EPIGRAM

PRODUCED BY DISEASE CONTROL SERVICES EDITOR: EMILY CASON, MPH CONTRIBUTOR: KIM GEIB, DNP, ARNP, A-GNP-C, CPH

Florida Department of Health Nassau County

1620 Nectarine Street Fernandina Beach, FL 32034 Phone: (904) 875-6100 Fax: (904) 428-5630 Website: http:// nassau.floridahealth.gov/

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WORLD AIDS DAY: DECEMBER 1ST 1988-2018: 30TH ANNIVERSARY OF WORLD AIDS DAY

World AIDS Day (WAD) was first designated as an observance day on December 1st, 1988, and is internationally observed by all United Nation member states. Thirty years later, it remains an internationally recognized day for awareness of the AIDS pandemic, caused by the spread of HIV infection. Since the beginning of the pandemic in 1981, over 70 million people world-wide have been infected with HIV and 35 million have died. In 2016, the World Health Organization estimated 36.7 million people were living with HIV, with 1.1 million living with HIV in the US.



Image courtesy of https://www.worldaidsday.org/

WAD is an opportunity to highlight strategies to achieve the 2030 goal to eliminate new cases of HIV, through AIDS prevention, control, including use of pre- and post- exposure prophylaxis (nPEP and PrEP, respectively), earlier testing after infected, and treatment to viral suppression.

Surveillance¹

Florida Statutes 381 requires diagnosis of HIV and AIDS to be reported by physicians to public health officials.

Status of HIV Epidemic in Area 4 (Baker, Clay, Duval, Nassau, St. Johns Counties), 2017:

Increased cases of HIV (358, 10.5%)



DOH-Nassau HIV program staff, Kim Geib and Dawna Cornelissen, with the NAMES Project AIDS Quilt at Jacksonville AIDS Walk, October 2018.

DISEASE REPORTING

Phone (904) 875-6100

Confidential Fax Line (904) 428-5630

After Hours Line (904) 813-6801

Bureau of Epidemiology 24 Hour Reporting Line (850) 245-4401

FLORIDA DEPARTMENT OF HEALTH NASSAU COUNTY CONTACTS

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FLORIDA DEPARTMENT OF HEALTH NASSAU COUNTY

Fernandina Beach Clinic 1620 Nectarine Street Fernandina Beach, FL 32034 (904) 557-9130

Yulee Clinic 86014 Pages Dairy Road Yulee, FL 32097 (904) 875-6110 Callahan Clinic 45377 Mickler Street Callahan, FL 32011 (904) 320-6010

Hilliard Clinic 37203 Pecan Street Hilliard, FL 32046 (904) 320-6020







Iha	H nide	mic in	Area 4
1110			

	2016	2017	Trend
Population	1,640,747	1,667,767	1.6% increase
Diagnosed HIV cases	324	358	10.5% increase
Diagnosed AIDS cases	176	168	4.5% decrease
Pediatric AIDS cases diagnosed	1	1	
Perinatal HIV cases	0	0	
People diagnosed living with HIV (Prevalence)	7,338	7,446	1.5% increase
HIV-related deaths	63	64	1.6% increase

Table 1. Area 4 HIV and AIDS trends 2016, 2017.

and AIDS (168, 4.5%) were reported over previous year, 2016 (Table 1). Males exceeded females in both HIV/ AIDS categories (Fig. 1). AIDS related deaths decreased from 2016 by 4.5%. Highest HIV rates were in blacks and males (ages 20-29 yrs). The predominate mode of HIV transmission in men who have sex with men (MSM).

In females, HIV acquisition age distribution is wider: 54% ages 20-39 years. Of note, nearly 1/3 (27%) females newly diagnosed with HIV were >50 years. Predominate transmission in females was sexual transmission in heterosexuals. For both genders, risk factor of intravenous drug use (IDU) is <10% of the HIV epidemic in Area 4 (1% males, 8% females). In Nassau County, in 2017,

6 cases of HIV were reported, a 30% decrease from 2016, when 8 cases were reported.

