

# Communicable Diseases

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## Monthly Newsletter

For Joplin City and Jasper County

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## Multistate Outbreak of *Listeria* Infection

**CDC is collaborating with public health officials in several states and the U.S. Food and Drug Administration (FDA) to investigate a multistate outbreak of listeriosis.**

As of September 14, total of 22 persons infected with the bacterium from 7 states and 2 deaths have been reported.

**Listeriosis** is a serious infection caused by eating food contaminated with the bacterium *Listeria monocytogenes*, which primarily affects older adults, persons with weakened immune system, pregnant women and newborns.

**Symptoms** of listeriosis include fever and muscle aches, often preceded by diarrhea or other gastrointestinal symptoms, which can range from a mild to severe and life-threatening condition.

Infections during pregnancy can lead to miscarriage, stillbirth, premature delivery, or life-threatening infection of newborns.

Ongoing collaborative investigations by local, state, and federal public health and regulatory agencies indicate the likely source of the



outbreak to be a type of cantaloupe, called Rocky Ford cantaloupes, grown in southeastern Colorado. For those that have consumed cantaloupe and are experiencing any symptoms that could be associated with listeria, including *fever, muscle aches, diarrhea or other gastrointestinal symptoms* should contact their health care provider.

For more information on the listeriosis updates, visit CDC website at [www.cdc.gov](http://www.cdc.gov)

### **Joplin/Jasper County**

Local data show that Listeriosis has not been reported in either Joplin or Jasper County as of September 14th.



## Cryptosporidiosis: A parasitic diarrheal disease

Cryptosporidiosis case reports are elevated according to Missouri Department of Health, DHSS. As of the week ending August 20<sup>th</sup>, 213 confirmed and probable cases were reported. This represents a statewide increase of 88.5% above the five year median (113 cases) for this time period. However, **Joplin and Jasper County** data does not indicate an increase in the disease in 2011 (*see table 1*).

### What is cryptosporidiosis?

It is a parasitic diarrheal disease commonly known as "Crypto." The parasite is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it very tolerant to chlorine disinfection (*see fig. 1*)

### How is Crypto spread?

- ◆ Swallowing contaminated recreational water. Recreational water is water in swimming pools, hot tubs, Jacuzzis, fountains, lakes, rivers, streams, etc. Such water can be contaminated with sewage or feces from humans or animals.
- ◆ Swallowing water or beverages contaminated with stool from infected humans or animals.
- ◆ Eating uncooked food that is contaminated with Crypto. Thoroughly wash all vegetables and fruits with uncontaminated water.
- ◆ By touching your mouth with contaminated hands. Hands can become contaminated through touching surfaces that have been contaminated by stool from an infected person, changing diapers, caring for an infected person, and handling an infected cow or calf.

- ◆ International travelers
- ◆ Those who drink unfiltered, untreated water
- ◆ Swimmers who swallow contaminated water
- ◆ People who handle infected cattle
- ◆ Those exposed to feces through sexual contact

Several community-wide outbreaks of crypto have been linked to drinking municipal water or recreational water contaminated with the parasite.

Consult with your health care provider for more information. Most people with healthy immune systems will recover without treatment. Diarrhea can be managed by drinking plenty of fluids to prevent dehydration. Young children and pregnant women may be more susceptible to dehydration.

For more information on cryptosporidiosis see: [http://www.cdc.gov/parasites/crypto/gen\\_info/index.html](http://www.cdc.gov/parasites/crypto/gen_info/index.html)

### What are the Crypto symptoms?

Symptoms generally begin 2 to 10 days after coming into contact with crypto parasite and may last 1 to 2 weeks in people with healthy immune system.

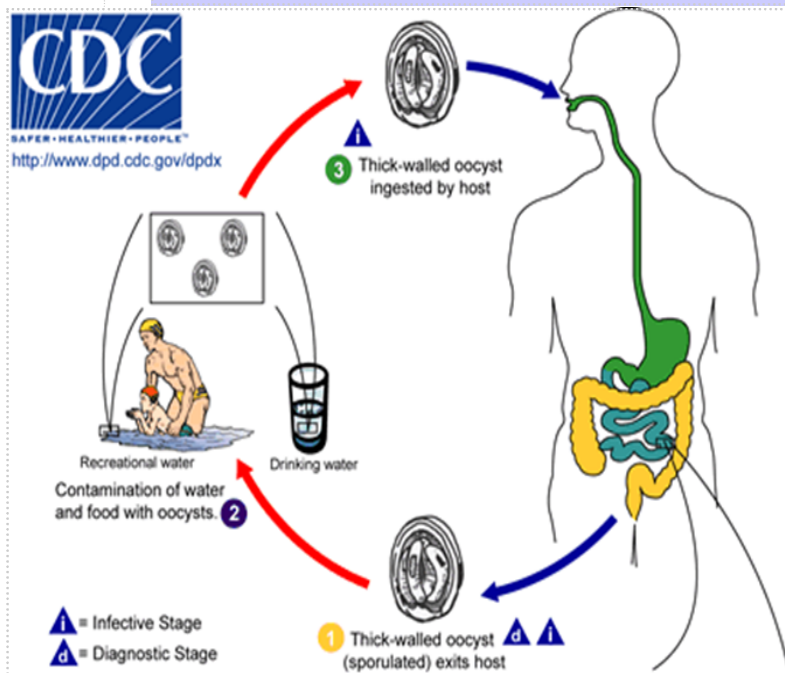
The most common symptom is watery diarrhea. Other symptoms include:

- ◆ Stomach cramps or pain
- ◆ Dehydration
- ◆ Nausea
- ◆ Vomiting
- ◆ Fever
- ◆ Weight loss

### Those at most risk include:

- ◆ Child/Day care center attendants
- ◆ Child care workers
- ◆ Care-takers of crypto patients

### Life Cycle of Cryptosporidium



# Communicable Diseases Monthly Report

Table 1

## Cumulative Communicable Conditions from January thru August: Joplin City & Jasper County: 2010 & 2011. (Data includes confirmed, probable and suspect cases)

Diseases/Conditions	Joplin City		Jasper County		
	2010	2011	2010	2011	
Enteric, Food and Water-borne	Campylobacteriosis	14	3	89	26
	Coccidiomycosis	1	0	0	1
	Cryptosporidiosis	3	0	6	2
	E Coli Shiga Toxin	1	1	2	8
	E Coli O <sub>517</sub> H7	1	0	0	0
	Giardiasis	2	3	4	4
	Legionellosis	0	1	0	1
	Salmonellosis	6	8	10	13
	Shigellosis	10	38	4	24
Tick-borne	Anaplasma Phycocytophilum	0	0	1	0
	Ehrlichis Chaffeensis	0	1	1	1
	Ehrlichis Ewingii	0	0	1	0
	Rocky Mountain Spotted Fever	2	7	1	7
Other	Chicken Pox (Varicella)	0	1	10	9
	Hepatitis B (Acute)	3	6	3	5
	Hepatitis B (Chronic)	4	1	3	5
	Hepatitis B (Pregnancy)	1	1	0	0
	Hepatitis B (Prenatal)	0	0	0	0
	Hepatitis C (Acute)	0	0	1	2
	Meningococcal Disease	1	0	0	1
	Mycobacterium Other Than TB	3	1	2	3
	Pertussis (Whooping Cough)	1	3	3	0
	Streptococcal Disease (Group A)	1	0	0	1
	Toxic Shock Syndrome	0	0	0	1
	Tuberculosis Disease	1	1	1	0
Tuberculosis Infection	5	17	26	23	

Source: Crystal Reports, DHSS. Compiled by Joplin City/Jasper County HD. Data is preliminary and may be subject to change.

According to the Table 1 data,

- ◆ *Salmonella* and *shigella* infections were the leading gastrointestinal reported diseases in Joplin City and Jasper County as of August 31, 2011.
- ◆ Rocky Mountain spotted fever was the leading tick-borne disease reported in Joplin City and Jasper County. As of August 31, 2011.
- ◆ TB infections reported in Joplin City showed a significant increase in 2011 compared with 2010.

### **Contacts**

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### **TRAININGS AND EVENTS**

#### **SEXUALLY TRANSMITTED DISEASES (STDs) IN SERVICES**

The Bureau of HIV/STD/Hepatitis will provide several "Preventing the Spread of Sexually Transmitted Diseases" in-services throughout the state. Topics will include: gonorrhea, syphilis, partner elicitation, Missouri Infertility Prevention Project (MIPP), and the new Centers for Disease Control and Prevention (CDC) treatment guidelines.

Dates include:

- ◆ November 8, 2011 in Springfield, MO.
- ◆ November 9, 2011 in Joplin, MO.

## **Reporting Diseases and other Health Conditions in Missouri**

A reportable disease is any disease or condition for which an official report is required according to state law ([Rule 19 CSR 20-20.020](#) and [19 CSR 20-20.080](#)) (health care provider and laboratory respectively). These diseases/conditions shall be reported to the local health department or the Missouri Department of Health and Senior Services.

### **Why Report**

The accurate identification and timely reporting of diseases and other health conditions is vital in disease control because it:

- ◆ Enables the health department to implement disease intervention without delay.
- ◆ Assists in identifying contacts who may be infected or individuals at risk of infection.
- ◆ Helps to determine occurrence of diseases in the communities.
- ◆ Enables provision of aggregate data on possible risk factors associated with diseases.

The data collected from disease reporting;

- ◆ Helps physicians evaluate their patients' illnesses.
- ◆ Assists the public to make better decisions regarding their own health and lifestyle.
- ◆ Enables public health agencies to target and implement prevention and control measures.
- ◆ Permits public health agencies to plan for resource allocation, implement initiatives and evaluate them.

### **Who Must Report**

Healthcare providers or other institutions providing diagnostic testing, screening or care to any person with any disease or condition. Laboratories are also required to report any test that is positive for, or suggestive of, any reportable disease.

***"Life is very short and what we have to do must be done in the now" - Audre Lorde***