

EPIGRAM

PRODUCED BY DISEASE CONTROL SERVICES
EDITOR: EMILY CASON, MPH
CONTRIBUTOR: LEKISHA COHEN, RN, MPH

INFLUENZA SURVEILLANCE

Nassau County

Nassau County reported mild influenza activity for week 46 (November 10-16). Influenza-like illness (ILI) activity in Nassau County has increased in recent weeks and is currently above levels observed at this time in previous seasons (Fig. 1). No influenza or ILI outbreaks have been reported in Nassau County this flu season.

Nassau County Resident Emergency Department Visits for ILI by Flu Season

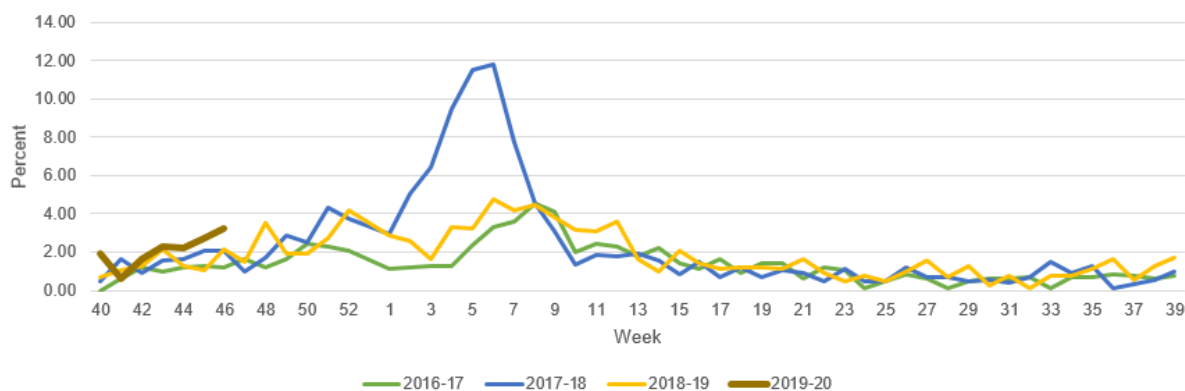


Figure 1. Percent of visits for ILI for Nassau County residents visiting facilities participating in ESSENCE-FL for the current season (weeks 40-46, 2019) and the last three seasons (2018-19, 2017-18, and 2016-17). The ESSENCE-FL ILI syndrome captures visits with chief complaints that include the words "influenza" or "flu," or chief complaints that include the words "fever" and "cough," or "fever" and "sore throat."

Florida¹

✦ During week 46, influenza and ILI activity in Florida increased and remained above levels observed at this time in previous seasons. Influenza and ILI activity remain particularly elevated in children for this time in the flu season. In week 46 about 1 in 10 visits among children to participating emergency department and urgent care centers was for ILI.

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

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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

NASSAU COUNTY HEALTH DEPARTMENT CONTACTS

Eugenia Ngo-Seidel, MD, MPH (Director)
(904) 557-9174
Eugenia.Ngo-Seidel@flhealth.gov

Lekisha Cohen, RN, MPH (Public Health Manager)
(904) 557-9172
Lekisha.Cohen@flhealth.gov

