

# Communicable Diseases

## Monthly Newsletter



**Public Health**  
Prevent. Promote. Protect.

**Joplin City and Jasper County**

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### Summer 2013 Tick-Borne Illnesses Update

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Taken From: webmd.com

#### **Prompt removal of ticks can help prevent disease.**

1. Using tweezers, grasp tick near its mouth and as close to your skin as possible.
2. Pull tick firmly, straight out, away from skin. Do not jerk or twist the tick.
3. Do NOT use alcohol, matches, or petroleum jelly to remove the tick.
4. Wash your hands and the bite site with soap and water after the tick is removed. Apply an anti septic to the bite site.
5. Tell your doctor you had a tick bite if you develop symptoms such as fever, headache, fatigue or rash.

Summer is the time of year when people engage in various outdoor activities, such as gardening and hiking. Tall grass and shrubs are breeding grounds for all kinds of blood-sucking pests. Ticks are of special interest this year because they are as dangerous as they are small. Ticks are potential hosts for several diseases that may cause any number of health problems in humans. These infections are known as tick-borne illnesses.

The term “tick-borne illness” refers to any disease that is transmitted to humans via tick bite. The most common of these are Rocky Mountain Spotted Fever, Lyme Disease, Tularemia, and *Ehrlichia chaffeensis*. It takes less than ten hours for the tick to transmit the disease after it bites a human.

The ticks responsible for the transmission of these diseases are the Back Legged Tick (cover photo), the American Dog Tick, and the Lone Star Tick (right) All of these are very common in Southwest Missouri which is a cause for concern in the Health Department.



Taken From: alexanderwild.com

American Dog Tick



Taken From: bugguide.net

Lone Star Tick

(Continued on page 2)

## Summer 2013 Tick-Borne Illnesses (continued from p. 1)

(Continued from page 1)

Joplin City and Jasper County have seen an increase in the number of *Ehrlichia chaffeensis*, a tickborne illness, this summer season. Tickborne illnesses can be serious but easily preventable if everyone takes the right precautions.

### Prevention

Reducing exposure to ticks is the best defense against tick-borne infections. It is important to avoid direct contact with ticks by staying away from wooded and bushy areas with high grass and leaf litter and by walking in the center of trails. Tick repellants are also effective. DEET or Permethrin repellants are the most widely used. Use brands that contain 20% or more DEET on exposed skin and use Permethrin on clothing and gear. It is also important to check for ticks after returning indoors.

### Signs and Symptoms

Many tick-borne diseases have similar signs and symptoms. These include fever, chills, aches and pains, and a rash. If you have been bitten by a tick and develop these symptoms within a few weeks, seek medical attention immediately. These infections can range from mild symptoms treatable at home to severe infections requiring hospitalization.

### *Ehrlichia Chaffeensis*

*Ehrlichia chaffeensis* is a common tick-borne illness that has seen a dramatic increase in reported cases from 2012-2013. This infection is transmitted to humans by the Lone star tick.

Typical symptoms include fever, headache, fatigue, and muscle aches. Usually, these symptoms occur within 1-2 weeks following a tick bite.

*Ehrlichia* is diagnosed based on symptoms, clinical presentation, and later confirmed with specialized laboratory tests. The first line treatment for adults and children of all ages is doxycycline.

The number of reported *Ehrlichia chaffeensis* cases in Joplin City and Jasper County increased in 2013 compared with 2012. There were 10 cases in Joplin city and 7 in Jasper county in 2013 compared to 2012 where one and 4 cases were reported in Joplin and Jasper county respectively.

Like most other tick-borne illnesses, *Ehrlichia chaffeensis* is preventable. It is a goal of the health department to educate people on how to avoid ticks in order to reduce the number of reported cases of tick-borne illnesses.

Source: <http://www.cdc.gov/>

## Recreational Water Illnesses (RWIs)

Swimming seems like a harmless summertime hobby, especially for children. However, it can actually expose you to Recreational Water Illnesses (RWI's). RWIs are caused by germs from human feces and other bacteria found in pools and hot tubs. They are spread by swallowing, breathing in mists of, or having contact with the contaminated water.

Swimmers share the water—and the germs in it—with every person who enters the pool. When someone is ill with diarrhea, their stool can contain millions of germs. This means that just one person with diarrhea can easily contaminate the water in a large pool or water park.

Here are a few easy and effective healthy swimming steps to protect ourselves, our families, and our friends from recreational water illnesses:

- Don't swim when you have diarrhea.
- Check the free chlorine level and pH before swimming.
- Shower with soap before you start swimming.
- Take a rinse shower before you get back into the water.
- Take bathroom breaks every 60 minutes.
- Don't swallow the water you swim in.
- Check diapers every 30–60 minutes
- Take children on bathroom breaks every 60 minutes.



