

COMMUNICABLE DISEASE NEWS

Summer, 2006

Ted Westmeier, RS, MPH, Director/Health Officer

Volume 10, No. 3

Donald W. Lawrenchuk, MD, MPH, Medical Director

Become a Public Health Emergency Response Volunteer

Don Hayduk, MS, RS, PEM, Emergency Preparedness Coordinator

During an emergency or crisis, the need for a large pool of qualified and trained public health and medical care professionals is crucial for a satisfactory response to a large scale public health emergency requiring mass services of any kind to the general public.

LCDPH has created the Public Health Volunteer Response Team Plan, a recruitment, training and management strategy. In May 2006, letters were sent to licensed nursing professionals living in Livingston County requesting their assistance in becoming a public health emergency response volunteer. The response to the mailing has been nothing short of spectacular as our database is now over 100 and still counting.

These nursing professionals will attend an initial orientation meeting detailing what LCDPH intends to provide in training and support, as well as, what is expected from the volunteers over time. LCDPH will provide periodic optional emergency preparedness trainings throughout the year, some of which may provide CEUs. In this way, the Public Health volunteer pool will become well versed in emergency response procedures utilized by all Livingston County response agencies and understand the roles that they may play in the overall response.

Over time, additional professional groups will be targeted to join the Livingston County Public Health Volunteer Response Team. These groups would include pharmacists, veterinarians, physicians, mental health therapists, and other licensed professionals in the health care fields.

Additionally, LCDPH is encouraging all professionals who wish to become a community health care volunteer, whether in Livingston County or elsewhere, to register on the Michigan Volunteer Registry at:

<http://www.mivolunteerregistry.org/vavolunteer>

Download LCDPH **communicable disease fact sheets**
at: http://www.lchd.org/personal_health/factsheet/default.htm

In This Issue

Become a PH Emergency Response Volunteer	Page 1
DIREPlay2 Exercises	Page 2
Pandemic Influenza	Page 2
Talking Points to Share	Page 3
Avian Influenza	Page 3
Do 1 Thing...Water	Insert
Select CD in Livingston County	Page 4

DIREPLAY2 Exercises

Don Hayduk, MS, RS, PEM, Emergency Preparedness Coordinator

Similar to last year's full scale emergency preparedness exercise, Livingston County will be conducting DIREPLAY2 exercises during the week of July 24. LCDPH will be activating, managing and operating a Neighborhood Emergency Help Center (NEHC) to process and triage mass numbers of residents based upon a communicable disease case definition. Upon determination of patient status, they will be directed to the appropriate destination for health care services, which may be dispensation of medications on-site, quarantine action, or medical care at the Acute Care Center (ACC) managed and operated by St. Joseph Mercy Livingston Hospital. Other Livingston County agencies participating and supporting these three major functions include EMS,

Red Cross, Community Mental Health, LETS, and Emergency Management.

This year's major exercise is actually regional in scope, involving eight local Public Health Departments, twelve hospitals, fifteen EMS agencies and seven Emergency Management Departments across District 1. The full week of simultaneously conducted activities include a Tabletop exercise on July 25th, a Functional exercise within Emergency Operations Centers on July 27 and the Full Scale field activities throughout District 1 on July 28th. To volunteer to be a patient in the Friday, July 28, 2006 Full Scale exercise, call the volunteer hotline at 517-552-6878. More information is available at www.lchd.org.

Pandemic Influenza Information for Health Professionals

Donald W. Lawrenchuk, MD, MPH, Medical Director

With all the media attention currently being given to pandemic influenza, physicians and other health care professionals are often being asked by their patients and others in the community for some guidance and direction. LCDPH encourages all health professionals to stay informed about pandemic influenza and be prepared to respond. Two good websites for information on pandemic flu are:

<http://www.cdc.gov/flu/pandemic/healthprofessional.htm> and
http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_22779-122092—,00.html

- ❖ Experts predict another pandemic will occur but cannot say exactly when it will happen.
- ❖ Pandemic flu is likely to cause the same symptoms as ordinary flu – fever, cough, headache, fatigue, sore throat and runny nose. The symptoms may be more severe because no one will have any immunity or protection against that particular strain.
- ❖ Each pandemic is different, and until the virus begins circulating, it is impossible to predict its full effects.

Persons with any additional questions or concerns about pandemic flu can contact the Livingston County Department of Public Health at (517) 546-9850.

Talking points to share with Staff & Patients

Develop preparedness plans as you would for other emergencies. A Family Preparedness Guide, a step-by-step approach can be accessed at www.lchd.org.