Emily Cason, MPH (Epidemiologist)
(904) 557-9173
Emily.Cason@flhealth.gov

Alyssa Wyrsh (Epidemiologist)
(904) 557-9183
Alyssa.Wyrsh@flhealth.gov

NASSAU COUNTY HEALTH DEPARTMENT LOCATIONS

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



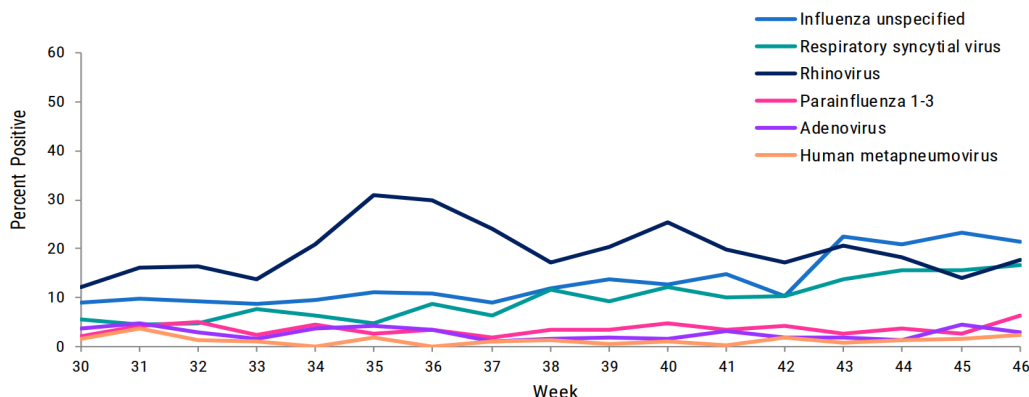
Respiratory Disease Surveillance¹

Figure 2. Percent of laboratory results testing positive for eight common respiratory viruses, as reported by laboratories participating in the National Respiratory and Enteric Virus Surveillance System (NRVESS) and laboratories reporting validated respiratory virus data to the Florida Department of Health via electronic laboratory reporting (n=8), week 30, 2019 to week 46, 2019.

- ✦ So far this season, influenza B Victoria lineage has been the most common subtype identified at the Bureau of Public Health Laboratories. It is still too early to say which strain will be the predominate strain during the 2019-20 season. In week 46, the percent of specimens testing positive for influenza decreased but remained higher than other respiratory viruses under surveillance (Fig. 2).
- ✦ In week 46, nine outbreaks were reported (five influenza and four ILI). The majority were reported in facilities serving children (primary or secondary schools and child daycares).

¹Florida Department of Health. Florida Flu Review Week 40. <http://www.floridahealth.gov/diseases-and-conditions/influenza/documents/2019-2020/2019-w46-flu-review.pdf>.

HEPATITIS A UPDATE

Nassau County

As of November 2, six cases of hepatitis A have been reported in Nassau County residents. So far this year, Nassau CHD has administered 406 doses of adult hepatitis A vaccine. Nassau CHD continues to offer hepatitis A vaccine to under- and uninsured individuals who are at risk for hepatitis A.

Florida Outbreak Update^{3,4}

From January 1, 2018 through November 2, 2019, there were 3,518 hepatitis A cases reported in Florida. In week 44 (October 27-November 2), 62 cases were reported in Florida, with the highest activity levels in central Florida (Fig. 3). Of the 3,446 cases likely acquired in Florida from January 2018 through October 2019, 63% reported at least one risk factor while 37% reported no or unknown risk factors. **The most commonly identified risk factor is drug use, reported by over half (57%) of cases. Recent homelessness was reported by 21% of cases.** Since January 2018, 71% of hepatitis A cases likely acquired in Florida have been hospitalized due to their hepatitis A infection, and 51 cases have died as a direct result of hepatitis A infection.

Hepatitis A Rates in Florida

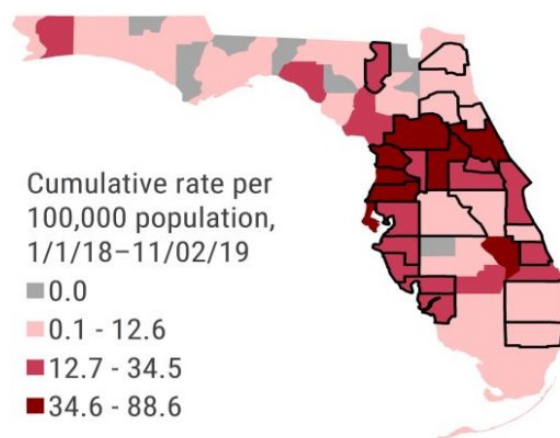


Figure 3. Cumulative hepatitis A rates in Florida by county. The 62 hepatitis A cases reported in week 44 were reported in the counties outlined in black.³

³Florida Department of Health. Hepatitis A Surveillance January 1, 2018-November 2, 2019. <http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/hepatitis-a/surveillance-data/documents/2019-week-44-hep-a-summary.pdf>.

