

THE COMMUNICABLE DISEASE COMMUNIQUÉ

McHENRY COUNTY DEPARTMENT OF HEALTH

COMMUNICABLE DISEASE EMERGENCY NOTIFICATION INFORMATION

Urgent Public Health issues shall be reported immediately (within 3 hours) to the McHenry County Department of Health and include the following:

- * Anthrax (suspected or confirmed)
- * Botulism (foodborne)
- * Plague
- * Q-fever
- * Smallpox
- * Tularemia
- * Any suspected Bioterrorist threat

REGULAR OFFICE HOURS

(Monday – Friday 8am – 4:30pm)

(815) 334-4500

Please call one of the following:

Marylou Ludicky, RN, MPH
Communicable Disease Coordinator

Melissa Manke, RN
Investigator

Susan Karras, RN
Investigator

Blanca Trinidad, RN
TB Nurse

Karen Stephenson, RN
TB Nurse

Christina Hayes, BS
CD Health Educator

Amanda Reich, MPH
CD Intern

AFTER OFFICE HOURS

(Monday – Friday 4:30pm – 8am;
Saturday, Sunday and Holidays)

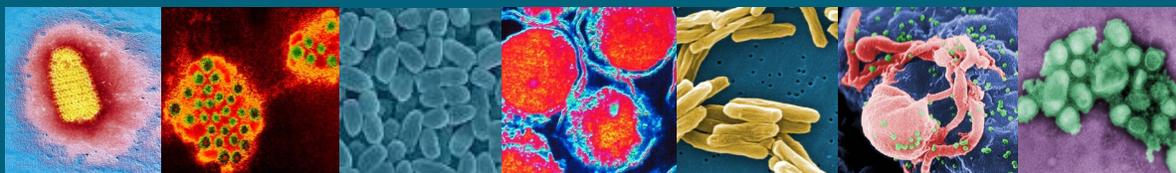
(815) 344-7421

Ask to speak to the Communicable Disease “On-Call” Person.

Mission

The Communiqué is a newsletter intended to prevent morbidity and mortality of infectious diseases by providing data and recommendations to clinicians, laboratories, infection control personnel and others who diagnose, treat or report infectious diseases in McHenry County.

We welcome comments and suggestions. Please call if you wish to be added to our mailing list. Contact Mary Lou Ludicky at 815-334-4500 or email mludick@co.mchenry.il.us



NOVEMBER 2012 WWW.MCDH.INFO

ENTERIC ILLNESS

As the cold, inclement weather of winter approaches, and people spend more and more time indoors and in close contact with others, we expect to see our annual increase in enteric illness reports.

Norwalk-like Viruses (Norovirus)

are the most common enteric illness. Many people refer to Norovirus as the “stomach flu” or food poisoning; the CDC estimates as many as half of all foodborne illnesses can be attributed to Norovirus. Norovirus causes approximately 21 million cases of acute gastroenteritis and contributes to approximately 70,000 hospitalizations and 800 deaths annually.

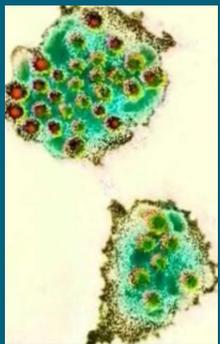
Norovirus has an incubation period of 10-50 hours, but typically symptoms appear 12-48 hours following exposure to an infected person. Symptoms include acute onset of vomiting and watery, non-bloody, large volume diarrhea with abdominal cramps, and nausea. Many people also report a low-grade fever, headache, and body aches. Symptoms last 24-72 hours and most people recover with no long-term problems. However, Norovirus can cause severe illness for young children, the elderly, and persons who are immunocompromised. The best treatment for Norovirus is rehydration and rest; antibiotics will only prolong the time that the virus is shed in the stool.

