



Public Health
Prevent. Promote. Protect.
Platte County Health Department

Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 2, ISSUE 5

MAY 11, 2016

SPECIAL POINTS OF INTEREST:

- Many diseases are spread by mosquitoes. Take steps to limit your exposure to mosquitoes when traveling or at home
- Learn more about MCV4, why it's important, who should receive the vaccine and when, and where you can get it
- Raise Mental Health Awareness in Platte County this May

INSIDE THIS ISSUE:

- Spotlight 2
MCV4 Vaccines
- Mental Health 2
Awareness
- Platte County 3
Flu Report
- April 4
CD Report
- References 4

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

Prevent Mosquito-Borne Disease

Mosquitoes spread a variety of infectious diseases worldwide, including Chikungunya, Dengue, Zika, Yellow Fever, Malaria, West Nile virus, and more. Protect yourself from mosquito-borne disease by taking steps to prevent mosquito bites whether you are traveling or at home.

When you travel¹⁻³

- * Before traveling, check CDC's Traveler website www.cdc.gov/travel to learn what specific mosquito-borne diseases or other health risks may be present at your destination
- * Wear long-sleeved shirts and pants
- * Stay in places with AC and screens on windows and doors
- * Sleep under a mosquito bed net if necessary
- * Wear insect repellent, which is the best way to prevent diseases spread by mosquitoes. Use EPA-registered insect repellents with DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Follow product label instructions
- * Treat clothing and gear with permethrin

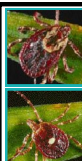


When you get back^{1,3}

- * Visit your healthcare provider if you develop a fever, rash, muscle, or joint pain
- * If you are returning to the U.S. from an area with Zika, take steps to prevent mosquito bites for 3 weeks so you do not spread Zika to mosquitoes that could spread the virus to other people. Do this even if you do not feel sick, as Zika can infect people without causing any symptoms

When you are at home⁴⁻⁵

- * Keep windows and doors shut and use AC when possible. Install or repair window and door screens and use them when windows and doors are not shut
- * Check both outdoors and indoors for items with standing water once a week and empty and wash, turn over, cover, or throw them out. Tightly cover containers with lids or a wire mesh with holes smaller than adult mosquitos
- * Use larvicides to treat large containers or bodies of water that are not used for drinking
- * Repair cracks or gaps in your [septic tank](#), and cover open vents or pipes with wire mesh⁶
- * Use indoor flying insect fogger or spray to kill mosquitoes inside your home and treat areas where they rest

 **Don't Forget: Ticks** Mosquitoes are not the only pests that spread disease. [Ticks](#) in Missouri may transmit diseases such as Ehrlichiosis, Rocky MOUNTY Spotted Fever, Tularemia, and more. Prevent tick bites by avoiding wooded and brushy areas and wearing repellents, long pants, and sleeves. Check for ticks frequently after spending time outdoors and remove any attached ticks promptly.⁷⁻⁸

Spotlight Meningococcal Vaccine



What is meningococcal disease?

Meningococcal disease is a serious bacterial illness. It is a leading cause of bacterial meningitis in children 2 through 18 years old in the United States. Meningitis is an infection of the covering of the brain and the spinal cord and also causes blood infections.

About 1,000–1,200 people get meningococcal disease each year in the U.S. Even when they are treated with antibiotics, 10–15% of these people die. Of those who live, another 11%–19% lose their arms or legs, have problems with their nervous systems, become deaf, or suffer seizures or strokes.

Anyone can get meningococcal disease, but it is most common in infants less than one year of age and people 16–23 years. Children with certain medical conditions, such as lack of a spleen, have an increased risk of getting meningococcal disease. College freshmen living in dorms are also at

increased risk.⁹

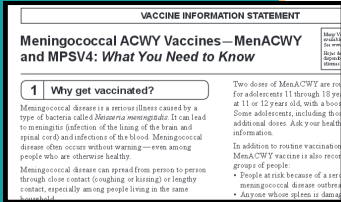
Who should get meningococcal vaccine and when?

Routine vaccination:

Two doses of MCV4 are recommended for adolescents 11 through 18 years of age: the first dose at 11 or 12 years of age, with a booster dose at age 16.

If the first dose (or series) is given between 13 and 15 years of age, the booster should be given between 16 and 18. If the first dose (or series) is given after the 16th birthday, a booster is not needed. For more information on dosing recommendations visit: http://www.give2mcv4.org/content/uploads/2016/04/MCV4-toolkit_flowchart_FINAL.pdf.

This vaccine is available at the Platte County Health Department, Parkville location. For more information visit www.plattecountyhealthdept.com or call 816-587-5998.



Find Vaccine Information Statements for MCV4 and other vaccines at www.cdc.gov/vaccines/hcp/vis

To get more information and toolkits for Mental Health Month, visit mentalhealthamerica.net/may



SHARE WITH #mentalillnessfeelslike

Mental Health Awareness Month

Platte County Health Department's [2015 Community Health Assessment](#) identified **mental health and substance abuse** as one of **three key health priorities** for Platte County residents.¹⁰ Accessing care for these mental health issues can be difficult in Platte County, which has been named a **Designated Health Professional Shortage Area for Mental Health**. For more information and data on mental health issues in Platte County, the full assessment can be found at www.plattecountyhealthdept.com.