⁴Florida Department of Health. Vaccine Preventable Disease Surveillance Report October 2019. <http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/hepatitis-a/surveillance-data/documents/2019-october-hep-a-summary.pdf>.

WORLD AIDS DAY

Surveillance

Since 1988, December first has been designated as international World AIDS Day. About 36.9 million people are living with HIV and AIDS worldwide. An estimated 38,739 new HIV infections occurred in the United States in 2017. The annual number of new diagnoses declined 9% from 2010 to 2016 in the 50 states and the District of Columbia. In Nassau County, in the past five years (2014-2018) the county has seen a 33% increase in the number of reported cases (Fig. 4).

HIV Cases Diagnosed between 2016 and 2018 by select Demographics & Risk Factors in Florida and Nassau County		
	Florida	Nassau County
	14,461	19
Sex		
Male	79%	79%
Female	21%	21%
Race/Ethnicity		
White	24%	58%
Black	41%	26%
Hispanic	32%	16%
Other	2%	0%
Age at Diagnosis		
Age<13	<1%	0%
Age 13-29	35%	53%
Age 30-49	44%	26%
Age >50	21%	21%
Mode of Exposure		
MSM	59%	69%
IDU	4%	5%
MSM/IDU	2%	0%
Heterosexual	34%	26%
Other	1%	0%

Data pulled from Florida CHARTS on
11/21/2019

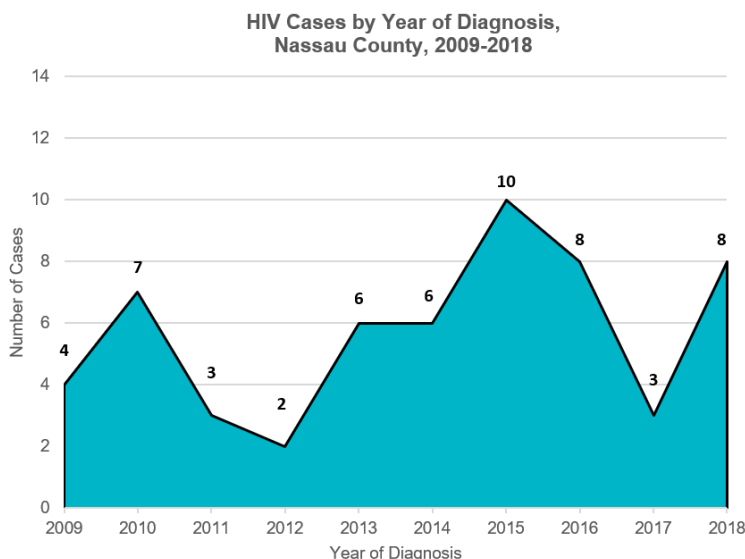


Figure 4. HIV cases by Year of Diagnosis, Nassau County, 2009-2018. Comparison of Florida and Nassau County residents by gender, age, race/ethnicity and mode of exposure.

Intervention & Prevention

HIV and AIDS remain a persistent problem for the United States and countries around the world. While great progress has been made in preventing and treating HIV, there is still much to do. The state of Florida has adapted a plan to eliminate HIV transmission and reduce the number of HIV-related deaths, using four key components.

