



Office of Disease Control  
and Health Protection

# EPI-LOG

Disease Control

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## Hepatitis A

Hepatitis A (HAV) infection is an acute, self-limiting illness. Symptom onset is usually abrupt with fever, malaise, anorexia, nausea, abdominal pains, jaundice, dark colored urine, and clay colored stools.

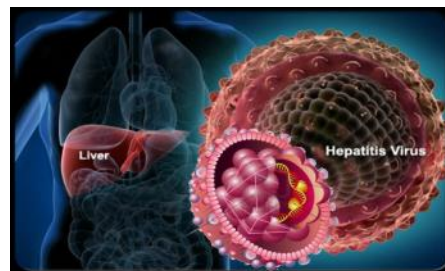
Since mid-2016, several states have been experiencing HAV outbreaks. Public health officials have determined the outbreaks to be unrelated to water or food contamination. Transmission is from illicit drug use, sexual contact, and close proximity with the homeless population. HAV rates have varied cyclically, with nationwide increases every decade. Besides vaccination, hand-washing is the simplest thing that we can do to prevent this infection. Florida is currently not experiencing a HAV outbreak.

In Volusia County, there have been only five cases since 2013. With Florida being a major travel destination, educating the community about hepatitis is a major goal to prevent outbreaks in our communities. Healthcare providers must be diligent in asking symptomatic patients about their travel history and if the patient have been in contact with a HAV patient.

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HAV is highly infectious and remains infectious for prolonged periods in the environment. HAV is transmitted through the fecal-oral route, spreading primarily through close personal contact. HAV shedding in the stool is heaviest before onset of symptoms, facilitating transmission. The incubation period can range from 15 to 50 days with an average of 28 days. In patients without jaundice, peak infectivity occurs as serum alanine aminotransferase (ALT) concentrations increase.



Performing an IgM antibody (anti-HAV) test will determine if the patient has contracted the virus. Conditions favoring transmission include lack of access to clean water and food, poor sanitation, and crowded living conditions. For more information, visit <https://www.cdc.gov/hepatitis/hav/index.htm> or <http://www.floridahealth.gov/>

## Food Safety

It's that time of year when the calendar fills up with potluck dinners, parties, and big family celebrations. Food is such an important part of the holiday season, and thus, it is even more important that food is handled properly to avoid the risk of foodborne illnesses. When planning the big meal, follow this food safety checklist.



### Combat cross-contamination

- Store or thaw raw meat, poultry, and seafood on a plate or tray, so raw juices don't drip onto other foods.
- Use one cutting board for raw meat products and another one for salads and other ready-to-eat foods, or wash cutting boards in between each use. Clean with hot, soapy water or in the dishwasher after each use.
- Never place cooked food on a plate that previously held raw meat, poultry, or seafood unless the plate has been washed.
- Don't spread bacteria with dirty sponges, dishcloths, or towels. Use paper towels or freshly-cleaned sponges or cloths and soap and hot water to clean food preparation surfaces.

### Clean up

- Thoroughly wash your hands with soap and water for a full 20 seconds before and after handling raw products.
- Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher or washed with soap and hot water after each use.

### Cook safely

- For fish/shellfish (145°F), poultry (165°F), and leftover dishes (165°F), use a food thermometer to make sure foods are cooked to a safe internal temperature.
- Cook eggs until the yolks and whites are firm or reach 160°F on a food thermometer. Do not use recipes in which eggs remain raw or only partially cooked. Cook egg dishes until they reach 160°F.
- Cook fish until it's opaque and flakes easily with a fork.
- When microwaving, make sure there are no cold spots in food (where bacteria can survive). For best results, cover, stir, and rotate food for even cooking.
- When reheating sauces, soups, and gravy, bring them to a boil. Heat other leftovers thoroughly to 165°F.

### Chill thoroughly

- Make sure the refrigerator temperature is between 32 °F to 40 °F and 0 °F or below in the freezer. Occasionally verify these temperatures using an appliance thermometer.
- Refrigerate or freeze perishables, prepared foods, and leftovers within two hours. If the temperature is 90 °F or higher, refrigerate within an hour.
- Store raw meat on the bottom shelf away from fresh produce and ready to eat food.
- Never defrost or marinate food at room temperature. Use the refrigerator.
- You can also thaw foods in airtight packaging in cold water (change the water every 30 minutes, so the food continues to thaw), or thaw in the microwave if you'll be cooking the food immediately.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't over-stuff the refrigerator. Cold air must circulate to keep food safe.

References: [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety), [http://www.fightbac.org/holiday\\_fact.cfm](http://www.fightbac.org/holiday_fact.cfm), and <http://iuhealth.org/news-hub/detail/time-to-toss-it-how-to-handle-holiday-leftovers/>.