Norovirus is **HIGHLY** contagious; a single person can shed billions of virus and it only takes as few as 18 viral particles to infect another person. Norovirus is typically spread through close contact with an infected person or when a person consumes contaminated food or water. Foodborne outbreaks of Norovirus are often caused by eating food that contaminated by an infected food handler, but food itself can also be contaminated with Norovirus (e.g. oysters, raspberries, and leafy greens). Part of the highly infectious nature of Norovirus is due to its transmission through high touch surfaces or through inhalation of aerosolized vomit or diarrhea. A person infected with Norovirus can shed the virus before experiencing symptoms, but most people usually become contagious once they experience symptoms and are no longer communicable 48 hours following the last diarrheal episode. Infected persons can continue shedding the virus in vomit or stool for 2 weeks or longer. Norovirus can spread quickly in long-term care facilities and schools; a few cases can lead to few dozen in only a day or two.

Norovirus outbreaks are common in long-term care facilities, school, and daycares during the winter months. More than 2 cases of acute onset, severe gastrointestinal illness is considered an outbreak and should be reported immediately to the McHenry County Department of Health. If you suspect an outbreak, MCDH will assist with outbreak management, stool sample collection, education, and can collect environmental samples of likely contaminated high-touch surfaces. MCDH will be offering their services to provide education on Norovirus, outbreak guidelines, and hand-washing education to prevent a Norovirus outbreak. For more information, please see page 5.

If any healthcare or food workers report feeling ill with symptoms consistent with Norovirus, they should NOT be allowed to work. Any employee with vomiting or diarrhea must be sent home immediately. They should NOT return to work until at least 48 hours has passed since their last diarrheal illness per CDC guidelines. Staff in healthcare or foodservice can spread Norovirus to many patients, residents, students, or the general public creating a large scale outbreak. Norovirus has been responsible for several highly-publicized, large scale enteric outbreaks on cruise ships. For Norovirus disinfecting guidelines please see page 2.

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TARGET PLACEMENT ON HIGH TOUCH OBJECTS



Areas to disinfect:

Any and ALL high touch surfaces, including, but not limited to:

- Doorknobs
- Faucets
- Sinks
- Toilets
- Phones
- Counters
- Chairs (including arms and backs)
- Tables
- Hand rails
- Commodes
- Bath rails
- Light switches
- Keyboards
- Linens & bedding
- Ice machines

Disinfecting Against Norovirus

Chlorine bleach is the best disinfecting agent against Norovirus.

For stainless steel, food/mouth contact items, toys/games:
200 ppm (1:250)
1 Tbsp bleach in 1 gallon of water

For non-porous surfaces, tile floors, countertops, sinks, toilets:
1000 ppm (1:50)
1/3 cup of bleach in 1 gallon of water

For porous surfaces, wood floors:
5000 ppm (1:10)
1 and 1/2 cup of bleach in 1 gallon of water

Persons assisting those ill with Norovirus or cleaning up vomit or diarrhea should wear masks to avoid inhaling fecal or vomit particles and gloves to avoid further spread.



Soiled linens and bedding should be washed separately and dried at high heats. Carpet and upholstery should be cleaned steam cleaned at high heat.

A cleaning product will **NOT** kill Norovirus unless it specifically lists on the label that it disinfects Norovirus. For a list of EPA – approved cleaning products effective against Norovirus, click

[HERE!](#)



Not all of the disinfectants shown on this list are approved for use in food facilities or in areas where food is prepared/served, so be sure to double check for food safety.

Giardia lamblia

Giardia is a parasite that typically causes diarrheal giardiasis. *Giardia* is spread through the fecal-oral route. It is protected by an outer shell that allows it survive outside of the body for long periods of time and makes it resistant to chlorine disinfection. *Giardia* infects people when they swallow the *Giardia* cysts, that become infectious as they leave the body through feces.

Persons infected with *Giardia* are communicable throughout the duration of infection and begin expressing symptoms within 3-25 days following infection (median incubation 7-10 days). Symptoms of *Giardia* include acute and/or chronic diarrhea, bloating, and flatulence. And last until the infec-

tion is resolved. *Giardia* is most commonly transmitted through exposure to contaminated water. While *Giardia* is only found about 2% of adults and roughly 7% of children in developed nations like the US, nearly of third of people living in developing countries have been infected with *Giardia*.