Local Services

The Florida Department of Health in Nassau County (DOH-Nassau) provides HIV-related prevention and linkage to care services to assist health care providers and the community. Services include: pre-exposure prophylaxis (PrEP) for persons high risk for HIV acquisition, HIV testing, initial antiretroviral (ARV) treatment with linkage to HIV treatment (called

"Test and Treat"), assistance with medication cost through copay assistance and medication cost coverage (through federal Ryan White grant and Florida Department of Health AIDS Drug Assistance programs).

Contact DOH-Nassau for HIV services information: Call (904) 557-9132 for HIV case management and linkage to care assistance. For PrEP, HIV testing, initial ARV treatment ("Test and Treat"), call the Yulee clinic at (904) 875-6110.

Adult (Age 13+) HIV and AIDS Cases by Sex, Diagnosed in 2017, Area 4

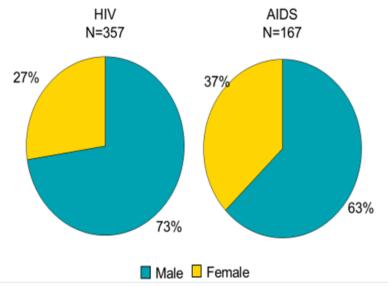


Fig. 1 2017 Area 4, HIV/AIDS new cases distribution by gender.

¹ Florida Department of Health. Area 4 HIV/ AIDS Program Office, unpublished.

INFLUENZA SURVEILLANCE

County influenza and influenza-like illness (ILI) activity

Nassau County reported mild flu activity for week 44 (Oct. 28-Nov. 3). Visits to emergency departments for ILI remain at low levels, and all community sentinels reported no or minimal ILI activity. No influenza or ILI outbreaks have been reported in Nassau County during the 2018-19 flu season. ILI activity has been increasing in recent weeks and expected to continue to increase in the coming weeks.

State influenza and ILI activity²

- → Influenza activity remained at low levels in Florida during week 44. The majority of counties reported no or mild ILI activity in week 44 (Fig. 2).
- → Since July, the most common influenza subtype detected at the Florida Department of Health Bureau of Public Health Laboratories has been influenza A 2009 (H1N1). It is still too early to say if influenza A 2009 (H1N1) will predominate throughout this flu season.
- → Three new outbreaks of influenza or ILI were reported in week 44. Twelve influenza or ILI outbreaks have been reported in Florida so far this season.
- → No new influenza-associated pediatric deaths were reported in week 44. One influenza-associated pediatric death has been reported in Florida so far this season.

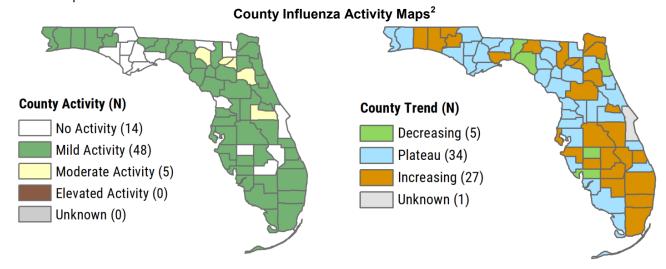


Figure 2. The majority of counties reported no activity or mild activity for week 44. The majority of counties reported activity at a plateau for week 44.

Recommendations

- + People who have not been vaccinated for the 2018-19 influenza season should do so as soon as possible. Influenza vaccines are safe and are the best way to protect yourself and your loved ones from influenza and its potentially severe complications. Getting vaccinated for influenza can: keep you from getting sick with flu, reduce your risk of flu-associated hospitalization, be life-saving in children, and help protect women during and after pregnancy and can offer protection from flu to the baby for several months after birth.
- ♣ In addition to getting vaccinated, the Florida Department of Health recommends you take everyday precautions to prevent the spread of influenza and other respiratory viruses, including: wash your hands often with soap and water (if soap is not available, use an alcohol-based sanitizer); avoid touching your eyes, nose and mouth; and if you do get sick, stay home until fever-free for at least 24 hours without the use of a fever-reducing medication.

