

COMMUNICABLE DISEASE NEWS

Summer, 2007

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West Nile Virus – Protect Yourself

Matt Bolang, Special Projects Program Coordinator, Environmental Health

The Livingston County Department of Public Health (LCDPH) continues to implement West Nile Virus (WNV) education and surveillance activities. In the summer of 2002, Michigan experienced a surge of illness caused by the West Nile Virus (WNV), which resulted in over 600 human cases and 51 human deaths. In 2006, Michigan reported 55 cases resulting in 7 deaths. Even though Michigan has experienced a decline in WNV illness in the recent years, residents of Livingston County should be aware that WNV is present in Livingston County. As such, residents should be advised and educated on how to best protect themselves against West Nile Virus. Disease caused by mosquitoes is best prevented through strong personal protective measures and early aggressive source reduction.

For personal protection, LCDPH is recommending residents take the following precautions:

1. If outside from dusk to dawn when mosquitoes are most active, or during the day in an area where there are weeds, tall grass, or bushes, people should wear protective clothing, such as: long pants, loose-fitting, long-sleeved shirts and socks.
2. Individuals should consider the use of an insect repellent containing DEET. For adults, the recommended percentage of DEET is 20-30% and for children 2-12 years, the recommended percentage of DEET is 10%. According to the American Academy of Pediatrics, DEET-containing repellent of low concentration may be used sparingly on infants, but not if the age is less than two months.

LCDPH is also recommending individuals participate in source reduction measures. Source reduction includes the elimination of all standing, stagnant water around the house, which may include bird baths, clogged rain gutters, flower pots, patio furniture covers, wading pools, outdoor toys, and old tires. LCDPH is also encouraging residents to assist in WNV surveillance activities by reporting all dead bird sightings to LCDPH, especially crows, blue jays and ravens. Residents can report dead bird sightings directly to the State of Michigan website at: www.michigan.gov/westnilevirus or residents can contact LCDPH at (517) 552-6871.

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Adolescents Need Vaccines Too!

Sue Worek, Immunizations Supervisor

Summer is the time of year medical providers may begin seeing an increase in the number of adolescents seen in their practice. Many are there for sport or camp physicals or in preparation for entering a college program in the fall. It is the perfect opportunity to assess their immunization status and assure that they are up to date for their age. A number of new vaccines have been included in the ACIP's Recommended Immunization Schedule over the past several years.

Vaccines all adolescents (11-18 years old) should have are:

- Tdap (Tetanus and diphtheria toxoids and acellular pertussis)
- Meningococcal vaccine
- HPV4 (Human papillomavirus vaccine) *Girls 9-26 years old only*
- Varicella (Second dose needed if only one dose received previously)
- Influenza vaccine (during the fall each year)

Other vaccines that may be needed include hepatitis B, IPV (inactivated polio) and MMR (measles-mumps-rubella).

Vaccinating adolescents can be a challenging task. Do not miss an opportunity to administer vaccines. Assess the immunization status at **every** visit, either well or sick. Physician and other health care provider recommendations matter and have a positive impact on the decision to receive vaccines.

Livingston County Immunization Advisory Coalition

Donald Lawrenchuk, MD, MPH
Medical Director

The next quarterly meeting of Livingston County Immunization Advisory Coalition is Thursday, September 20, 2007 from 7:30 a.m. until 8:30 a.m. at the Livingston County Department of Public Health, located at 2300 East Grand River Avenue, Suite 102, Howell, Michigan. The purpose of this coalition is to give county immunization providers the opportunity to discuss current childhood and adult vaccination issues. We will continue to discuss strategies and plans for the upcoming flu season. For questions or to RSVP to Sue Worek, suew@co.livingston.mi.us or 517-552-6811.

Tick Season

During the past month, the Health Department has been getting phone calls regarding ticks and tick bites in Livingston County. Lyme Disease, Rocky Mountain Spotted Fever, Tularemia, and Ehrlichiosis are the tick-borne illnesses that occur in Michigan. All of these diseases are quite rare and can be treated with antibiotics if diagnosed in a timely fashion. Fortunately, during the past 4 years, Livingston County has not had any reports of tick-borne illness where the exposure has been from a local tick. See the insert for **Tick Removal** instructions and information on **Lyme Disease and Animals** from the CDC.

Suggestions for prevention of tick bites:

- Wear long-sleeved shirts and tuck pants into socks
- Avoid areas of long grass and brush
- Apply insect repellent containing DEET
- After leaving tick-infested areas, search your entire body for ticks

For tick submission, call CD Nurse, LCDPH @ 517-552-6882.