Persons traveling to developing nations, people in childcare settings, people who drink untreated lake or river water such as campers, and men who have sex with men are at an increased risk of becoming infected with *Giardia*. *Giardia* is treated with anti-parasite drugs.

Giardia is a reportable condition in Illinois; any

suspected or confirmed cases of Giardia should be reported to the Communicable Disease Program of McHenry County Department of Health within 7 days through our confidential fax line: 815-334-1884.

Persons infected with *Giardia* who work in food service, health-care, childcare need to submit 3 release specimens before returning to work. The first specimen collection should occur 24 hours after the completion of treatment, with the remaining two specimens collected 48 hours apart. All three specimens must be negative to be cleared for return to work.



Giardia lamblia

Salmonella



Through October 24th, there have been **44 cases of Salmonella in McHenry County**, already more than in all of 2011. Each year approximately 42,000 cases of salmonellosis are reported in the United States, but the CDC estimates that slightly more than one million Americans are infected with it each year. Although there are roughly 2500 serotypes of *Salmonella*, the **most common serotypes are Enteritidis and Typhimurium**. While Norovirus and other enteric illnesses have seasonal peaks in the winter, *Salmonella* is more common in the summer months. Additionally, *Salmonella* is more commonly reported in small children than in adults and children under five account for more salmonellosis than all other age groups combined.

Salmonella is a rod-shaped, motile bacteria (with the exception of *S.gallinarum* and *S.pullorum*). *Salmonella* has short **incubation of 6-72 hours**, with the average onset of 12-36 hours. *Salmonella* is usually spread through eating contaminated uncooked eggs or poultry, unpasteurized milk, juice, or cheese, and raw fruits or vegetables— most commonly melons and sprouts. *Salmonella* can also be spread from contact with birds or reptiles such as turtles, lizards, or snakes; currently there is an outbreak of *S.Typhimurium* (14 cases) from contact with hedgehogs across six states. *Salmonella* can be contracted by as few as 15-20 cells, depending other factors including strains. Symptoms of *Salmonella* are typical of other enteric illnesses: nausea, vomiting, diarrhea, abdominal cramps, fever, headache and last for an

average of 4-7 days. *Salmonella* is communicable for a variant amount of time: anywhere from a few days to several weeks.

It is **NOT** necessary for *Salmonella* to be treated with antibiotics, unless the infection has spread from the intestines. Antibiotic treatment can prolong excretion and may lead to the development of resistant strains or to more severe infections. *Salmonella* is only fatal in a small number of cases, but it can cause severe infections in young children, the elderly, and persons who are immunocompromised.

Salmonella is a reportable condition under Illinois law and suspected or confirmed cases should be **re-reported to the McHenry County Department of Health within 7 days through our confidential fax line: 815-334-1884. Cases of patients suspected of having *Salmonella typhi*, commonly known as typhoid, should be reported within 24 hours.** Diagnoses of *Salmonella*, including serotyping must be done through the collection of stool samples.

Release specimens should be collected for all food and healthcare workers. The first specimen can be collected 48 hours following the last diarrheal episode. The second release specimen should be collected 24 hours following the first negative sample. Call the Communicable Disease Program at 815-334-4500 with any questions.

Current National Salmonella Outbreaks

Salmonella Bredeney— Peanut Butter and Raw Peanuts
(shelled and unshelled) manufactured by Sunland, Inc and commonly sold at Trader Joe's Stores.
By the numbers: 35 cases in 19 states (including IL), 8 hospitalizations
Ongoing

Salmonella Typhimurium and Newport— Cantaloupe
originating from Chamerlain Farms Produce, Inc (IN)
By the numbers: 261 cases in 24 states (34 cases in IL), 94 hospitalizations, and 3 deaths
Appears to be resolved

Salmonella Braenderup— Mangoes
from Agricola Daniella of Mexico
By the numbers: 127 cases in 15 states (2 cases in IL), 33 hospitalizations
Appears to be resolved

For more information regarding ongoing or new outbreaks, check the CDC's website or click [HERE](#)

