

EPIGRAM

PRODUCED BY DISEASE CONTROL SERVICES
EDITOR: EMILY CASON, MPH

INFLUENZA SURVEILLANCE

Nassau County

Nassau County reported no influenza activity for week 40 (September 29-October 5). Influenza-like illness (ILI) activity in Nassau County has remained low over the summer, but is expected to increase in the coming weeks. No influenza or ILI outbreaks have been reported in Nassau County this flu season.

Florida¹

- ✦ During the first week of the 2019-2020 influenza season (week 40), influenza and ILI activity remained at low levels across the state. The majority of counties reported no or mild activity in week 40 (Fig. 1). Influenza seasons vary in timing, severity, and duration, so it is not possible to predict what the 2019-20 season will be like in Florida.
- ✦ During the last four weeks, influenza A (H3), influenza A 2009 (H1N1), and influenza B Victoria lineage viruses were identified as circulating in Florida. It is too soon to predict what influenza strain will predominate during the 2019-20 season in Florida.
- ✦ In week 40, seven outbreaks were reported (four influenza and three ILI). Five of these outbreaks were in facilities serving children, one in a facility serving older adults, and one in an other setting. No severe outcomes (hospitalizations or deaths) were reported in any of these outbreaks.
- ✦ Since March 2019, the percent of specimens testing positive for rhinovirus remained higher than other respiratory viruses under surveillance, including influenza and respiratory syncytial virus.

County Influenza Activity

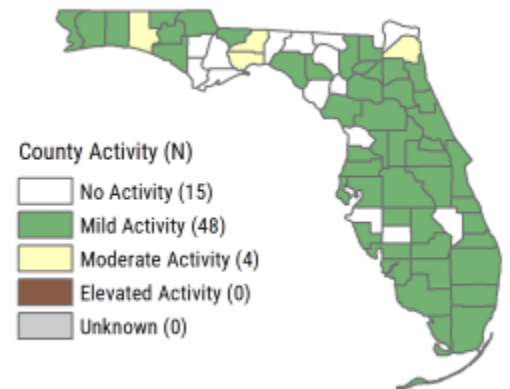


Figure 1. Influenza activity as reported by county health departments in EpiGateway, week 40¹.

Nassau County
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BULLETINS, ADVISORIES & ALERTS FOR DISPLAY IN OFFICE

DISEASE REPORTING

Phone
(904) 875-6100

Confidential Fax Line
(904) 428-5630

After Hours Line
(904) 813-6801

Bureau of Epidemiology
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NASSAU COUNTY HEALTH DEPARTMENT LOCATIONS

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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



Flu Vaccination

Influenza vaccination is recommended for all people aged 6 months and older, with only rare exception, and is especially important for children aged 5 years and younger, adults aged 65 years and older, pregnant women, people with certain underlying medical conditions, and people in contact with these high-risk groups.

- ✦ **Children:** While rare, influenza-associated pediatric deaths are reported each season, most often in unvaccinated children with underlying health conditions. Last season, six influenza-associated pediatric deaths were reported in Florida, and all six occurred in children who were not fully vaccinated. Influenza vaccination has been shown to significantly reduce a child's risk of dying from the flu.
- ✦ **Pregnant Women:** Influenza is five times more likely to cause severe illness in pregnant women compared to women who are not pregnant. Changes in immune, heart, and lung function during pregnancy increase the risk of severe complications from influenza infection, even in generally healthy women. Pregnant women with certain underlying medical conditions, including asthma and heart disease, are at even greater risk for severe complications from influenza.
- ✦ **Older Adults:** Hospitalization rates during flu seasons are typically highest for adults 65 years of age and older, and deaths associated with influenza are most frequent among older adults. Risk of hospitalization may be greater among older adults with underlying medical conditions than those without such conditions².

For more information on influenza vaccination visit: <https://www.cdc.gov/flu/professionals/vaccination/index.htm>

¹Florida Department of Health. Florida Flu Review Week 40. <http://www.floridahealth.gov/diseases-and-conditions/influenza/documents/2019-2020/2019-w40-flu-review.pdf>.

²Centers for Disease Control and Prevention. Background and Epidemiology. https://www.cdc.gov/flu/professionals/acip/background-epidemiology.htm#anchor_1568220975639.