Visit the Livingston County
Department of Public Health
website at:
www.lchd.org

National HIV Test Day

“Take the Test, Take Control. It’s Better to Know”

Wednesday, June 27, 2007 is designated as National HIV Test Day. The Livingston County Department of Public Health will offer free oral HIV testing from 12 pm-6:30 pm on a walk-in basis and by appointment. The Health Department is located at 2300 East Grand River Ave. Suite 102 in Howell. Call 517-552-6882 to make an appointment or for more information.

There are currently an estimated 60 persons living with HIV or AIDS in Livingston County and 17,000 persons with HIV or AIDS in Michigan. The MDCH HIV/AIDS surveillance program routinely produces quarterly statewide statistics, available at <http://www.mihivnews.com/>.

Regular free HIV blood tests are available at LCDPH by appointment on the first and third Thursday morning and second and fourth Wednesday of each month. Call 517-552-6882 for an appointment.

Emergency Preparedness Update

Recruiting Nurses to Help in a Public Health Emergency

Jennifer Kramer, P.E., Emergency Preparedness

Livingston County Department of Public Health (LCDPH) is in the process of strengthening and training our Public Health Volunteer Response Team (PHVRT). We currently have approximately 180 nurse volunteers in our program. However, if a public health emergency occurs in our county, it could still overwhelm our department’s ability to meet the needs of the community. As such, we are actively recruiting nurses to be public health volunteers. If you are interested in becoming a volunteer or have any questions regarding the PHVRT Program, please feel free to contact our Public Health Volunteer Coordinator, Jennifer Kramer, at your convenience either by phone at (517)552 - 6848 or email at jkramer@co.livingston.mi.us.

Livingston Animal Response Group (LARG) Update

Aaron Aumock, Sanitarian, Emergency Preparedness

LARG is currently working on educational brochures to distribute to the general public. These brochures will provide information for pet and livestock owners on how to prepare themselves as well as their animals for an emergency situation. Once the education campaign is under way, the LARG will focus its efforts on volunteer resources and how we will train those individuals. For further information, contact Aaron Aumock at 517-552-6873 or aarona@co.livingston.mi.us.

CD @ a Glance

New Case Definitions

- Chronic Hepatitis B Virus <http://www.cdc.gov/epo/dphsi/casedef/hepatitisbcurrent.htm>
- Hepatitis C, virus infection, acute <http://www.cdc.gov/epo/dphsi/casedef/hepatitiscacutecurrent.htm>

New TB Webpage for Michigan Providers at www.michigan.gov/TB :

- TB reporting requirements
- MDCH TB control forms, TB fact sheets,
- Contact information for MDCH TB staff
- Links to other useful TB information.

Contact Andrew Knecht, MDCH TB Epidemiologist, at knechta@michigan.gov or (517) 335-8165.

Lyme Disease and Animals

retrieved 06/19/07 from CDC.gov <http://www.cdc.gov/healthypets/diseases/lyme.htm>

What is Lyme disease?

Lyme disease is a bacterial disease caused by *Borrelia burgdorferi* (boar-ELL-ee-uh burg-dorf-ERR-eye). Within 1 to 2 weeks of being infected, people may have a “bull’s-eye” rash with fever, headache, and muscle or joint pain. Some people have Lyme disease and do not have any early symptoms. Other people have a fever and other “flu-like” symptoms without a rash.

After several days or weeks, the bacteria may spread throughout the body of an infected person. These people can get symptoms such as rashes in other parts of the body, pain that seems to move from joint to joint, and signs of inflammation of the heart or nerves. If the disease is not treated, a few patients can get additional symptoms, such as swelling and pain in major joints or mental changes, months after getting infected.

Can animals transmit Lyme disease to me?

Yes, but not directly. People get Lyme disease when they are bitten by ticks carrying *B. burgdorferi*. Ticks that carry Lyme disease are very small and can be hard to see. These tiny ticks bite mice infected with Lyme disease and then bite people or other animals, such as dogs and horses, passing the disease to them.

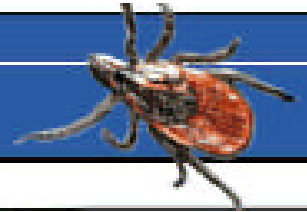


How can I protect myself from Lyme disease?