² Florida Department of Health. Florida Flu Review. www.floridahealth.gov/floridaflu

ARBOVIRUS SURVEILLANCE

Nassau County Arbovirus Activity

From January 1, 2018 through November 10, 2018, there were four confirmed cases (onset dates 1/29, 4/30, 5/25, 6/2) of Eastern equine encephalitis virus (EEEV) infection in horses in Nassau County and one outbreak of EEEV in an emu flock in Nassau County (onset 7/5 for the first emu). Ten sentinel chickens have tested positive for EEEV in Nassau County (specimen collection dates 5/17, 5/25, 5/31, 6/8, 6/23, 6/28, 7/5, 7/12). One sentinel chicken tested positive for Highlands J virus (specimen collection date 7/5) and 78 sentinel chickens tested positive for West Nile virus (specimen collection dates 7/12, 7/14, 7/27, 8/2, 8/3, 8/11, 8/18, 8/25, 9/1, 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20). **Three human cases of West Nile virus (WNV) infection were reported in Nassau County residents, two with onset in August and one with onset in October.** All three human cases were likely exposed in Nassau County. Sentinel chickens in all parts of the county have tested positive for WNV, so there is some risk to humans throughout the county.

In the fall when there is cooler weather there is less mosquito activity, however in Florida there is a risk of mosquito-borne disease transmission year round. DOH-Nassau continues the sentinel chicken surveillance program through the end of November. Nassau County remains under a mosquito-borne illness alert. DOH-Nassau continues to advise the public to remain diligent in their personal mosquito protection efforts by remembering to "Drain and Cover."

<u>DRAIN</u> standing water to stop mosquitoes from multiplying.

- → Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- → Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- ★ Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- → Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER skin with clothing or repellent.

- Clothing Wear shoes, socks, and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.
- + Repellent Apply mosquito repellent to bare skin and clothing.
- → Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, paramenthane-diol, and IR3535 are effective.
- → Use mosquito netting to protect children younger than 2 months old.

COVER doors and windows with screens to keep mosquitoes out of your house.

+ Repair broken screening on windows, doors, porches, and patios.

UPCOMING EVENTS & TRAININGS

U.S. Antibiotic Awareness Week (USAAW) is November 12-18. USAAW us an annual observance to raise awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic use.

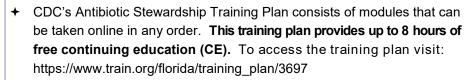




Image courtesy of https://www.cdc.gov/antibiotic-use/week/index.html

"Viruses or Bacteria: What's got you sick?" Is a resource that can be used to educate patients on which common conditions can be treated with antibiotics and which can not. For more information visit https://www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU_viruses-or-bacteria-Chart_508.pdf

