Vector Infections

Summer Infections

Summer increases the risk of being bitten by disease-infected bugs, such as mosquitoes and ticks. Mosquitoes that carry West Nile Virus (WNV) are most active at dawn and dusk, and into the early evening hours. Ticks can infect humans with bacteria, viruses, and parasites that can cause serious illness. Tick bites can occur when gardening, camping, hiking, and playing outdoors. Following these simple suggestions will help you avoid bites and allow you to enjoy the wonderful California summer!

Before You Go Outdoors

- Know where to expect ticks.
- Dress appropriately: cover exposed skin by wearing long-sleeved shirts, long pants, and hats. Tuck in shirts, tuck pants into socks, and wear closed shoes instead of sandals to prevent bites.
- Wear Bug Repellent: use EPA-registered mosquito repellents containing one of the following: DEET, Picaridin, Oil of lemon eucalyptus or IR3535.

For protection against ticks and mosquitoes: Use a repellent that contains 20% or more DEET for protection that lasts up to several hours. Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon.

Always follow product directions and re-apply as directed. If you are also using sunscreen, apply sunscreen first and insect repellent second.

After You Come Indoors

- Check your clothing for ticks.
- Shower soon after being outdoors.
- Check your body for ticks including: under the arms, in and around the ears, inside the belly button, back of knees, etc.

For more information regarding WNV and tick-borne illnesses visit http://www.cdc.gov.
Summertime Food Safety

Each year 1 in 6 Americans get food poisoning. Three thousand Americans die each year from foodborne illness.

Whether you’re planning a small summer cookout or a big holiday celebration, special precautions should be followed to ensure that you and your guests are safe from food poisoning.

Bacterial foodborne illnesses such as Salmonella and Campylobacter often increase in the summer months. Warmer temperatures and humidity increase the likelihood of bacterial growth in food.

Follow these four steps to help prevent foodborne illness this summer:

- **Clean**: Wash hands and surfaces often. Wash hands before preparing food, after using the restroom, changing diapers, or handling pets. If soap and water is unavailable use hand sanitizer.

- **Separate**: Don’t cross-contaminate. Keep raw meats separate from ready-to-eat food. Wash plates, utensils, and cutting boards used for raw meat with soap and water before using them again for cooked or ready-to-eat food.

- **Cook**: Cook to proper temperatures. Be sure that meats are cooked thoroughly and check with a food thermometer. Beef, pork, lamb, and veal should be cooked to an internal temperature of 160°F and poultry to an internal temperature of 165°F. Do not partially cook food ahead of time for a picnic or a barbecue.

- **Chill**: Refrigerate promptly. Keep perishable items in an insulated cooler with several inches of ice or containers of frozen water. Keep the cooler in the coolest part of the car or in the shade. Consider keeping beverages in a separate cooler as it will be accessed frequently. Also consider taking less perishable items on a trip like fruits and hard cheeses if a cooler is not available. In general, food left out of refrigeration for more than two hours should be discarded. In the summer, food should be discarded after one hour out of refrigeration.

**Remember**: If in doubt, throw it out!

### Germs and some foods responsible for most food-borne illness:

<table>
<thead>
<tr>
<th>Germs</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campylobacter (poultry)</td>
<td></td>
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<tr>
<td>E. coli O157 (ground beef, leafy greens, raw milk)</td>
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<tr>
<td>Listeria (deli meats, unpasteurized soft cheeses, produce)</td>
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<tr>
<td>Salmonella (eggs, poultry, meat, produce)</td>
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<tr>
<td>Vibrio (raw oysters)</td>
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<tr>
<td>Norovirus in many foods (e.g., sandwiches, salads)</td>
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<tr>
<td>Toxoplasma (meats)</td>
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Pertussis Epidemic

The California Department of Public Health (CDPH) recently declared an epidemic of pertussis. Pertussis is cyclical and incidence naturally peaks every 3-5 years. CDPH is closely monitoring reported cases. As of June 24, 2014, there have been 4,558 cases of pertussis reported. This amount is more than total number of cases reported in 2013. In the last two weeks alone, 1,100 new cases of pertussis have been reported.

The County of San Bernardino Department of Public Health has also seen a rise in the number of reported pertussis cases. In 2013, there were a total of 37 reported cases. As of June 24, 2014, 63 cases of pertussis have been reported to the County of San Bernardino Department of Public Health compared to 7 cases at this time last year. More than 85% of cases reported are for those who are 19 years of age and younger. Currently, the most impacted demographic groups infected with pertussis within the County are as follows: 47% have occurred among Hispanics, 26% have occurred in infants less than one year of age and 26% have occurred in early adolescents 10-14 years of age.