To help stop the spread of germs,

Cover your mouth and nose with a tissue when you cough or sneeze.

If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

Wash with soap and water, OR clean with alcohol-based hand cleaner.

Click on the following link to download a printable format of "Cover Your Cough" for community and public settings like schools and child care facilities, http://www.cdc.gov/flu/protect/pdf/covercough_school8-5x11.pdf

Avian Influenza

Matthew Bolang R.E.H.S., Environmental Health Sanitarian

The Livingston County Department of Public Health is working collaboratively with the State of Michigan in conducting disease surveillance in our wild and domestic bird populations. The early detection and rapid, accurate diagnosis of avian influenza sets the stage for response activities that follow. These are accomplished by surveillance of wild waterfowl, shorebirds, and domestic poultry. Currently, Federal, State, and Local agencies involved with Public Health, Wildlife, and Agriculture are engaged in surveillance activities across the United States.

Locally, LCDPH is asking citizens to report dead birds to our department for surveillance. Residents can report wild dead bird sightings directly to the State of Michigan website at www.michigan.gov/emergingdiseases or contact LCDPH at (517) 552-6871. For domestic birds, such as chickens or ducks, residents are encouraged to contact LCDPH or the Michigan Department of Agriculture at (517) 373-1077.

As a general rule, however, the CDC advises that the public should observe wildlife, including wild birds, from a distance. This protects you from possible exposure to pathogens and minimizes disturbance to the animal.

- Avoid touching wildlife. If there is contact with wildlife do not rub eyes, eat, drink, or smoke before washing hands with soap and water.
- Do not pick up diseased or dead wildlife.
- Contact your state, tribal, or federal natural resource agency if sick or dead animals are found.
- If you must dispose of a dead bird, pick it up with an inverted bag or disposable glove; place the bird in another bag and dispose of it in the trash. Trash receptacles should be secured so that children pets and animals do not have access to them.
- Wash hands thoroughly with soap and water.

For more information on Avian Influenza and human health concerns, contact LCDPH at 517-546-9850 or visit our web page at www.lchd.org. For educational materials and updates on statewide surveillance, visit the State of Michigan website at www.michigan.gov/emergingdiseases. View the CDC "Interim Recommendations for Infection Control in Health-Care Facilities Caring for Patients with Known or Suspected Avian Influenza" at <http://www.cdc.gov/flu/avian/professional/infect-control.htm#>.

Do 1 Thing...Water



Whether you get water from a municipal water system or your home has a private well, your water supply depends on having power to operate the system. During a power outage—or any disaster that can cause a power outage, such as high winds, ice storm, or flood—you may find yourself without drinkable water.

You may also need emergency drinking water if your water supply becomes contaminated. Both private wells and municipal water systems can become vulnerable to contamination in a disaster.

THE GOAL: In order to be self-sufficient during a disaster, every household should have enough water stored to last 72 hours. That equals one gallon per person, per day. Estimate one gallon for each pet in the home (or use the chart below).

Do One Thing

- Purchase and store a 72 hour supply of commercially bottled water (or more up to two weeks)
- Purchase a generator if your water comes from a private well (or make sure that your current generator is set up to power the well)
- Label utility shutoffs and teach other members of the household how (and when) to shut them off
- Bottle a 72 hour supply of water at home (as described below)

Water Needs

During an emergency, drink at least two quarts of water a day, 3-4 quarts a day if you are in a hot climate, pregnant, sick or a child.

If supplies run low, never ration water. Drink the amount you need today and look for more tomorrow.

Bottling Water at Home

If you get your water from a private well, disinfect your tap water as described on page two before bottling. If you get your water from a municipal water system, there is no need to disinfect tap water before bottling.

Sanitize bottles before filling:

- 1) **Wash** containers with dishwashing soap and rinse with water
- (2) **Sanitize** by swishing a solution of 1 teaspoon of liquid household chlorine bleach to a quart of water on all interior surfaces of the container.
- (3) Let air dry for at least one minute.

Use clear plastic bottles with tight sealing caps.

Milk jugs don't make good water storage containers, they don't seal well, and water stored in them can sometimes develop a plastic taste. Only use bottles that originally had beverages in them (large plastic soft drink bottles work well).