HEPATITIS A UPDATE

Nassau County

As of October 5, five cases of hepatitis A have been reported in Nassau County residents. So far this year, Nassau CHD has administered 363 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 October 5, 2019, there were 3,286 hepatitis A cases reported in Florida. In week 40 (September 29–October 5), 62 cases were reported in Florida, with the highest activity levels in central Florida (Fig. 2). Of the 3,174 cases likely acquired in Florida from January 2018 through September 2019, 62% reported at least one risk factor while 38% 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 43 cases have died as a direct result of hepatitis A infection.

³Florida Department of Health. Hepatitis A Surveillance January 1, 2019–October 5, 2019. <http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/hepatitis-a/surveillance-data/documents/2019-week-40-hep-a-summary.pdf>.

⁴Florida Department of Health. Vaccine Preventable Disease Surveillance Report September 2019. <http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/documents/2019-september-vpd-report.pdf>.

Hepatitis A Rates in Florida

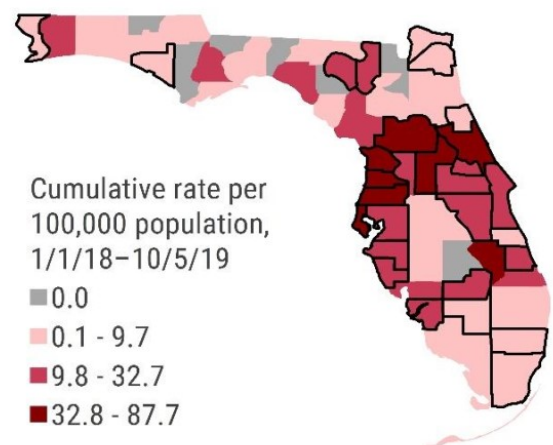


Figure 2. Cumulative hepatitis A rates in Florida by county. The 62 hepatitis A cases reported in week 40 were reported in the counties outlined in black.³

ARBOVIRUS SURVEILLANCE

Nassau County

So far in 2019, eight sentinel chickens have tested positive for Eastern equine encephalitis virus (EEEV). The positive samples were collected on 6/21, 7/13, 7/27, 8/3 and 9/21. Twelve sentinel chicken samples (collected 8/3, 8/17, 8/24, 9/7, 9/14 and 9/28) tested positive for West Nile virus (WNV). All Nassau County sentinel chicken samples submitted to the Bureau of Public Health Laboratories (BPHL) in 2019 have tested negative for St. Louis encephalitis virus (SLEV). No human or veterinary cases of mosquito-borne illness have been reported in Nassau County in 2019.

Florida⁵

One human case of WNV illness acquired in Florida was reported in a Duval County resident in August and one asymptomatic positive blood donor was reported in August in Bay County. Twelve cases of locally-acquired dengue fever have been reported in 2019, ten in Miami-Dade County and one each in Broward and Hillsborough Counties. International travel-associated cases of dengue fever, chikungunya fever, Zika fever, and malaria have been reported in 2019 (Table 1). Fifteen counties (Bay, Broward, Calhoun, Citrus, DeSoto, Duval, Hillsborough, Holmes, Indian River, Lee, Orange, Polk, St. Johns, Suwannee, and Walton) are currently under a mosquito-borne illness advisory and one county (Miami-Dade) is under a mosquito-borne illness alert (Fig. 3).

For information on mosquito-borne disease prevention, visit: <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/prevention.html>.

⁵Florida Department of Health. Florida Arbovirus Surveillance. <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/index.html>.

Human Mosquito-Borne Illness Cases

Disease	Cases
West Nile virus (WNV) infection	2
St. Louis encephalitis virus (SLEV) infection	0
Eastern equine encephalitis virus (EEEV) infection	0
International travel-associated dengue fever cases	282
Dengue fever cases acquired in Florida	12
International travel-associated chikungunya fever cases	5
Chikungunya fever cases acquired in Florida	0
International travel-associated Zika fever cases	36
Zika fever cases acquired in Florida	0
International travel-associated malaria cases	53

Table 1. Human cases of mosquito-borne illness reported in Florida, January 1–October 12, 2019¹.

