventable diseases are still common in the U.S.
- Those that are not common here are still found in other parts of the world, and can still be a threat.
- Some of these diseases are very contagious.
- Any of these diseases could be serious – even for healthy people.
- Certain people may be at higher risk for getting some diseases or having more serious illness if they were to

get sick, like young children, older adults, and those with health conditions.⁷

Please contact the Platte County Health Department in Parkville to get immunized today! We are available between the hours of 8:00 am and 3:45 pm M-F on a walk-in basis for the following vaccines:

- Hepatitis A
- Hepatitis B
- Hepatitis A/B (aka Twinrix)
- HPV
- Influenza
- MMR
- Meningococcal
- Pneumococcal
- Polio
- Shingles
- Tdap
- Td
- Typhoid
- Varicella
- Yellow Fever

The vaccine availability and inventory may change at any time, so please give us a call. Let's get vaccinated Platte County!

We are located at:
1201 East Street, Parkville, MO 64152
Ph. 816-587-5998

Home Canning? Prevent Botulism

In Ohio in 2015, 29 people who attended a church potluck became ill and 1 person died of botulism after consuming a potato salad made with improperly home-canned potatoes.¹¹ If you are planning to home-can vegetables this summer, make sure you **follow the proper steps to avoid botulism**.¹²

1. **Use proper canning techniques.** – Instructions for safe home canning can be found in the [USDA Complete Guide to Home Canning](#).
2. **Use the right equipment.** Pressure canning is the only recommended method for canning low-acid foods. Always use a properly sized pres-

sure canner that meets [USDA recommendations for pressure canning](#).

3. **When in doubt, throw it out!** If there is any doubt safe canning guidelines were followed, or if your food or container shows any signs of contamination, throw it out! Examples include containers that are leaking, bulging, swollen, or look damaged, cracked, or abnormal; if the container spurts liquid or foam when opened; or if the food is discolored, moldy, or smells bad. Do not taste it!

For more detailed info on botulism and canning, visit <https://www.cdc.gov/features/homecanning/index.html>

Updated Zika Guidelines

On July 24, the CDC released [updated interim guidelines for pregnant women with possible Zika exposure](#).¹⁴ Major changes include no longer recommending routine Zika virus testing for **asymptomatic** pregnant women with recent possible Zika virus exposure but **no ongoing possible exposure**. Full guidelines and new testing algorithms can be found at <https://www.cdc.gov/zika/hc-providers/index.html>.

Communicable Disease Report

Notable this month: Animal bite reporting continues to be well above average this month and YTD*. Reports included 3 dog bites and 4 bat exposures; all bats tested negative for rabies. Other diseases reported in July included 4 campylobacteriosis, 1 ehrlichiosis, 2 LTBI, 1 non-tuberculosis mycobacterium, and 1 salmonellosis.

Reportable Diseases July 2017		YTD*						5 YR AVG†
		2017	2016	2015	2014	2013	2012	
Animal Bites	10	50	21	33	19	23	21	23
Gastrointestinal Diseases	6	26	30	28	15	26	11	22
Hepatitis	7	54	45	51	39	44	55	47
STD	9	48	25	30	35	21	62	35
Tuberculosis	3	20	47	17	22	47	23	31
Other	12	69	43	41	60	45	70	52
TOTAL	47	267	211	200	190	206	242	210

*Year-to-date (counts reflect total cases January through July of the given year)

† Five year average is of YTD counts for years 2012-2016.

Please note that categories are grouped communicable diseases or conditions, most of which are mandatory by law to report (see links below). Totals reported for each category represent total number of reports and inquiries to the health department, not total number of cases.

Categories: Animal bites category includes any type of bite. Gastrointestinal Disease category includes all reportable GI diseases. Hepatitis category could include chronic or acute infections of Hepatitis A, B or C. Sexually Transmitted Disease category includes all reportable STDs other than Hepatitis. Tuberculosis category includes all reports, calls/inquiries, requests for previous records, etc., regarding active or latent cases of TB. Other category includes reports or inquiries regarding individual diseases that do not fit previous categories.

List of Reportable Diseases & Conditions: <http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaselist2.pdf>

Rules of Department of Health and Senior Services - Division 20—Division of Community and Public Health Chapter 20—Communicable Diseases: <http://s1.sos.mo.gov/cmsimages/adrules/csr/current/19csr/19c20-20.pdf>

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Services Provided

- Disease Surveillance
- Emergency Preparedness
- Environmental Health
 - *Restaurant & Septic Inspections*
- Health Education
- Special Deliveries Program
- Women, Infants & Children (WIC)
- Vital Records
 - *Birth & Death Certificates*
- Family Healthcare Clinic
 - *Physician*
 - *Nurse Practitioner*
- Walk-In Clinic
 - *Adult/Child /Travel Vaccinations*
 - *HIV/STD Testing*
 - *Pregnancy Testing*

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