

Communicable Disease Newsletter

Stone County Health Department

2016 Quarterly Report/Issue II



Public Health

Prevent. Promote. Protect.

Stone County Health Department
Making Lives Better

For information from this report or about other communicable diseases contact the Stone County Health Department Epidemiologist: Travis Fisher, MPH at 417-357-6134; Ext: 2113.

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What's in this Report?

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Upcoming Events for Stone County Public Health

- **Meet the Doc Event (Sponsored by Ozark Wellness Network)**
 - * **June 20th** from 10am-1pm at Lifesong Methodist Church/Reeds Spring
 - * **August 3rd** at Kimberling Area Library/Kimberling City
 - * Have one-on-one conversations with area doctors
 - * Registration is limited: call (417) 334-3145
 - * Participants get a free gas card just for showing up!
- **Mobile Medical Unit (MMU)**
 - * The MMU will be making 2 public visits in June
 - ⇒ **June 7th: Crane High School from 1:30-3:30pm**
 - ⇒ **June 21st: Blue Eye High School from 1:30-3:30pm**
- **Smoking Cessation Classes**
 - * Begins **June 6th** at 12:00pm
 - * Classes are Free!
 - * Held at Kimberling Area Library in Kimberling City

Zika Virus

The Zika virus is a viral disease primarily spread through the bite of a mosquito. The symptoms most commonly experienced from Zika include fever, rash, joint pain, and conjunctivitis (red eyes). The symptoms usually last several days to a week. The illness is typically associated with mild symptoms and most who become infected show no symptoms at all. Rarely do individuals require a visit to the hospital following infection. Death from Zika is extremely rare. One of the primary concerns with Zika is how it can cause the birth defect, *microcephaly*, for the children of pregnant women who are infected.

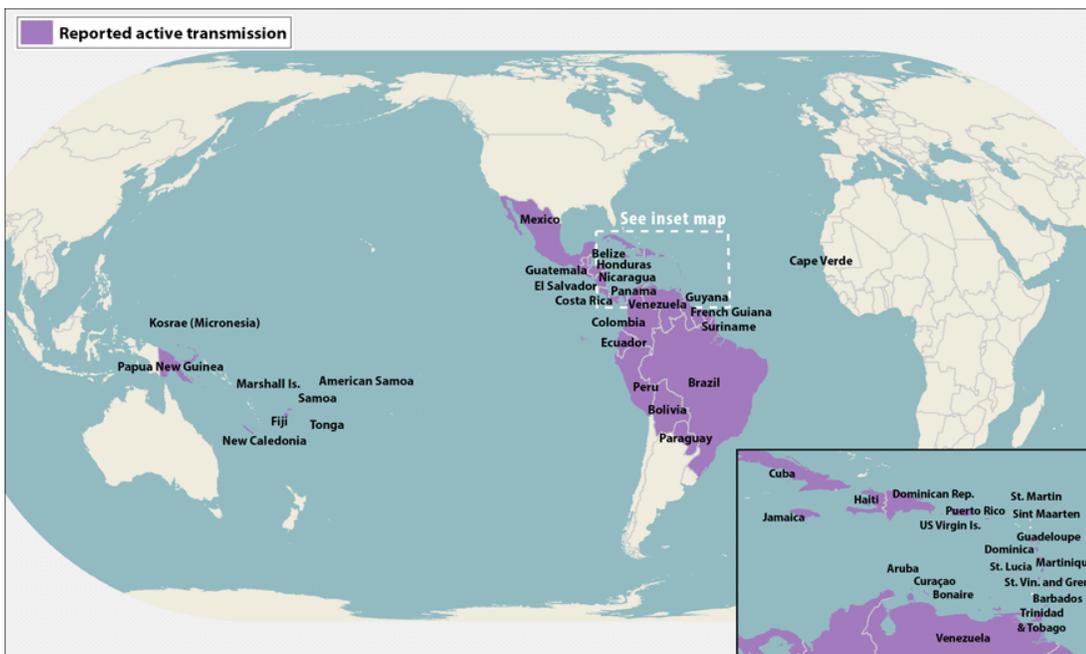
Transmission

Medical researchers are still trying to learn about Zika and its transmission. What is known is the primary reason for infection is due to the bite of the mosquito. The *Aedes* species mosquito is associated with the virus and is typically found in tropical and subtropical climate zones. Currently, transmission of the virus is occurring in North and South America, as well in some Pacific Islands. The CDC predicts Zika will continue to spread, but just where and how are difficult to predict. For information about areas with Zika, go to: <http://www.cdc.gov/zika/geo/index.html>. The virus can also be spread through sexual transmission. Zika virus is capable of staying longer in semen than in blood. From observed cases, it is known Zika can spread sexually before, during, and after a man has symptoms. There also exists the possibility the virus can be transmitted through blood transfusions. To date, there have been no confirmed Zika cases resulting from blood transfusion-transmission in the United States.