Four Key Components

1. Implement routine HIV and Sexually Transmitted Infections (STIs) screening in health care settings and priority testing in non-health care settings
2. Provide rapid access to treatment and ensure retention in care (Test and Treat)
3. Improve and promote access to antiretroviral pre-exposure prophylaxis (PrEP) and non-occupational post-exposure prophylaxis (nPEP)
4. Increase HIV awareness and community response through outreach, engagement, and messaging

Health Care Provider Role

Primary care health care providers are gatekeepers to the health care system, and are in prime positions to offer HIV testing, treatment referral, and pre-exposure treatment (PrEP) to clients at increased risk of HIV infection (e.g. intravenous drug users, sex workers, men who have sex with men, having unprotected sex with multiple partners). Pre-exposure prophylaxis (PrEP) is a recognized prevention strategy for serodiscordant couples or for persons at high risk of acquiring HIV in the primary care practice setting.

HIV Clinical Guidance, Technical Assistance, Training and Resources

Training is available through the Southeast AIDS Education and Training Center (SE AETC) (<https://www.seaetc.com/education-training/>) and the National HIV Curriculum (<https://www.hiv.uw.edu/>).

Phone consultation on HIV/AIDS management is available to clinicians at the Clinician Consultation Center (CCC) at (800) 933-3413, Monday–Friday, 9:00 a.m.–8:00 p.m. EST. The website link to CCC is <http://nccc.ucsf.edu/clinician-consultation/hiv-aids-management/>.

Nassau County Health Department (Nassau CHD) HIV-Related Services

Nassau CHD offers the following HIV program services:

HIV Case Management: Nassau CHD assists clients in overcoming social and economic barriers to optimally manage their HIV disease and helping them get to an undetectable viral load. Contact Nassau CHD for HIV case management services at 904-875-6100. Refer clients free of charge to the health department for linkage to HIV specialty medical care, social and behavioral health services.

Testing: Walk-in testing is available at all clinic sites (fee may be waived). Call the main clinic in Yulee for more information: (904) 875-6110.

Treatment : Nassau CHD offers Test and Treat. Also, access and linkage to PrEP services. Call the main clinic in Yulee for more information: (904) 875-6110.

Contact investigation: DOH confidential partner tracing is included in HIV case reporting. Sexual and at risk contacts to reported HIV cases will be contacted for confidential HIV testing.

Reporting: HIV and AIDS are notifiable conditions to public health under Florida law (<http://www.floridahealth.gov/diseases-and-conditions/disease-reporting-and-management/documents/reportable-diseases/documents/reportable-diseases-list-practitioners.pdf>). To report a case, call (904) 875-6100 or for more information, visit the Nassau CHD web page at <http://nassau.floridahealth.gov/>.



UPCOMING EVENTS & TRAININGS

- ✦ Looking for free or low-cost CME? Getting ready to help your patients with tobacco cessation for Great American SmokeOut on November 21st? Florida Area Health Education Center (AHEC) has a website link at: www.aheceducation.com with available trainings. Opioid and Tobacco courses are offered free of charge using activation codes DCF001 and tob001.
- ✦ About 48,000 drug overdose deaths involved opioids in the United States in 2017. Naloxone is a life-saving drug that can reverse the effects of an opioid overdose. Despite recent progress in naloxone dispensing, naloxone remains under-prescribed and underused, often in a variable pattern. Healthcare providers and pharmacists play a critical role in ensuring patients receive naloxone, as they have a frontline view and can make progress in prescribing and dispensing of naloxone. The 2016 CDC Guideline for Prescribing Opioids for Chronic Pain recommends that healthcare providers consider prescribing or dispensing naloxone to patients at risk for overdose. During a recent COCA Call, CDC presented HHS and CDC recommendations for the prescribing or dispensing of naloxone to patients at risk for opioid overdose. Access the call recording and information on free continuing education at: https://emergency.cdc.gov/coca/calls/2019/callinfo_091719.asp.