Taken From: [capemaycountygov.net](http://capemaycountygov.net)

Source: <http://www.cdc.gov/>

## Communicable Diseases Report: 2013

**Table 1: Cumulative Cases from January through July 5, in Joplin City and Jasper County: 2012 & 2013**  
(Data includes confirmed, probable and suspect cases)

Diseases/Conditions	JOPLIN		JASPER	
	2012	2013	2012	2013
ANAPLASMA PHAGOCYTOPHILUM	0	0	1	0
CAMPYLOBACTERIOSIS	0	9	17	13
CRYPTOSPORIDIOSIS	2	0	3	3
E. COLI SHIGA TOXIN	0	0	4	1
E. COLI O157 H7	0	1	1	0
EHRLICHIA CHAFFEENSIS	1	8	3	6
GIARDIASIS	0	1	1	1
HEPATITIS B (PREGNANCY)	1	0	1	1
HEPATITIS B (ACUTE)	3	4	3	2
HEPATITIS B (CHRONIC)	7	5	6	8
HEPATITIS E (ACUTE)	0	0	1	0
MENINGOCOCCAL DISEASE	0	0	0	0
MYCOBACTERIUM OTHER THAN TB (MOTT)	0	2	6	4
PERTUSSIS	1	0	5	3
ROCKY MOUNTAIN SPOTTED FEVER	3	0	4	0
SALMONELLOSIS	4	3	10	1
SHIGELLOSIS	7	1	1	0
STREP DISEASE (GROUP A)	0	0	1	0
STREP PNEUMONIAE, (<5YRS)	0	0	0	2
STREP PNEUMONIAE (DRUG RESISTANT)	0	0	1	0
TB DISEASE	1	3	0	1
TB INFECTION	10	19	29	12
TULAREMIA	1	0	0	2
VARICELLA (CHICKENPOX)	2	0	3	6
Total Cases Per Year To-Date	95	101	122	95

Source: DHSS, Joplin/Jasper County Health Departments. Data is provisional & subject to change.

**Color key in table 1.**

- Number of cases reported in 2013 was higher than those reported in 2012.
- Number of cases reported in 2013 was lower than those reported in 2012.
- Number of cases reported in 2013 and 2012 was equal.

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Find and Like us on Facebook:  
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## Events

### **MISSOURI VIRAL HEPATITIS SUMMIT – September 19, 2013**

Hepatitis Foundation International announces a 1-day professional education and training, the “Missouri Viral Hepatitis Summit”, on September 19, in St. Louis. The target audience is healthcare professionals and others working with people who are affected by, or infected with, viral hepatitis. Continuing Medical Education (CME) and Continuing Education Unit (CEU) hours for physicians, nurses, physician assistants, addiction professionals, and certified public health professionals will be offered.

Registration information is available online at [www.HepatitisFoundation.org](http://www.HepatitisFoundation.org)

For more information, contact the Hepatitis Foundation International at 1-800-891-0707 or by e-mail at: [info@hepatitisfoundation.org](mailto:info@hepatitisfoundation.org)

### **18TH ANNUAL BI-STATE INFECTIOUS DISEASE CONFERENCE – October 11**

The 18th Annual Bi-State Infectious Disease Conference will be held on Friday, October 11. The conference will be held at the Hilton St. Louis Airport, in St. Louis. Topics/ Presenters include: *Carbapenem Resistant Enterobacteriaceae (CRE)*, *Heartland Virus*, *Vaccine Effectiveness*, *Hepatitis C Resources*, *Rabies Post Exposure Prophylaxis (PEP)* and more! On-line registration information is available at [www.bistateidconference.org](http://www.bistateidconference.org) Please see the attached [flyer](#) for more information.

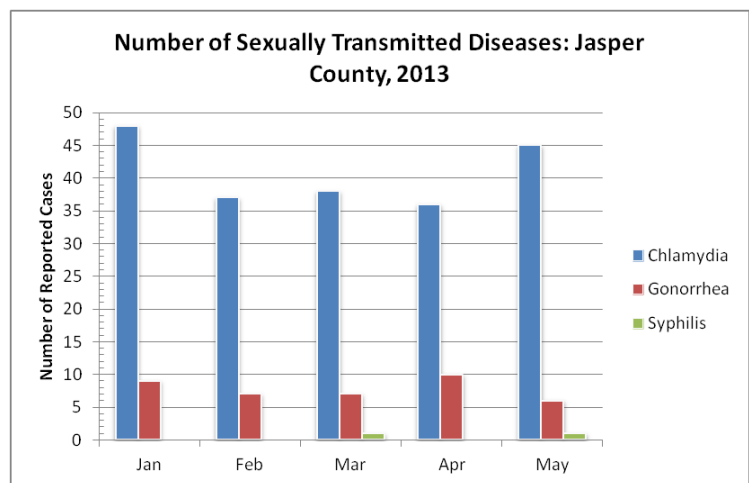
## **Sexually Transmitted Diseases: Jasper County, January-July 2013**

The Missouri Department of Health and Senior Services issues a list of the tallied reportable Sexually Transmitted Diseases for every county in the state.

Jasper County had 245 reported STD cases from January to May of 2013. Of these, 204 were Chlamydia, 39 were Gonorrhea, and 2 were Syphilis. The month of January had the most reported STD cases with a total of 57.

Chlamydia was the most reported sexually transmitted disease during the year. See figure 3.

Source: DHSS (Data is provisional and subject to change)



“It is not how many friends you can count, but how many friends you can count on”  
Liccione Antony