Prevention

There is currently no vaccine to prevent Zika, although there is hope one will develop in the near future. The CDC currently recommends travelers to areas with possible Zika transmission observe mosquito bite prevention and safe sex methods by using condoms or abstinence. Travelers are advised to be wary of the latest updates of the disease as it pertains to the area they are visiting. Pregnant women are advised to be particularly aware of traveling as it relates to Zika and to consult their physician before doing so. Travel information and recommendations concerning Zika can be found at <http://wwwnc.cdc.gov/travel/page/zika-travel-information>.

As of April 14, 2016, no cases of Zika have occurred in the United States due to a mosquito bite which has occurred within U.S. borders. All cases thus far in Missouri have been travel related. The Missouri Department of Health and Senior Health is currently developing a Zika action plan under the guidance of the CDC and in coordination with local public health agencies.



Pictured left: image shows countries with reported active Zika transmissions. Image courtesy of the Centers of Disease Control and Prevention (2016). Retrieved from: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>.

Zika Virus



Pictured above: image shows the *Aedes* species mosquito. Image courtesy of Gathany, James (2006). Centers for Disease Control and Prevention. Retrieved from: <http://phil.cdc.gov/phil/details.asp>

Zika Prevention

Steps can be taken to decrease your likelihood of becoming infected by Zika virus.

- Take steps to control mosquitoes inside and outside your home
- Use EPA registered insect repellants such as those that containing DEET
- Use clothes treated with permethrin or other EPA registered insecticide for extra protection
- If you have traveled to an area with Zika take special precautions:
 - * If your partner is pregnant, use a condom during sex or do not have sex during partner's pregnancy
 - * Upon return from travel and no symptoms felt, prevent mosquito bites for 3 weeks

Controlling Mosquitoes at Home

- ◆ Install or repair and use window/door screens
- ◆ Empty, turnover, cover, or throw out items that hold water like planters, flowerpots, buckets, and trash containers
- ◆ Mosquitos rest in dark, humid areas so use the appropriate insect spray to target such areas
 - * Use an outdoor flying insect spray for outside the home
 - * Use indoor flying insect fogger or indoor insect spray
 - * Information on appropriate mosquito sprays located at <http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html>

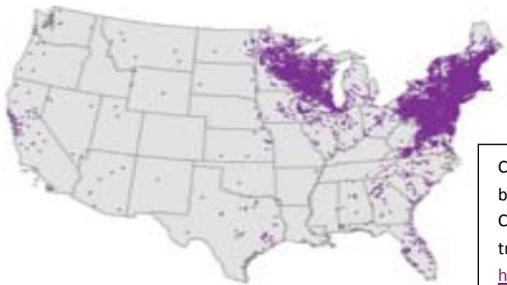
Tickborne (Ehrlichiosis & RMSF) Disease in Missouri

Geographical Distribution of Selected Tickborne Disease Reported to the CDC (2013).

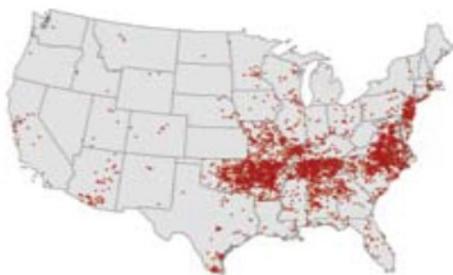
Ehrlichiosis



Lyme Disease



Rocky Mountain Spotted Fever



Charts provided by CDC, (2015). Charts retrieved from: <http://www.cdc.gov/lyme/resources/TickborneDiseases.pdf>

*Each dot represents one case that occurred in 2013. Cases are reported from infected person's county of residence, not necessarily the place where they were infected.

Ehrlichiosis

Ehrlichiosis is the general name used to describe several bacterial tickborne diseases in humans and animals. It is one of the more prevalent tickborne diseases for the state of Missouri and is caused by the lone star tick.



Pictured Left: the lone star tick. CDC (2015). Image retrieved from: <http://www.cdc.gov/lyme/resources/TickborneDiseases.pdf>

Rocky Mountain Spotted Fever (RMSF)

Rocky Mountain Spotted Fever is also a bacterial tickborne disease. It has been known to be fatal in North America but the actual rate of those who die after getting the disease is currently less than 1% (CDC, 2015). However, the number of reported cases has increased significantly from 2000. The types of ticks in Missouri known for its transmission include the American dog tick and the brown dog tick.



Pictured above left: the American dog tick and the brown dog tick (upper right). CDC (2015). Images retrieved from: http://www.cdc.gov/ticks/geographic_distribution.html

More information on these and other tickborne diseases can be found at: <http://www.cdc.gov/ticks/diseases/index.html>.