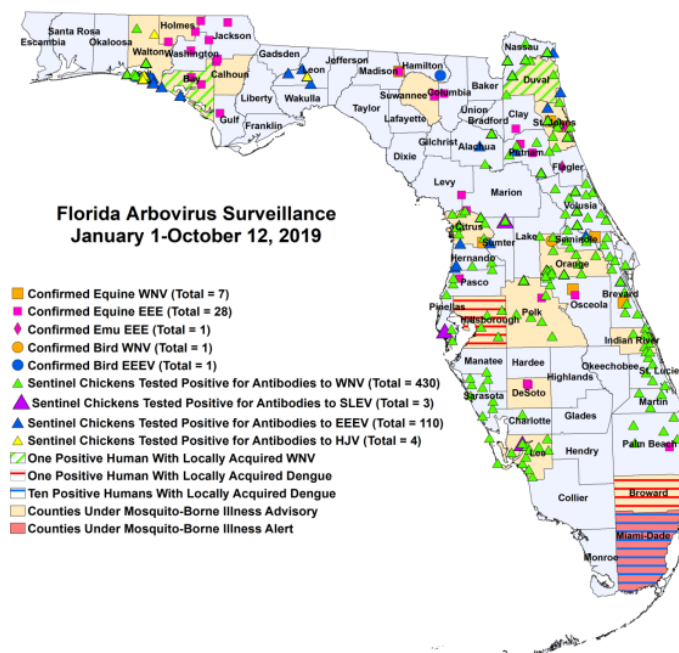


Figure 3. Arbovirus activity in Florida, January 1–October 12, 2019⁵.

UPCOMING EVENTS & TRAININGS

The Centers for Disease Control and Prevention (CDC) will host a Clinician Outreach and Communication Activity (COCA) call titled *preventing the Spread of Novel or Targeted Multidrug-resistant Organisms (MDROs) in Nursing Homes through Enhanced Barrier Precautions* on Thursday, October 24 from 2:00-3:00pm. CDC recently introduced a new approach called Enhanced Barrier Precautions to help address the challenges faced by nursing homes in implementing the contact isolation precautions used in hospitals when caring for patients with MDROs. In this COCA call, clinicians will learn about Enhanced Barrier Precautions, with a detailed discussion of the residents and high-contact resident care activities for which they apply. Visit https://emergency.cdc.gov/coca/calls/2019/callinfo_102419.asp for more information.

Disease/condition counts for 2018 and before are final. Disease/condition counts for 2019 are preliminary and will change.

SEPTEMBER 2019: REPORTED CASES IN NASSAU COUNTY

Confirmed, Probable, and Suspect Cases of Reportable Diseases of Frequent Occurrence with Report Date 09/01/19 to 09/30/19 with Three-Year Period Comparison for Nassau County and Florida

	Nassau County		Florida	
	September 2019	September Average, 2016-2018	September 2019	September Average, 2016-2018
Arsenic Poisoning	0	0.00	3	1.33
Campylobacteriosis	0	1.00	356	302.33
Carbon Monoxide Poisoning	0	0.67	7	123.00
Chlamydia (Excluding Neonatal Conjunctivitis)	13	16.67	8531	7375.67
Ciguatera Fish Poisoning	0	0.00	11	4.33
Creutzfeldt-Jakob Disease (CJD)	0	0.00	6	3.00
Cryptosporidiosis	0	0.00	67	77.33
Cyclosporiasis	0	0.00	10	4.00
Dengue Fever	0	0.00	94	6.33
Ehrlichiosis	0	0.33	3	3.00
<i>Escherichia coli</i> , Shiga Toxin-Producing (STEC) Infection	0	0.67	39	50.00
Giardiasis, Acute	0	0.67	76	92.33
Gonorrhea (Excluding Neonatal Conjunctivitis)	6	4.00	2859	2327.67
<i>Haemophilus influenzae</i> (Invasive Disease in Children <5 Years Old)	0	0.00	8	2.33
Hepatitis A	0	0.00	271	27.67
Hepatitis B, Acute	0	0.33	66	60.33
Hepatitis B, Chronic	0	0.67	430	376.66
Hepatitis B, Pregnant Women	0	0.00	23	27.67
Hepatitis C, Acute	1	0.00	114	26.67
Hepatitis C, Chronic (Including Perinatal)	3	6.33	1811	1953.00
Lead Poisoning Cases in Children <6 Years Old	1	0.00	97	237.67
Lead Poisoning Cases in Those ≥6 Years Old	0	0.00	52	152.67
Legionellosis	0	1.00	82	58.67
Listeriosis	0	0.00	5	3.67
Lyme Disease	0	0.67	29	25.33
Malaria	0	0.00	4	6.33
Meningitis, Bacterial or Mycotic (Excluding <i>Neisseria meningitidis</i>)	0	0.00	5	6.33
Pertussis	0	0.00	23	23.33
Pesticide-Related Illness and Injury, Acute	0	0.00	1	16.67
Rabies, Animal	0	0.00	6	7.00
Rabies, Possible Exposure	1	1.33	380	266.33
Salmonellosis	5	8.33	829	777.00
Shigellosis	0	0.00	87	88.33
<i>Streptococcus pneumoniae</i> Invasive Disease, Drug-Resistant	0	0.00	17	13.33
<i>Streptococcus pneumoniae</i> Invasive Disease, Drug-Susceptible	0	0.00	42	22.0
Syphilis (Excluding Congenital)	0	1.00	283	596.33
Syphilis, Congenital	0	0.00	10	7.00
Varicella (Chickenpox)	0	0.33	82	56.67
Vibriosis (Excluding Cholera)	0	0.33	23	22.33
Zika Virus Disease and Infection	0	0.33	8	68.67