OCTOBER 2018: REPORTED CASES IN NASSAU COUNTY

Confirmed, Probable, Suspect Cases of Multiple Diseases with Report Date 10/01/18 to 10/31/18 with Three-Year Period Comparison for Nassau County								
	Selection	n Date	Comparis	on Date 1	Comparis	on Date 2	Compariso	n Date 3
	10/01/18-	10/31/18	10/01/17	-10/31/17	10/01/16-	10/31/16	10/01/15-1	0/31/15
	Cases	Percent	Cases	Percent	Cases	Percent	Cases	Percent
Disease Name								
NASSAU COUNTY								
Campylobacteriosis	1	2.7%	1	3.8%	2	9.1%	0	0.0%
Cryptosporidiosis	3	8.1%	0	0.0%	2	9.1%	0	0.0%
Escherichia coli, Shiga Toxin-Producing (STEC) Infection	1	2.7%	0	0.0%	0	0.0%	0	0.0%
Giardiasis, Acute	1	2.7%	1	3.8%	1	4.5%	0	0.0%
Hepatitis B, Chronic	2	5.4%	1	3.8%	0	0.0%	1	6.3%
Hepatitis B, Pregnant Women	0	0.0%	1	3.8%	0	0.0%	0	0.0%
Hepatitis C, Chronic	17	45.9%	10	38.5%	8	36.4%	10	62.5%
Lyme Disease	0	0.0%	0	0.0%	1	4.5%	0	0.0%
Pertussis	1	2.7%	0	0.0%	0	0.0%	0	0.0%
Rabies, Possible Exposure	1	2.7%	2	7.7%	0	0.0%	0	0.0%
Salmonellosis	6	16.2%	10	38.5%	6	27.3%	4	25.0%
Shigellosis	3	8.1%	0	0.0%	1	4.5%	1	6.3%
Strep pneumoniae Invasive Disease, Drug-Resistant	1	2.7%	0	0.0%	0	0.0%	0	0.0%
Vibriosis (Excluding Cholera)	0	0.0%	0	0.0%	1	4.5%	0	0.0%
TOTAL	37	100.0%	26	100.0%	22	100.0%	16	100.0%
STATEWIDE								
Campylobacteriosis	389	7.5%	363	6.2%	278	5.8%	272	5.9%
Cryptosporidiosis	50	1.0%	67	1.1%	80	1.7%	80	1.7%
Escherichia coli, Shiga Toxin-Producing (STEC) Infection	59	1.1%	44	0.7%	52	1.1%	28	0.6%
Giardiasis, Acute	102	2.0%	71	1.2%	79	1.7%	97	2.1%
Hepatitis B, Chronic	496	9.5%	385	6.5%	409	8.6%	374	8.1%
Hepatitis B, Pregnant Women	34	0.7%	36	0.6%	29	0.6%	30	0.7%
Hepatitis C, Chronic	1963	37.6%	2426	41.2%	2042	42.7%	2019	44.0%
Lyme Disease	19	0.4%	10	0.2%	22	0.5%	16	0.3%
Pertussis	29	0.6%	17	0.3%	24	0.5%	26	0.6%
Rabies, Possible Exposure	306	5.9%	318	5.4%	292	6.1%	276	6.0%
Salmonellosis	836	16.0%	926	15.7%	826	17.3%	751	16.4%
Shigellosis	128	2.5%	122	2.1%	110	2.3%	135	2.9%
Strep pneumoniae Invasive Disease, Drug-Resistant	12	0.2%	9	0.2%	13	0.3%	15	0.3%
Vibriosis (Excluding Cholera)	17	0.3%	30	0.5%	25	0.5%	17	0.4%
Other remaining conditions in FL (not shared with Nassau County)	777	14.9%	1070	18.2%	499	10.4%	454	9.9%
TOTAL	5217	100.0%	5894	100.0%	4780	100.0%	4590	100.0%

Table 2. Confirmed, probable, and suspect case counts for reportable diseases and conditions in Nassau County and Florida, October 2015 through October 2018.

For more information on disease reporting and a list of reportable diseases and conditions, visit http://www.floridahealth.gov/diseases-and-conditions/disease-reporting-and-management/index.html

EpiCom is the Florida Department of Health's disease outbreak communication system. This system is used to communicate essential information regarding public health issues to partners throughout the state. EpiCom is used by DOH staff and public health partners such as hospital infection control practitioners, physicians' offices, and school nurses. To request access please contact EpiCom.Administrator@flhealth.gov.



HEALTH BULLETINS, ADVISORIES & ALERTS

Press Releases & Public Information

For additional information regarding press releases visit the DOH-Nassau website or Department of Health Online Newsroom at: http://nassau.floridahealth.gov/ and http://www.floridahealth.gov/newsroom/

- Press Release 10/02/18: A Message from the Florida Dept. of Health in Nassau: Top Five Health Concerns to be Addressed in Nassau
- Press Release 11/01/18: Health Officials Reinforce Mosquito-borne Illness Alert After Third Human Case of West Nile Virus Infection Confirmed
- → Press Release 11/13/18: Join Flu Free Florida by Getting Your Flu Shot This Fall: "Windows Down, Sleeves Up"

FREE FLU SHOTS

DOH-Nassau will be offering free flu shots for the first 300 people, ages 13 and up, on Friday, November 30th from 9:30 -11:30am at Journey Church (95707 Amelia Concourse, Fernandina Beach, FL 32034). For more information please call 904-557-9156. Should you need special accommodations, please contact us at least 48 hours prior.

