



EPI NEWS

Spring 2018

Rocky Mountain Spotted Fever

Rocky Mountain Spotted Fever (RMSF) is a bacterial disease spread through the bite of an infected tick. Rocky Mountain spotted fever has become increasingly common in certain areas of Arizona recently. Since 2003, over 380 cases of RMSF were reported in Arizona. The overall case fatality rate in Arizona is approximately 6-7%, which is about 7 times higher than national rates. There have been at least 23 deaths due to RMSF in the state. Infection is rapidly fatal if not treated within the first 5 days of symptoms.

Initial Symptoms Include



Fever

Nausea/vomiting

Headache

Stomach pain

Rash

In Arizona, the "brown dog tick" is spreading the disease. This tick can live anywhere that dogs live, which usually means around people. Communities with large numbers of stray and uncared-for dogs are considered high-risk areas for infection. Make sure you keep ticks off your dog by using tick collars, shampoo, or on-spot treatment. Check yourself for ticks after visiting areas with stray dogs.

Visit your doctor if you experience the above symptoms after being in a high-risk area and finding ticks on you. RMSF is treatable. www.cdc.gov/rmsf/

Contact NCPHSD (928.532.6050) to report suspected cases



Summer Food Safety

The approaching summer means more picnics, grilling, and, unfortunately, more illness from contaminated food. Each year, 1 in 6 Americans get sick from foods contaminated with E. coli and salmonella. Common symptoms of these diseases are nausea, vomiting, stomach cramps, and diarrhea. People at risk for severe illness are pregnant women, young children, older adults, and people with compromised immune systems. See your doctor if your symptoms become severe.

Prevention Tips



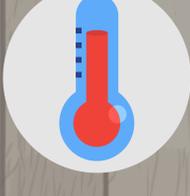
Clean: wash your hands and surfaces often

- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Rinse fresh fruits and vegetable under running water.



Separate: don't cross-contaminate

- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



Cook: to the right temperature

Use a food thermometer to ensure foods are cooked to a safe internal temperature:

- 165 degrees F for all poultry, leftovers, and casseroles
- 160 degrees F for ground meat
- 145 degrees F for whole cut beef, pork, veal, lamb, fresh ham, and fin fish



Chill: refrigerate promptly

- Keep your cold food below 40°F.
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly.

In Navajo county, people get sick mostly from campylobacter, shigella, and norovirus. These diseases can spread easily between household members through casual contact, and food preparation. Ensure you wash your hands and sanitize common household items with a disinfectant solution (1 cup of bleach per gallon of water). Your doctor will notify public health if you test positive for most abdominal diseases. Expect a follow-up call from public health, who will ask about recent foods eaten, travel, animal contact, and other recent activities.

www.cdc.gov/foodsafety/index.html

The Persistent Cough

Pertussis, also known as 'whooping cough', is a very contagious disease that spreads from person to person. People spread the disease by sneezing, spending a lot of time near one another, or through a cough that can last for several weeks on end. In 2017, a Northern Arizona pertussis outbreak led to the illness of at least 17 people, many of them infants and children.

In May of this year, the New Mexico Department of Health declared a pertussis outbreak among school-aged children. Because of increasing summer travel and how contagious pertussis is there is a concern that it could be seen in Navajo County once again. Pertussis is preventable through a vaccine. It is very important that pregnant women and small children are vaccinated against pertussis. Contact your doctor for vaccinations and if you suspect you or your children might be ill with pertussis. www.cdc.gov/pertussis/

Providers may contact NCPHSD (928.532.6050) to arrange testing

Select Communicable Diseases Navajo County

	2016-2017	2017-2018
Aseptic meningitis, viral	0	1
Campylobacteriosis	40	86
Chlamydia	873	830
Coccidioidomycosis	43	39
Creutzfeldt-Jakob disease	0	0
Cryptosporidiosis	0	1
E. coli enterohemorrhagic (shiga toxin)	1	2
Giardiasis	3	1
Gonorrhea	245	351
Haemophilus influenzae, invasive disease	9	13
Hantavirus infection	0	0
Hepatitis A	0	0
Influenza virus	336	1047
Kawasaki syndrome	0	0
Legionellosis	0	0
Pertussis	7	7
Rocky Mtn. spotted fever	1	16
RSV	188	120
Salmonellosis	29	25
Streptococcus Group A, invasive	17	28
Streptococcus pneumoniae, invasive	28	70
Syphilis	13	31
Tuberculosis	2	1
Varicella (chickenpox)	8	3
Vibrio	0	1
West Nile Virus	0	1

Table includes confirmed and probable cases occurring between Jun 1, 2016-May 31, 2017 and Jun 1, 2017- May 31, 2018. It may not include cases pending classification.

Communicable Disease Reporting

Main line
Phone (928) 532-6050
Fax (928) 532-6054

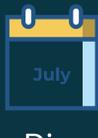
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Upcoming
Events

July 16, 2018 - Infectious Disease Education and Surveillance Event
Topics: responding to Hospital-acquired Infections (HAIs) cases

Details to come!