OCTOBER 2019: REPORTED CASES IN NASSAU COUNTY

Confirmed, Probable, and Suspect Cases of Reportable Diseases of Frequent Occurrence with Report Date 10/01/19 to 10/31/19 with Three-Year Period Comparison for Nassau County and Florida

	Nassau County		Florida	
	October 2019	October Average, 2016-2018	October 2019	October Average, 2016-2018
Arsenic Poisoning	0	0.00	0	1.33
Campylobacteriosis	1	1.33	342	343.33
Carbon Monoxide Poisoning	0	0.00	22	91.67
Chlamydia (Excluding Neonatal Conjunctivitis)	25	18.33	9960	8736.67
Ciguatera Fish Poisoning	0	0.00	4	7.67
Creutzfeldt-Jakob Disease (CJD)	0	0.00	2	1.33
Cryptosporidiosis	0	1.67	55	35.67
Cyclosporiasis	0	0.00	3	0.33
Dengue Fever	0	0.00	88	7.00
Ehrlichiosis	0	0.00	5	1.33
<i>Escherichia coli</i> , Shiga Toxin-Producing (STEC) Infection	2	0.33	72	52.33
Giardiasis, Acute	1	1.00	117	84.33
Gonorrhea (Excluding Neonatal Conjunctivitis)	10	5.67	3389	2745.33
<i>Haemophilus influenzae</i> (Invasive Disease in Children <5 Years Old)	0	0.00	8	1.67
Hepatitis A	2	0.00	276	38.33
Hepatitis B, Acute	0	0.00	88	71.33
Hepatitis B, Chronic	2	1.00	490	418.00
Hepatitis B, Pregnant Women	0	0.33	39	31.00
Hepatitis C, Acute	0	0.00	97	25.00
Hepatitis C, Chronic (Including Perinatal)	10	11.33	2000	2102.67
Lead Poisoning Cases in Children <6 Years Old	0	0.00	84	114.67
Lead Poisoning Cases in Those ≥6 Years Old	0	0.00	78	118.67
Legionellosis	1	0.00	53	61.00
Listeriosis	0	0.00	13	7.00
Lyme Disease	1	0.33	16	15.00
Malaria	0	0.00	3	4.33
Meningitis, Bacterial or Mycotic (Excluding <i>Neisseria meningitidis</i>)	0	0.00	8	10.33
Pertussis	0	0.33	25	24.00
Pesticide-Related Illness and Injury, Acute	0	0.00	0	3.00
Rabies, Animal	0	0.00	7	6.67
Rabies, Possible Exposure	2	1.00	378	305.33
Salmonellosis	7	7.33	774	860.67
Shigellosis	1	1.33	91	120.00
<i>Streptococcus pneumoniae</i> Invasive Disease, Drug-Resistant	0	0.33	19	10.67
<i>Streptococcus pneumoniae</i> Invasive Disease, Drug-Susceptible	0	0.00	48	23.67
Syphilis (Excluding Congenital)	0	1.33	475	696.67
Syphilis, Congenital	0	0.00	7	7.67
Varicella (Chickenpox)	1	0.00	85	40.00
Vibriosis (Excluding Cholera)	0	0.33	16	24.00
Zika Virus Disease and Infection	0	0.00	13	57.67

Table 1. Confirmed, probable, and suspect case counts for reportable diseases and conditions in Nassau County and Florida in October 2019 with three-year period comparison for Nassau County and Florida.

HEALTH BULLETINS, ADVISORIES & ALERTS

October 2019 Press Releases & Public Information

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

- ✦ Press Release 10/09/19: Florida Department of Health Reminds Floridians to Protect themselves from the Flu
- ✦ Press Release 10/16/19: Nassau County Joins AARP Network of Age-Friendly Communities and Declares October 16th as "Age-Friendly Day" in Nassau County

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!
- ✦ To use a food thermometer, place the food thermometer in the thickest part of the food. It should not touch bone, fat, or gristle. Start checking the temperature toward the end of cooking, but before you expect it to be done. Be sure to clean your food thermometer with hot soapy water before and after each use.



Image source: www.isitdoneyet.gov

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.

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 Temperatures	
Beef, pork, veal & lamb Steaks, roasts, & chops	145°F
Fish	145°F
Beef, pork, veal & lamb Ground	160°F
Egg dishes	160°F
Turkey, chicken & duck Whole, pieces & ground	165°F