Volusia County Disease Activity*	3rd Quarter 2017	3rd Quarter 2016	YTD 2017 (Sep 30)	Full Year 2016
<b>Vaccine Preventable</b>				
Mumps	0	0	0	0
Pertussis	1	3	5	3
Varicella	2	0	4	0
<b>CNS Diseases and Bacteremias</b>				
Creutzfeldt-Jakob disease (CJD)	0	0	0	0
Haemophilus influenzae (invasive)‡	2	1	4	25
Meningitis (bacterial, cryptococcal, mycotic)	1	0	1	1
Meningococcal disease	0	0	0	1
Staphylococcus aureus (GISA/VISA)	0	0	0	0
Streptococcus pneumoniae (invasive disease)‡	7	4	21	35
<b>Enteric Infections</b>				
Campylobacteriosis	23	20	67	76
Cryptosporidiosis	4	6	6	20
Cyclosporiasis	6	1	7	1
Escherichia coli, shiga-toxin producing (STEC)	1	1	3	13
Giardiasis	2	6	10	25
Listeriosis	1	1	1	1
Salmonellosis	30	41	83	129
Shigellosis	5	3	9	18
Typhoid Fever	0	0	0	0
<b>Viral Hepatitis</b>				
Hepatitis A	0	0	0	0
Hepatitis B, acute	4	8	13	18
Hepatitis B, chronic	13	28	53	91
Hepatitis C, acute	4	4	7	9
Hepatitis C, chronic	213	273	637	978
Hepatitis E	0	0	0	0
Hepatitis +HBsAg in pregnant women	0	1	2	4
<b>Vector Borne, Zoonoses</b>				
Brucellosis	0	0	0	0
Chikungunya	0	0	0	0
Dengue Fever	0	0	0	1
Ehrlichiosis/Anaplasmosis	0	2	0	4
Lyme disease	2	5	4	7
Malaria	1	2	1	2
Monkey bite	0	0	0	0
Q Fever, acute	0	0	0	0
Rabies, animal	0	0	0	1
Rabies (possible exposure)	17	37	87	139
Rocky Mountain spotted fever/Spotted Fever Rickettsiosis	1	0	2	1
West Nile virus, neuroinvasive	0	0	0	0
Zika virus disease	1	6	1	12
<b>HIV/AIDS</b>				
HIV	36	38	97	126
AIDS	1	7	17	26
<b>STDs</b>				
Chlamydia	526	459	1586	1834
Gonorrhea	233	187	651	685
Syphilis				
Infectious (Primary and Secondary)	5	7	14	30
Latent (Tertiary)	16	18	59	85
Congenital	0	0	0	1
<b>Others</b>				
Carbon monoxide poisoning	5	9	11	49
Ciguatera Fish Poisoning	0	2	0	5
Hansen's Disease (leprosy)	0	0	3	2
Hemolytic Uremic Syndrome	0	0	0	0
Influenza due to novel or pandemic strains	0	0	0	0
Influenza-associated pediatric mortality	0	0	0	0
Lead poisoning	2	5	5	20
Legionellosis	6	3	10	5
Pesticide related illness or injury	0	0	0	0
Tuberculosis	0	0	0	5
Vibriosis	4	3	7	6

\*Includes reported confirmed/probable cases. Data is provisional and subject to change. ‡ Only reportable for young children

## 2017-2018 Influenza Season Update

Per the Centers for Disease Control and Prevention (CDC), influenza (flu) is a contagious respiratory illness caused by various types of influenza viruses. Although many cases cause mild illness, serious outcomes of infection can result in hospitalization or death. Those with certain health conditions as well as older people and young children are most at risk.

While flu activity is currently low in the United States, the CDC recommends getting an annual flu vaccine as the first and best way to protect yourself as well as your family from the flu. For the 2017-2018 season, the use of the flu shot (inactivated influenza vaccine or IIV) or the recombinant influenza vaccine (RIV) for protection is advised. The nasal flu vaccine, also known as the live attenuated influenza vaccine (LAIV) should not be used. New this season is a quadrivalent recombinant flu vaccine (Flublok Quadrivalent RIV) and flu vaccines amended to better match circulating viruses including a component update for influenza A(H1N1). During the most recent reporting week for national surveillance, the most frequently reported virus type was influenza A with states reporting geographic spread as either local, regional or sporadic.

According to the Florida Department of Health, influenza activity has been increasing over the past few weeks nationally. This includes an increase in emergency room visits for pregnant women, an increase in influenza among those less than 18 years of age and flu activity above average among those adults over 65 years of age. In addition, outbreaks have occurred this season mostly impacting facilities that serve at risk populations. In Florida influenza A (H3) is the most common subtype reported.

In addition to an annual vaccine, the CDC recommends avoiding contact with who are sick, covering your nose and mouth when coughing or sneezing and washing hands often with soap and water as basic preventive measures. For more information regarding the current or upcoming flu season, please contact DOH-Volusia County at (386) 274-0651.



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