

PUBLIC HEALTH HAPPENINGS

Tuberculosis

Tuberculosis (TB) is caused by the bacterium *Mycobacterium tuberculosis*. There are 2 types of tuberculosis, latent and active. Patients with latent case TB do not exhibit symptoms and can not infect others. Patients with active TB experience symptoms such as:

- ⇒Bad coughing lasting 3 weeks or longer
- ⇒Coughing up blood or sputum
- ⇒Weakness, fatigue
- ⇒Weight loss/No appetite
- ⇒Fever/Chills

If not treated, TB can be fatal. After the first several weeks of treatment, TB is usually no longer contagious. However, patients need to continue taking the medicine for 6-12 months to prevent antibiotic resistance developing in the surviving bacteria.

Rock Island County Health Department provides Directly Observed Therapy (DOT). DOT is supervised therapy where a healthcare provider witnesses a TB patient ingesting the medication to insure completion of the full medicine regimen. This involves setting up an agreement between the patient and healthcare provider and scheduling visits at an agreed time and place.

Tuberculosis is an Illinois Reportable Disease and should be reported to your local health department within 7 days.

Illinois Tuberculosis Case Rates per 100,000 Population 2016, Peoria Region



Source: IDPH. Illinois case counts as of 23 March, 2017; are still subject to change/review.

Rock Island County Statistics December 2016—November 2017

Chlamydia	747	Hepatitis A	3	Lyme disease	15
Gonorrhea	74	Hepatitis B	31	West Nile	3
Syphilis	18	Hepatitis C	63	Zika (confirmed)	2
Histoplasmosis	11	Legionellosis	6	Salmonellosis	40
Influenza w/ ICU hospitalization	16	Pertussis (Whooping Cough)	28	E coli O157:H7/Stec/Epec/Etec	42



Public Health
Prevent. Promote. Protect.

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The "Blister Sisters" Characters in CDC's *Body and Mind* campaign To increase health awareness in children.



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Influenza Update

U.S. flu activity has increased significantly in the past few weeks with influenza A(H3N2) being the predominant strain. In past flu seasons, this strain results in more hospitalizations and fatalities in adults 65+ and young children than in other age groups. Vaccine effectiveness has also been lower against H3N2 (~32%) in the past. The injectable flu vaccine is still recommended this season, the nasal vaccine is not.

CDC recommends treatment with anti-viral medications for all hospitalized, severely ill, and high-risk patients with suspected or confirmed influenza.

Ideally, anti-viral treatment is started within 48 hours of initial symptoms. Treatment should not be delayed while waiting for lab results. Anti-virals work best when given early on, but benefits may be seen when given after the 48 hour window.

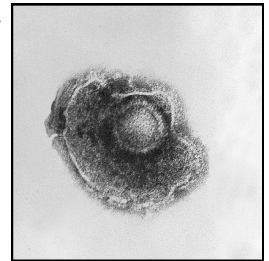
Varicella-Zoster

Chicken Pox

is a disease caused by the Varicella-Zoster Virus. It is highly contagious, and any person who has not been previously infected or vaccinated is at risk of contracting it. A person is contagious 1-2 days before any rash appears, and is contagious until all the blisters have scabbed over (5-7 days).

Chicken pox can have serious effects on infants and some children, so sometimes exposing them to chickenpox to catch the disease at an "ideal" age can be more harmful than beneficial. Teens and adults are also at a higher risk of having serious cases of chicken pox and possible complications. Complications can include bacterial infections, pneumonia, sepsis, and result in hospitalization or fatality, even in otherwise-would-be-healthy individuals.

The best way to protect against the virus and complications is vaccination. For pregnant women or immunocompromised individuals who can not receive the vaccine, care should be taken to avoid exposure since there is a higher risk of having a severe case. Generally once an individual has gotten chicken pox, they will have life-long immunity, but in rare cases it is possible to have a second bout of the virus.



Electron micrograph of Varicella-Zoster Virus

Varicella (Chicken Pox) is an Illinois Reportable Disease and should be reported to your LHD within 24 hours.

Shingles

is caused by the same virus as chicken pox. After a person recovers from chicken pox, the virus can lay dormant for years until it becomes active again causing shingles, or Herpes Zoster. Like its predecessor, shingles also causes a rash with blisters, but usually just on one side of the body in a single stripe. An infected person can not pass shingles to another person; however he/she can still pass the varicella virus before all of the blisters have healed and spread chicken pox.

1 out of every 3 people in the U.S. will develop shingles, and the risk increases with age. About half of all cases occur in adults 60+. The most common complication is post-herpetic neuralgia (PHN), which is severe pain in the areas where the rash was, even after it clears up. PHN can last weeks or months, sometimes years. The only way to prevent shingles and any potential complications such as PHN is with the shingles vaccine.