Pets & Water		
Type	Weight	Water
Dog	10 lbs	14 oz
	60 lbs	50 oz
	100 lbs	75 oz
Cat	5.5 lbs	6 oz
	10 lbs	9 oz
Mice, gerbils		10-30 oz
Guinea pig		4-14 oz
Ferret	3x the volume of pellets fed daily (1/2 cup pellets means 1-1/2 cups water)	
Puppies and kittens	2-3 times adult of the same weight	
Pregnant/Nursing mothers	3 times normal amount for their weight	
Older animals	2-4 times normal amount for their weight	
<ul style="list-style-type: none"> • Pets on certain medication may need more water • Pets eating canned/wet food may need less water • Pets may need 2-3 x more water during hot weather 		

Replace your water supply every six months if you bottle your own water. Always sanitize bottles before refilling them. If you purchase commercially bottled water, it should be replaced once a year. Store your water in a cool, dark place.

Emergency Sources of Drinking Water During Water System Failure

Water Heater

Do not use if the tank or fixtures have been submerged in flood water!

1. Turn off gas or electricity to water heater (turn off electricity at the fuse or breaker box, turn off gas by locating the valve supplying the hot water heater and turning the valve handle so that it crosses—is not lined up with—the gas line)
2. Turn off water intake valve (should be located near the water heater)
3. Open the drain at the bottom of the tank
4. Turn on a hot water faucet (water will drain from the tank, not the faucet)

Discard the first few gallons if they contain rust or sediment. Do not turn the gas or electricity back on until the tank is refilled.

Pipes

1. Turn off main water valve where the water comes into the house (usually near the water meter if you have city water).
2. Let air into the pipes by turning on the highest faucet in your house.
3. Get water from the lowest faucet in your house (never get water from faucets that have been submerged in flood water)

This is also the way to drain pipes if you are advised to do so (usually to avoid pipes breaking in freezing temperatures). Locate utility shutoffs before a disaster occurs. Teach other family members where they are and how (and when) to shut off utilities. Consider marking shutoffs with brightly colored tape.

Ice

If you have freezer space, consider freezing part of your water supply. This has the added advantage of keeping food in the freezer cold longer during a power outage.

Toilet Tank

This should be a last resort. Use only water from the tank, *never the bowl*.

Water Contamination

In some cases, the water distribution system may be functioning, but the water itself may be not be safe to drink.

Using bottled water is preferable, but if it is not available tap water can be disinfected by boiling vigorously for one minute. If you cannot boil water:

1. Add six drops of bleach per gallon of water
2. Stir well
3. Let stand for 30 minutes before use

Water filters may not remove all contaminants. Take additional steps to disinfect filtered water. You can also use water purification tablets, available at most pharmacies. Always follow emergency instructions.

Useful Measurements

2 liters = ½ gallon
1 gallon = 16 cups
1 gallon = 128 ounces
1 gallon = 4 quarts
1 quart = 4 cups
1 quart = 32 ounces

For more information

http://www.redcross.org/preparedness/cdc_english/FoodWater.asp

<http://www.redcross.org/services/disaster/beprepared/animalsafety.html>



2300 E. Grand River Avenue, Suite 102
 Howell, MI 48843-7578
 Phone (517) 546-9850
 Fax (517) 546-6995
 www.lchd.org

⇒ Emergency Preparedness Exercise ⇒ Volunteer Registry ⇒ Avian Flu ⇒
 ⇒ Pandemic Influenza ⇒ “Do 1 Thing” ⇒ Select CD Activity ⇒

Select CD Activity

Communicable Disease	Livingston County Cases		State of Michigan Cases	
	YTD 2006*	YTD 2005*	YTD 2006*	YTD 2005*
STD				
Chlamydia	57	60	12,780*	11,897
Gonorrhea	10	2	4,943 **	4,813
Communicable Disease				
Chickenpox	83	31	2,575	1,883
Hepatitis A	0	1	53	44
Hepatitis B	0	1	72	74
Hepatitis C acute	0	0	74	36
Hepatitis C chronic	41	29	3,315	2,477
Meningitis aseptic/viral	6	4	293	291
Meningitis bacterial	1	1	63	63
Pertussis	0	3	129	94
Tuberculosis	0	1	68	67
Select Enteric CD Activity				
Campylobacter	2	4	214	247
E coli	0	0	23	18
Giardiasis	8	4	236	268
Salmonellosis	4	10	311	298
Shigellosis	3	1	75	113
* As of 5-31-06 Rebecca Cook, RN, Communicable Disease Supervisor				
** Incomplete data				

Prompt reporting to the Health Department enables prompt follow-up for the prevention of transmission of serious communicable disease.

CD Newsletter Team

Dr. Donald Lawrenchuk, Medical Director
 Elaine Brown, PPHS Director
 Rebecca Cook, CD Supervisor
 Sue Worek, Immunization Supervisor
 Jennifer Lavelle, Health Ed. Supervisor
 Kimberly White, Executive Secretary
 Lucy Sikora, CD Clerk