West Nile Virus



October 31st marks the end of arbovirus season in Illinois. This season, McHenry County like much of the state, and the nation has experienced increased arboviral activity. With over 5000 human cases, all 48 of the continental United States reported some WNV activity to the CDC, and of those only Maine has not reported a human case. Illinois is reporting the fifth most cases of WNV (215), trailing Texas (1711), California (339), Louisiana (239), and Mississippi (233). WNV is typically monitored by sampling mosquitoes, dead birds, dead horses, and

This summer we experienced increased West Nile virus activity: **46 mosquito pools tested positive at six locations** (Lake in the Hills, Fox River Grover, Crystal Lake, Harvard, and McCollum Lake

Thirteen birds also tested positive for West Nile virus of 45 submitted for testing. The positive birds were collected from Woodstock, Cary, Crystal Lake, Harvard, Wonder Lake, McHenry, and Richmond.

2012 West Nile virus Cases in McHenry County

Gender	Age	Location	Onset Date	Hospitalized
Male	56	Cary	8/18/2012	No
Female	68	Lake in The Hills	8/30/2012	No
Male	60	Woodstock	9/12/2012	Yes; UNK
Male	68	Woodstock	9/18/2012	Yes; 5 days
Male	61	Cary	9/21/2012	Yes; 6 days
Female	70	Cary	9/22/2012	Yes; 5 days

There have also been **six confirmed positive cases of WNV human infections** this year in McHenry County, which matches the previous high number of human cases set in 2006. Two of the confirmed cases were identified as neuroinvasive. See the figure (left) for more information regarding the 2012 human cases of WNV in McHenry County.

Lyme Disease

This year was a record year for Lyme disease reports in McHenry County; this year we have had **38** confirmed cases of Lyme disease. These confirmed cases give us a limited understanding of the presence of Lyme disease within the county. With approximately **96** Lyme disease investigations so far in 2012, there are several things that healthcare providers can do to help us track and establish the presence of Lyme disease within our county for next season.



[Click Here for our Lyme Disease](#)

[Report Form](#)

[Click here for our Lyme Disease](#)

[Case Algorithm](#)

Familiarize yourself and your staff with the Lyme disease case definitions

Is there an Erythema Migrans (EM) larger than 5 cm in diameter?

If the EM is physician measured **larger than 5cm** than there is **no need for pathology to confirm**, even by the CDC's guidelines. Remember not all EMs will present with the typical bulls-eye, but to **report the size of the EM** when reporting Lyme disease.

When ordering Lyme disease serology, were both an EIA/ELISA and a confirmatory Western Blot with bands ordered?

For a Lyme disease case to be confirmed though serology, **both tests must be ordered**— labs do not automatically run both.

The ticks circled in blue are those responsible for transmitting Lyme disease.

If a deer tick has bitten you, consult a health care provider or call MCDH for more information about tick-borne illnesses.

Tick Identification

Dog Tick					
Deer Tick					
Lone Star Tick					
	Female	Male	Nymph	Larvae	

MCDH
McHenry County Department of Health
815-334-4500

Call CD for a Tick ID card!
815-334-4500

Pertussis Update

McHenry County Department of Health has experienced the largest outbreak of Pertussis (Whooping Cough) in the history of the county this year. There have been approximately **429** cases since the first case of the outbreak was reported on August 22, 2011*. **There have been 38 cases since the beginning of the school year** (August 15, 2012).

The most effective way to prevent Pertussis and its serious complications, is to make sure patients have all of their immunizations. Everyone should be immunized against Pertussis to protect themselves, their families, and the public, **REGARDLESS OF AGE.**

The Health Department is now offering adults Tdap for a minimal fee. Tdap Vaccines are also available at reduced cost through a partnership with Dominick's Pharmacies at their McHenry County locations (Crystal Lake, Lake in the Hills, Fox River Grove, and Fox Lake).

Please call for more information.

Physicians still **NEED** to report suspected, probable, and confirmed cases. This includes negative PCR tests because results can be false negatives if cultured too late in the infection. If a Z-pack is prescribed, physicians need to report to McHenry County

Department of Health via phone or click here for the [reportable form](#).