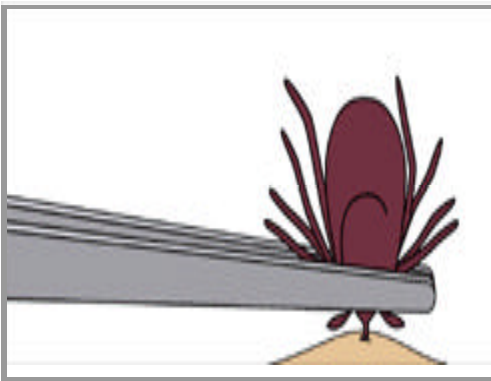
- Whenever possible, you should avoid entering areas that are likely to be infested with ticks, particularly in spring and summer when nymphal ticks feed.
- If you are in an area with ticks, you should wear light-colored clothing so that ticks can be spotted more easily and removed before becoming attached.
- If you are in an area with ticks, wear long-sleeved shirts, and tuck your pants into socks. You may also want to wear high rubber boots (since ticks are usually located close to the ground).
- Application of insect repellents containing DEET (n,n-diethyl-m-toluamide) to clothes and exposed skin, and permethrin (which kills ticks on contact) to clothes, should also help reduce the risk of tick attachment. DEET can be used safely on children and adults but should be applied according to Environmental Protection Agency guidelines to reduce the possibility of toxicity.
- Since transmission of *B. burgdorferi* from an infected tick is unlikely to occur before 36 hours of tick attachment, check for ticks daily and remove them promptly. Embedded ticks should be removed by using fine-tipped tweezers. Cleanse the area with an antiseptic.
- You can reduce the number of ticks around your home by removing leaf litter, and brush- and wood-piles around your house and at the edge of your yard. By clearing trees and brush in your yard, you can reduce the likelihood that deer, rodents, and ticks will live there.

How can I find more information about Lyme disease?

Learn more about Lyme disease, including answers to frequently asked questions, the natural history of Lyme disease and a narrated documentary, at CDC’s [Lyme disease web site](http://www.cdc.gov/ncidod/diseases/submenus/sub_lyme.htm), http://www.cdc.gov/ncidod/diseases/submenus/sub_lyme.htm



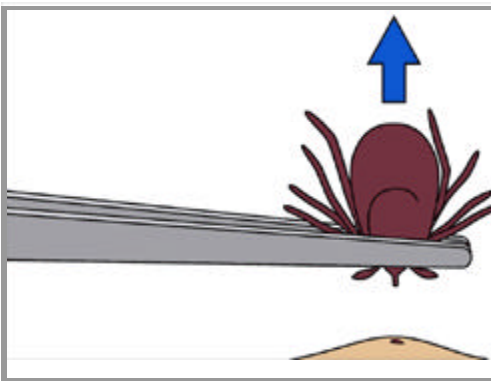
Tick Removal



Remove a tick from your skin as soon as you notice it. Use fine-tipped tweezers to firmly grasp the tick very close to your skin.

With a steady motion, pull the tick's body away from your skin.

Then clean your skin with soap and warm water. Throw the dead tick away with your household trash.



Avoid crushing the tick's body.

Do not be alarmed if the tick's mouthparts remain in the skin.

Once the mouthparts are removed from the rest of the tick, it can no longer transmit the Lyme disease bacteria.

If you accidentally crush the tick, clean your skin with soap and warm water or alcohol.

Image courtesy of CDC, Division of Viral and Rickettsial Diseases.

Don't use petroleum jelly, a hot match, nail polish, or other products to remove a tick.



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⇒ West Nile Virus ⇒ Livingston County Immunization Advisory Coalition ⇒
 ⇒ CD at a Glance ⇒ Vaccinating Adolescents ⇒ National HIV Test Day June 27 ⇒

Select CD Activity

Michigan's communicable disease rules require laboratories and physicians to report persons with certain infections or conditions to their local health department. Reporting can be done via Michigan Disease Surveillance System (MDSS), which allows easy electronic case reporting to LCDPH. To sign up for MDSS, contact Rebecca Cook, (517) 552-6808.

CD Newsletter Team

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Communicable Disease	Livingston County Cases		State of Michigan Cases	
	YTD 2007*	YTD 2006*	YTD 2007*	YTD 2006*
STD				
Chlamydia	130	133	14,030	15,701
Gonorrhea	22	14	5,055	6,470
Communicable Disease				
Chickenpox	118	85	2,291	2,662
Hepatitis A	0	0	42	43
Hepatitis B	0	0	72	67
Hepatitis C acute	3	0	104	57
Hepatitis C chronic	44	46	2,847	3,658
Meningitis aseptic/viral	5	5	286	297
Meningitis bacterial	0	1	63	61
Pertussis	3	2	100	144
Tuberculosis	0	0	90	61
Select Enteric CD Activity				
Campylobacter	1	2	213	238
E coli 0157:H7	0	0	16	24
Giardiasis	1	8	229	259
Salmonellosis	2	4	301	328
Shigellosis	0	3	18	78

* As of 5-31-07

Rebecca Cook, RN, Communicable Disease Supervisor