Suicide **9th** leading cause of death in Platte County in 2010-2014¹¹



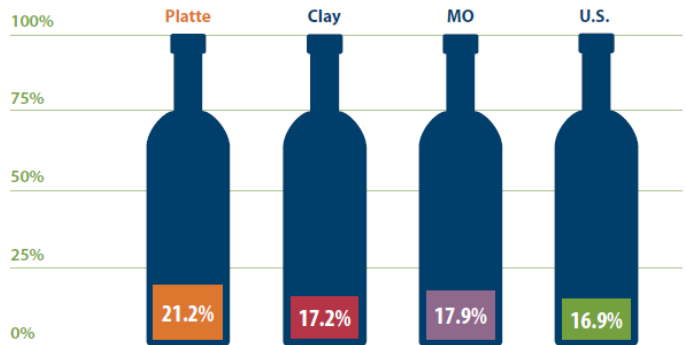
of Northland Community Health Survey respondents identified mental health as one of the **top 3 health problems** in the community¹⁰

Northland hospital data shows **depression** is the leading cause of inpatient hospitalization in the **15-24 year old** age group¹⁰



Binge Drinking* Rates in the U.S., Missouri, and the Northland¹⁰

*Percent of adults 18 and over who report binge drinking in the last 30 days



Platte County Influenza Report

Platte County 2015-16 Reported Influenza Cases							
4/3/16-4/30/16		Epi Week				Total	STD* (40-52, 1-17)
Age Group	Type	14	15	16	17		
0- 1	Type A			1		1	4
	Type B					0	1
	Type A or B					0	0
2 - 4	Type A		1			1	14
	Type B					0	4
	Type A or B					0	0
5 - 14	Type A	1		2	2	5	25
	Type B	1	2			3	35
	Type A or B					0	5
15 - 24	Type A		1	1	1	3	12
	Type B			2		2	15
	Type A or B		1	1		2	5
25 - 49	Type A	2		1		3	38
	Type B	1	2	2		5	18
	Type A or B	1		1		2	11
50 - 64	Type A	3		1		4	27
	Type B	1		2		3	11
	Type A or B		1			1	4
65 +	Type A		1			1	13
	Type B				1	1	6
	Type A or B					0	0

Flu totals[†]

Weeks: 14-17

A	18
B	14
A or B	5

*Season to date:

A	133
B	90
A or B	25

[†] Reflect total reports received as of 5/6/16

Notable this Month:

A total of 248 influenza cases have been reported in Platte County season to date. This total is lower than that seen for the past three flu seasons over the same time period .

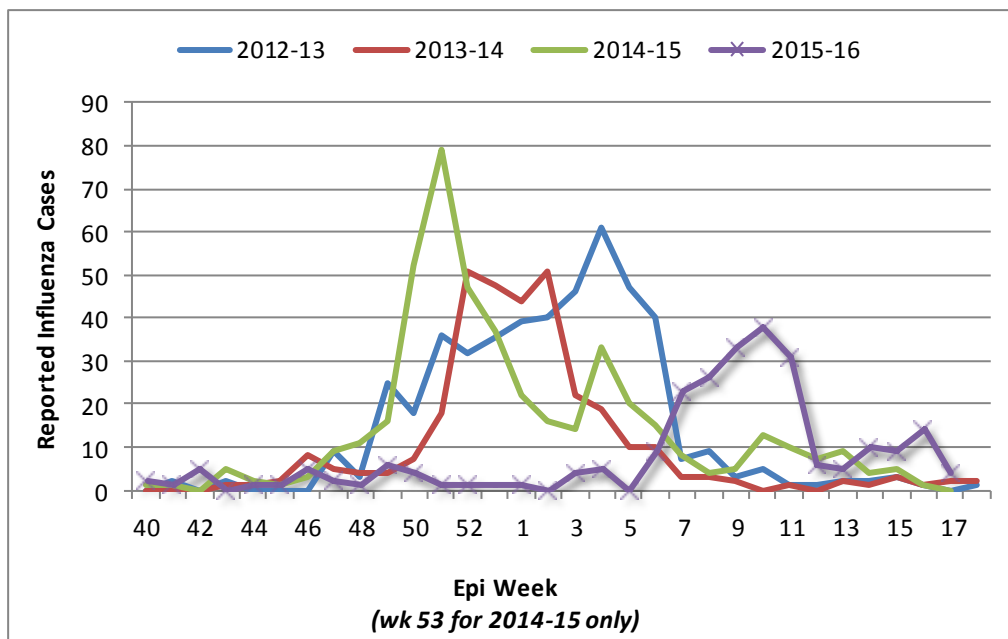
Flu incidence in April was highest among 15-24 year olds followed by 5-14 year olds. Season to date, reported flu incidence was highest in the 5-14 year old age group followed closely by 0-4 year olds.



Reminder:

Fax your flu reports **weekly** to PCHD at 816-858-2087. Click [HERE](#) for a copy of the reporting form.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2015-16 season-to-date[†]



Influenza persisted in Platte County in April but at rates well below peak levels seen in March this season

Communicable Disease Report

Notable this month: Animal bite reporting was 5x higher than average in the month of April, though remains average YTD*. Gastrointestinal disease and STD reporting were also higher than average in April and YTD. Gastrointestinal diseases reported in April included 4 campylobacter, 1 shigella, and 1 complaint of gastrointestinal illness.

Reportable Diseases April 2016		YTD*						5 YR AVG†
		2016	2015	2014	2013	2012	2011	
Animal Bites	11	15	18	13	7	14	14	13
Gastrointestinal Diseases	6	23	13	3	15	6	8	9
Hepatitis	2	25	25	20	26	38	27	27
STD	11	36	14	17	17	32	15	19
Tuberculosis	2	12	6	14	25	12	9	13
Other	9	37	23	28	25	39	19	27
TOTAL	41	148	99	95	115	141	92	108

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

† Five year average is of YTD counts for years 2011-2015.

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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