Phone: 815-334-4500 Fax:815-334-1884

For more information and surveillance forms please check the following link:
<http://www.co.mchenry.il.us/departments/health/Pages/PHSprovider.aspx>

Data through October 23,2012

Hand Washing Education

Want to know the dirt about dirty hands?

The McHenry County Department of Health can come to your facility free of charge and teach the importance of hand washing and give a demonstration on proper hand washing techniques. This is also an excellent opportunity for a refresher education on Norovirus, best practices to avoid an outbreak, and outbreak management. Translators are available!

To Request Call:
MCDH Communicable Disease
(815) 334-4500

McHENRY COUNTY COMMUNICABLE DISEASES

DISEASE	# OF CASES	
	YTD* 2012	YTD 2011
Bacterial Meningitis	0	1
Brucellosis	1	0
Chlamydia	296	325
Creutzfeldt-Jakob Disease	1	2
Crypto-sporidiosis	5	2
E.Coli	8	8
Giardia	8	10
Gonorrhea	33	16
Group A Streptococcus	4	3
H1N1 Hospitalizations	0	2
Haemophilus Influenza	5	4
Hepatitis A	2	0
Hepatitis B	16	12
Hepatitis C	49	64
HIV**	1	4
Histoplasmosis	1	1
Legionellosis	3	3
Lyme Disease	38	19
Malaria	0	2
MRSA (≤61 days old)	0	1
Non-Cholera Vibriosis	1	0
Pertussis	276	33
Rabies (potential exposure)	19	11
Rocky Mountain Spotted Fever	2	0
Salmonella	43	30
Step Pneumonia (≤ 4 years)	1	3
Shigella	1	3
Syphilis	3	8
Toxic Shock Syndrome	0	1
Tuberculosis	3	4
Varicella (Chicken Pox)	40	38
West Nile Virus	6	1

YTD data through October 31, 2012

NOVEMBER

12 World Pneumonia Day

Pneumonia is the leading killer of children under five globally.

14 World Diabetes Day

Join the International Diabetes Federation and **wear blue** to increase diabetes awareness on the 21st Annual World Diabetes Day



MCDH Cardiovascular Screening

9:30—11:30 am Harvard Diggins Library

15 Great American Smoke Out

Join thousands of people nationwide in avoiding tobacco use on Smoke out day! For more information on the Great American Smoke Out in McHenry County, click [here](#) !

17 MCDH Cardiovascular Screening

8:00– 11:00 am MCDH Crystal Lake Clinic



25 International Day for the Elimination of Violence against Women Join the United Nations and the WHO in raising awareness and eliminating violence against women by wearing a white ribbon.

28 MCDH Cardiovascular Screening

8:30-11:00 am Senior Services Associates McHenry

Upcoming Dates

For more information, click on the event!

DECEMBER

01 World AIDS Day

The 24th World AIDS Day theme is “Getting to Zero”

World AIDS Day provides an excellent opportunity to remind patients to include regular HIV tests in their annual physical. The Communicable Disease Program offers both conventional and rapid HIV testing to the community for a nominal fee or for free to those that qualify.



2-8 National Handwashing Awareness Week

Stop the spread of illness this winter by washing your hands and bringing awareness to patients and clients during National Handwashing Awareness Week. This is also a great time to enforce hand washing compliance among staff, maintaining the CDC hand hygiene guidelines. For

BECOME PART OF OUR BROADCAST FAX NETWORK

Receive the latest health alerts on topics such as:

West Nile Virus Bioterrorism MCDH Website:
Flu Updates Area Outbreaks www.co.mchenry.il.us/departments/health

Other emerging infectious diseases

From: Centers for Disease Control Illinois Department of Health McHenry County Department of Health



Name _____
Organization _____
Specialty _____
Address _____
Phone _____
Fax _____
Email _____

Mail to:
McHenry County Department of Health
CD Program – Annex B
2200 N Seminary Ave
Woodstock IL 60098
Fax to: 815-334-1884
Or email to: mlludick@co.mchenry.il.us