Food Safety Tips for Healthy Holidays

CLEAN:

- ♦ Wash hands, utensils, and surfaces before and after food preparation.
- **★** Especially wash after preparing meat, poultry, eggs, and seafood.

COOK:

- Cook food to proper internal temperature.
- ◆ Check for doneness with a food thermometer— you can't tell by looking!

CHILL:

- ✦ Refrigerate or freeze perishables, prepared foods, and leftovers within two hours.
- → Make sure the refrigerator is set at no higher than 40°F and the freezer is set at 0°F.

Image source: www.isitdoneyet.gov

SEPARATE:

★ Keep raw meat, poultry, eggs, and seafood and their juices away from ready to eat food.

DEFROSTING TURKEY AND OTHER FOODS:

- ★ The safest thawing method is in the refrigerator at 40°F.
- → Plan ahead: a 16-20lb. turkey can take 4-5 days to thaw in the refrigerator or 8-10 hours to thaw in cold, running water.
- → Never thaw a turkey or any other food by leaving it on the counter.

LEFTOVERS:

- → Put leftovers away within 2 hours.
- ◆ Do not leave turkey, stuffing, and other foods on the table all day long so people can nibble.
- → Store large quantities in smaller, shallow containers to ensure rapid cooling.
- ★ Reheat leftovers to proper temperatures: 165°F.

For more information call the Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854).

USDA Recommended Safe			
Minimum Internal Ten	nperatures		
Beef, pork, veal & lamb	1.4E°F		
Steaks, roasts, & chops			
Fish	145°F		
Beef, pork, veal & lamb			
Ground	100 F		
Egg dishes	160°F		
Turkey, chicken & duck			
Whole, pieces & ground 165°F			

VACCINE	WHO	FREQUENCY	COMMENTS
Flu vaccine	All PLWH	Annually	Use high-dose inactivated vaccine for age: 65+ years.
Hepatitis A	MSM, PWID, Persons with liver disease (including HBV and HCV).	2 doses: 0 & 6 months	Consider vaccination for all PLWH.
Hepatitis B	Non-immune patients (1)	3 doses: 0, 1 & 6 months	Recheck serology at least 4 weeks after last dose. If surface AB levels are not protective: repeat vaccine series; consider double dose.
Human Papilloma Virus	PLWH, both genders, age: 13 – 26 years.	3 doses: 0, 1 & 6 months	
Meningococcus	All PLWH	2 doses: <i>Menveo</i> or <i>Menactra</i> at least 8 – 12 weeks apart, booster in 5 years.	Does not cover meningococcus serotype B (outbreaks, asplenics)
Diphtheria & Tetanus (Td)	All PLWH	1 dose every 10 years	One-time substitution of Td with TdaP (acellular pertussis).
Varicella Zoster Live attenuated (Zostavax) (2)	Age > 60 years & CD4 > 200 cells/mm ³	1 dose	Limited evidence on efficacy and safety
Pneumococcus	All PLWH	2 doses: PCV13 followed by PPSV23 at least 8 weeks apart. PPSV23 boosters in 5 years & at age 65 years.	Consider deferring <i>PPSV23</i> until CD4 > 200 cells/mm³. If <i>PPSV23</i> given first, give <i>PCV13</i> after 12 months.

- 1. Hepatitis B non-immune patients include: HBsAg/Ab(-) HBcAB(-) & HBsAg/Ab(-) HBcAB(+)HBVPCR(-)
- 2. Abbreviations: PLWH: Persons Living with HIV; MSM: Men Who Have Sex with Men; PWID: Persons Who Inject Drugs; HBV: Hepatitis B Virus; HCV: Hepatitis C Virus; AB: Antibody; PCV13: Prevnar 13; PPSV23: Pneumovax; HBsAg/Ab: Hepatitis B surface antigen & antibody; HBcAB: Hepatitis B core antibody
- 3. Abbreviations: PLWH: Persons Living with HIV; MSM: Men Who Have Sex with Men; PWID: Persons Who Inject Drugs; HBV: Hepatitis B Virus; HCV: Hepatitis C Virus; AB: Antibody; PCV13: Prevnar 13; PPSV23: Pneumovax; HBsAg/Ab: Hepatitis B surface antigen & antibody; HBcAB: Hepatitis B core antibody