Table 2. Confirmed, probable, and suspect case counts for reportable diseases and conditions in Nassau County and Florida in September 2019 with three-year period comparison for Nassau County and Florida.

Disease/condition counts for 2018 and before are final. Disease/condition counts for 2019 are preliminary and will change.

NASSAU COUNTY HEALTH DEPARTMENT PROMOTES 4 M'S AGE-FRIENDLY PRACTICES

On October 16th, 2019 the Board of County Commissioners (BOCC) in Nassau County voted to join the *American Association of Retired Persons (AARP) Network of Age-Friendly States and Communities* and the *World Health Organization Global Network of Age-Friendly Communities*. The **BOCC declared October 16th, 2019 as "Age-Friendly Day"** with the signing of a resolution. The declaration supports the combined efforts of Nassau CHD, the Nassau Age-Friendly in Public Health Advisory Council, the Nassau County Council on Aging and Elder Source. The Age-Friendly initiative is incorporated into the Nassau County Community Health Improvement Plan (CHIP).

The proportion of the US population 65 and over is expected to double in the next 30 years (US Census). Florida Governor Ron De Santis has challenged Florida to focus on the health of its older residents, specifically, Alzheimer's and memory care. To address aging issues in Florida, **Trust for America's Health (TFAH) is partnering with the Florida Department of Health to implement a public health framework to improve the health and well-being of older adults.** Health care providers and public health professionals can significantly improve health outcomes in older adults when practices and systems are integrated that address challenges to healthy aging.

Nassau County Health Department is promoting the **Four M's**, a national framework endorsed by TFAH, to promote age-friendly health systems. Initially led by the John A. Hartford Foundation, the Four M's is a framework to address essential elements key to promoting age-friendly care and health systems. The following is an overview of the 4 M's:

- **What Matters** - individualized, collaborating care goals with the aging person to what matters to them; includes focused rehabilitation goals, functional needs to maintain independence and end of life wishes.
- **Mobility** - the ability to move comfortably and safely, including transportation and subsequent access to services; emerging role of telehealth and remote telemonitoring to transportation disadvantaged
- **Mentation** - slowing cognitive decline and dementia; screening to detect depression, cognitive changes
- **Medication** - safe, timely medication administration, mitigating adverse effects of polypharmacy

Nassau County Health Department supports healthy aging through advocacy and partnering with community public health partners with the **Nassau County Age-Friendly Advisory Council. The actions of the Council are to perform age-friendly policy and practice scan, data dissemination, and to educate and promote awareness of age-friendly practices and promote integrating age-friendly practices in community health systems.** For information on activities or to participate in the Nassau County Age-Friendly Advisory Council, contact Mary Von Mohr, MSW, Nassau CHIP Facilitator, Age-Friendly Nassau Initiative at 904-557-9133.

Aging-Related Resources:

National: National Council on Aging: <https://www.ncoa.org/>;

American Association of Retired Persons (AARP): a US interest group whose mission is "to empower people to choose how they live as they age;" 38 million members in 2018.