Infants are most at risk to develop severe complications from pertussis. Of infants who are hospitalized with pertussis, about 1 in 5 will get pneumonia and 1 in 100 will die. Two-thirds of pertussis hospitalizations in California have occurred in children less than four months of age.

Preventing severe disease and death in infants remains the highest priority. To provide newborns with short term protection against pertussis, the Centers for Disease Control and Prevention (CDC) recommends pregnant women receive the Tetanus, diphtheria, & acellular pertussis (Tdap) vaccine during each pregnancy, ideally in the third trimester between 27-36 weeks gestation. Passive maternal immunity will help protect the newborn until they are old enough to be vaccinated with diphtheria, tetanus, & acellular pertussis (DTaP) which can be administered as early as 6 weeks of age. It is also important that other adults in contact with the newborn, such as fathers, grandparents, older siblings, and babysitters, also be up-to-date with their Tdap vaccine at least two weeks before coming into contact with infants less than 12 months of age.

**Recommendations for Medical Providers:**

- Consider pertussis regardless of age in patients with persistent cough. Symptoms are generally milder in teens and adults, especially in those who have received Tdap.
- Consider testing and treatment for pertussis despite immunization history in patients with respiratory illness. The recommended testing for pertussis is PCR from nasal pharyngeal swab or wash. Serologic testing for pertussis is not recommended.

- Report cases of pertussis within 1 working day of identification (suspect and confirmed) to the Communicable Disease Section at 1-800-722-4794.
- Consider treatment or antibiotic prophylaxis for exposed household contacts, caregivers or others potentially exposed to symptomatic pertussis cases, especially when there is an infant or pregnant woman in the home.
- Assess vaccination status of staff. Tdap vaccine is recommended for healthcare workers who may be exposed in the workplace.

For additional resources on testing recommendations, treatment & prophylaxis, and healthcare exposures, please contact the Communicable Disease Section at 1-800-722-4794.

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**Communicable Disease Fast Facts**

- In the U.S., Human papillomavirus (HPV) causes about 17,000 cancers in women, and about 9,000 cancers in men each year. About 4,000 women die each year from cervical cancer. HPV is a vaccine preventable disease. The vaccine is administered as a three dose series.

- 800,000 to 1.4 million people suffer from chronic hepatitis B, with complications such as liver cancer. Hepatitis B is a vaccine preventable disease. The vaccine is administered as a three dose series.

- An estimated 3.2 million persons in the United States have chronic Hepatitis C virus infection. Persons born from 1945-1965 are 5x more likely to have Hepatitis C. CDC recommends that everyone born during these years, get a blood test for Hepatitis C.

- As of June 27, 2014, the California Department of Public Health (CDPH) has received reports of 60 confirmed measles cases in California residents so far this year.
Communicable Disease Section
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Phone: 1(800) 722-4794
Fax: (909) 387-6377

Confidential Morbidity Reports (CMRs) can be found on our website and can be faxed to: TB, Epi, STD: (909) 387-6377
For HIV CMRs call before faxing.

To report suspect or confirmed cases of TB to the Tuberculosis Control Program, please fill out a TB case/suspect form for your hospitalized or clinic patient and fax to (909) 387-6377. Follow up with a phone call to one of our TB nurses at 1(800) 722-4794.

Events and Observances

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
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<tbody>
<tr>
<td>July</td>
<td>World Hepatitis Day: July 28</td>
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<tr>
<td>August</td>
<td>National Immunization Awareness Month</td>
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<tr>
<td>September</td>
<td>National HIV/AIDS and Aging Awareness Day: September 18</td>
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<td></td>
<td>National Gay Men’s HIV/AIDS Awareness Day: September 27</td>
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<tr>
<td></td>
<td>World Rabies Day: September 28</td>
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The Communicable Disease Section now has a Facebook page!
Like us at https://www.facebook.com/CommunicableDiseaseSection

Web Resources

County of San Bernardino Department of Public Health
http://www.sbcounty.gov/dph
https://www.facebook.com/CommunicableDiseaseSection

California Department of Public Health
- Division of Communicable Disease Control
  http://www.cdph.ca.gov/programs/dcdc
- Vaccine for Children (VFC)
  http://www.eziz.org
- School Immunization Requirements
  http://www.shotsforschool.org
- California Immunization Registry (CAIR)
  http://cairweb.org
- STD Branch Health Information for Professionals

Centers for Disease Control and Prevention
- Disease & Conditions (A - Z Index)
  http://www.cdc.gov
- Immunization Schedules
  http://www.cdc.gov/vaccines/schedules
- HIV/AIDS & STDs
  http://www.cdc.gov/std/hiv

American Public Health Association
http://www.apha.org