RECOMMENDATIONS

FOR PLWH

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SCREENING	WHO	FREQUENCY	COMMENTS
Breast Cancer	Women age ≥ 40 years	Annually	
Lung Cancer	PLWH age 55 – 80 with 30 pack-year smoking history	One-time screening with low- dose CT Lung	Applicable if quit smoking < 15 years ago.
Colorectal Cancer	All PLWH age≥ 50 years	Colonoscopy every 10 years if normal	Consider earlier screening for patients with strong family history & patients with IBD.
Cervical Cancer	Women 21 – 65 years	Pap Smear with HPV testing: At initiation of care, repeat in 6 months & annually thereafter	Not required after hysterectomy unless done for cancerous or precancerous disease.
Anal Cancer	PLWH, of both genders, age≥ 25 years, who engage in receptive anal intercourse	Pap Smear with HPV testing. Screening data is lacking	Screen only if high- resolution anoscopy + biopsy & ablative treatments are available.
Abdominal Aortic Aneurysm	Men age 65 – 75 years who ever smoked	One-time Abdominal Ultrasound screening	Not required if patient has recent abdominal CT scan without evidence of aortic aneurysm.
Hepatitis C	All PLWH	HCV Antibody on initiation of care and then annually	
Osteoporosis (DEXA Scan)	PLWH, both genders, age: ≥ 50 years or ≥ 40 years with FRAX score ≥ 10%	Repeat in 10 – 15 years if normal or 2-5 years if osteopenic.	For women: start at age 50 or 10 years after menopause.
Dyslipidemia	All PLWH	Baseline, within 1-3 months from starting new regimen then annually.	Consider TG treatment for levels ≥ 1,000 mg/dL & statin if ASCVD ≥ 7.5%.
Diabetes Mellitus (Hemoglobin A1C)	All PLWH	Baseline, within 1-3 months from starting new regimen then annually.	Consider starting diabetes treatment at Hemoglobin A1C \geq 7 – 7.5%.

FRECHENCY

COMMENTS

- 4. Abbreviations: PLWH: Persons Living with HIV; HPV: Human Papilloma Virus; IBD: Inflammatory Bowel Disease; TG: Triglycerides; HCV: Hepatitis C
- 5. FRAX Risk Assessment Tool: https://www.sheffield.ac.uk/FRAX/tool.aspx?country=9,

SCREENING

WHO

6. ASCVD (Atherosclerotic Cardiovascular Disease) Risk Assessment Tool: http://www.cvriskcalculator.com/

The Southeast AIDS Education & Training Center's (SE AETC) goal is to build the capacity of clinicians throughout their careers to care for people living with HIV/AIDS.

Skill building opportunities are available for pre-novice, novice and experienced providers. By increasing the HIV clinical competency of providers, outcomes along the HIV Care Continuum will improve with a greater number of patients diagnosed, engaged in care, on antiretroviral medications and virally suppressed.

Providing state of-the-art HIV education, consultation, and resource materials to healthcare professionals throughout the region.

Chart Reviews	Clinical Consultation
Customized Programs	Live & Online Learning
Skill-building Workshops	Preceptorships
Treatment Guideline	Weekly Webcasts

Resources are available for:

Physicians	Nurses
Medical Assistants	Advanced Practice Nurses
Pharmacists	Oral Health Professionals
Physician Assistants	Mental Health Counselors
Ryan White Funded Providers	Nutritionists
Social Service Providers and Case Managers	Medical & Health Professional Students

WWW.SEAETC.COM

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For the first 300 people, ages 13 years and up Friday, November 30th from 9:30 - 11:30am at Journey Church



95707 Amelia Concourse, Fernandina Beach, FL 32034

For more information call (904) 557-9156

should you need special accommodations, please contact us at least 48 hours prior