Trust for America's Health Public Health Initiative: <https://www.tfah.org/initiatives/age-friendly-public-health/>

Local

Nassau County Council on Aging: <https://www.nassaucountycouncilonaging.org/> (founded locally in 1974, nonprofit, provides public transportation, socialization, food, care and respite and referral services)

Northeast Florida ElderSource: <https://www.myeldersource.org/> (Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia counties; nonprofit agency designated by the state as the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida; serves elders, adults with disabilities, caregivers, Northeast Florida seniors and the general public on all aging issues).

Aging Related Continuing Education for Health Care Professionals (Free CME, CNE, CPE, CUE, CECH, CPH (on demand, web-based):

CDC Public Health Grand Rounds topics: Healthy Aging: Promoting Well-being in Older Adults <https://www.cdc.gov/grand-rounds/pp/2017/20170919-senior-aging.html>

CDC Clinician Outreach and Communications Activity (COCA) call: Immunizations, Herpes Zoster vaccine/Shingrix: https://emergency.cdc.gov/coca/calls/2018/callinfo_051018.asp

HEALTH BULLETINS, ADVISORIES & ALERTS

September 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 09/20/19: Health Officials Lift Rabies Alert
- ✦ Press Release 09/20/19: On First Day of Fall Nassau County Health Department Promotes Fall Prevention
- ✦ Press Release 09/20/19: Nassau County Celebrates World Heart Day
- ✦ Press Release 09/25/19: Health Officials Continue to Emphasize Precautionary Measures to Prevent Mosquito-Borne Illness

VEST Against Hepatitis A

Since the beginning of 2018, there have been more than 22,000 cases of hepatitis A in the U.S. and more than 3,000 cases in Florida. On Aug. 1, 2019, Florida Surgeon General Scott Rivkees issued a Public Health Emergency to address the increase in Hepatitis A cases in Florida due to the current national outbreak. Despite the recent rise in cases, you can protect yourself from the virus and help stop hepatitis A in Florida.

Remember to VEST against hepatitis A: **Vaccinate**, **Educate** yourself, practice basic **Sanitation** by washing your hands, and know that the Florida Department of Health (FDOH) and our health partners are **Tracking** the virus with the goal of bringing this outbreak to an end. For more information on the VEST strategy, visit www.FloridaHealth.gov/HepA.

- ✦ **Vaccinate.** Vaccination is the best way to prevent hepatitis A infection. FDOH recommends vaccination if you are homeless or your housing is unstable, use illicit recreational drugs— injected or not, have adopted or care for a child who comes from a country where hepatitis A is common, are 60 or older and have a serious underlying medical condition, have chronic or long-term liver disease including hepatitis B or C, have a clotting-factor disorder, have come into contact with others who have hepatitis A, are a man who has sex with other men, have traveled or will travel to countries where the virus is common, or want protection (immunity) from the virus. To find a vaccine, talk to your health care provider or the Nassau County Health Department, or use VaccineFinder.org.
- ✦ **Educate.** Hepatitis A is caused by a contagious virus that infects the liver—it can lead to serious liver problems. The virus spreads through the feces of people who have the virus. If a person with the virus doesn't wash their hands after going to the bathroom, feces can get on their hands and can transfer to objects, food and drinks. When these things are shared, other people can unknowingly swallow the virus. If a person who has the virus comes in close contact or touches other people—this includes sex—the virus can also spread. Did you know that a person can have hepatitis A for up two weeks without feeling sick but during that time they are spreading the virus to others? Symptoms usually start two–six weeks after infection and last less than two months. Symptoms of hepatitis A include stomach pain, nausea, vomiting, yellow skin or eyes, diarrhea, no appetite, joint pain, pale or clay-colored feces, dark-colored urine, fever, and fatigue.
- ✦ **Sanitation.** Washing hands with soap and water helps to stop the spread of hepatitis A— alcohol-based hand sanitizers do not kill hepatitis A virus (HAV). Frequently touched surfaces in public areas such as restrooms should be disinfected to kill HAV. For more information on disinfection for HAV, visit http://ww11.doh.state.fl.us/comm/partners/hepatitis_a/businesses/hepA_disinfection_17x11_public-rest.pdf.
- ✦ **Tracking.** The FDOH Bureau of Epidemiology is responsible for tracking disease trends in Florida. By collecting and analyzing data that points to the extent of disease in certain areas, we can evaluate transmission risk, intervene and aid communities.

Hepatitis A is on the rise in our area.



Get vaccinated.



Wash your hands.