

Measles, Enterovirus, Influenza, Oh My!

Communicable Disease WIC Clinics

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Health and Wellness for all Arizonans

Objectives

- Describe communicable diseases relevant to WIC clinics
- Describe Arizona's public health infrastructure for infectious disease prevention and control
- Improve understanding of infection prevention and control measures in a WIC clinic

Introduction



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Epidemiology & Disease Control

- Office of Environmental Health
- Arizona Immunization Program Office
- Office of Disease Integration & Services (HIV, STD, TB, Refugee Health)
- Office of Infectious Disease Services

Communicable Disease Reporting

- Arizona Administrative Code requires entities to report communicable disease cases and outbreaks to state and local public health:
 - Laboratories (54 organisms/conditions)
 - Healthcare Providers (88 conditions)
 - Schools/Childcare/Shelter (17 conditions)

Disease Burden in AZ

Disease	Jan 1-Mar 31, 2015	Jan-Dec 2014	Jan-Dec 2013
Measles	7	3	1
Meningococcal (invasive)	0	9	12
Mumps	0	11	1
Whooping Cough	186	498	1440
Campylobacteriosis	238	925	846
Salmonellosis	177	1044	1010
Shigellosis	102	366	428
Common cold/ Enterovirus	???	???	???

	Current Season (thru 4/25/15)	2013-2014 season
Influenza	12,006	12,443
RSV	5304	2986

<http://www.azdhs.gov/phs/oids/data/index.htm>

<http://www.azhealth.gov/flu>



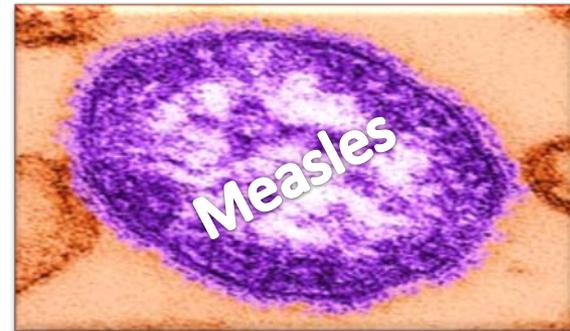
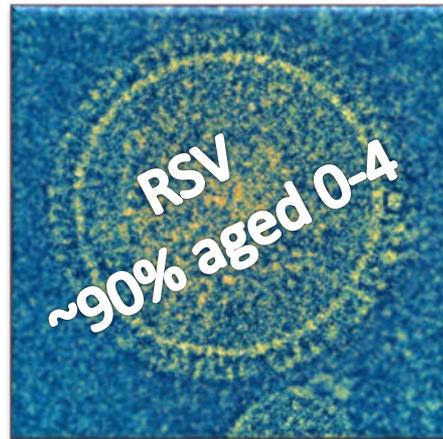
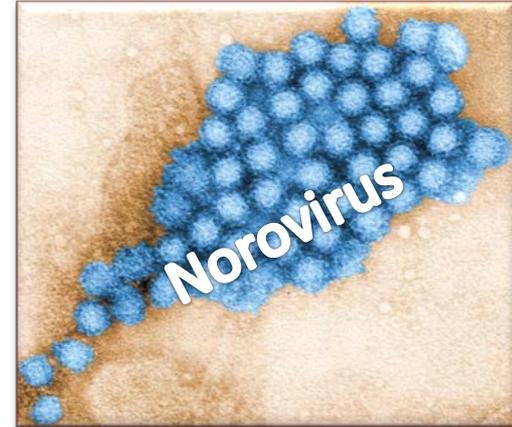
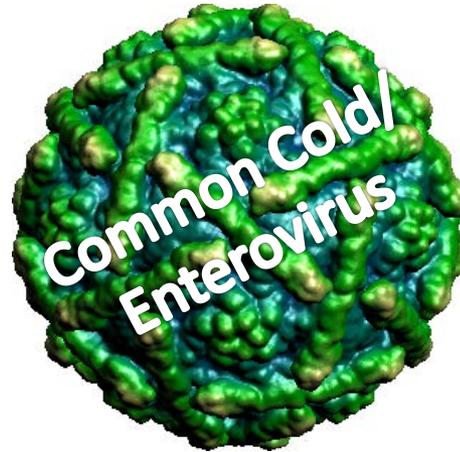
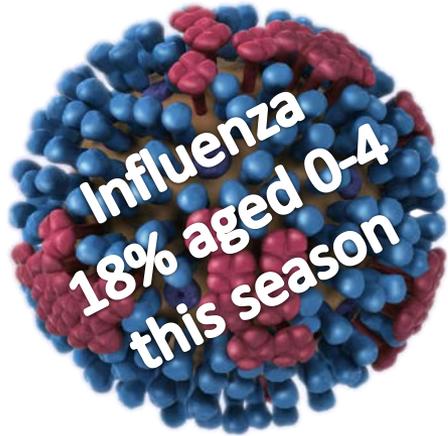
Health and Wellness for all Arizonans

Role of Public Health

- Surveillance and data management
- Case/Outbreak investigation
- Subject Matter Expertise
- Prevention
 - Vaccination
 - Education
 - Prophylaxis
 - Implementation of control measures



What's walking into your clinic?



Disease Background

- Flu

- Signs/Symptoms: Fever, cough, sore throat, runny/stuffy nose, body aches, fatigue
- Transmission: Droplet; virus spreads when infected people talk, sneeze or cough. Virus can travel up to 6 feet.
- Contagious period: 1 day before symptoms - up to a week after symptoms start
- Affected population: ~25% under age 4; young children and pregnant women at greatest risk for serious health complications; pediatric flu deaths annually (3 this season in AZ)



- Common cold

- Signs/Symptoms: sore throat, runny nose, cough, sneezing
- Transmission: close contact with sick people

Disease Background

- [Whooping Cough](#)

- Signs/Symptoms:
 - 1st 2 weeks: runny nose, low fever, mild cough,
 - Later in disease: coughing fits (whoops), vomiting, exhaustion
- Transmission: coughing or sneezing in close contact with others
- Contagious period: up to 2 weeks after cough begins
- Affected population: Most common among infants/young children – can be fatal



- [RSV](#)

- Signs/Symptoms: runny nose, decrease in appetite, cough, sneezing, fever
- Transmission: droplet spread; spread through environmental surfaces
- Contagious period: 3-8 days
- Affected population: Nearly all cases in children under 4

Disease Background

- Norovirus

- Signs/Symptoms: Diarrhea, vomiting, nausea, stomach pain
- Transmission: contaminated foods/drinks, touching contaminated surfaces and putting fingers in your mouth, contact with an infected person
- Contagious period: symptom onset – a few days after recovery
- Affected populations: everyone; most serious in young children and older adults

- Measles

- Signs/Symptoms: high fever, cough, runny nose, red/watery eyes, rash
- Transmission: coughing, sneezing, remains in air for 2 hours
- Contagious period: 4 days before rash onset – 4 days after rash onset
- Affected population: Unvaccinated individuals; most serious complications (hospitalization, brain damage, death) in children <5)

So...what can you do?



Promote disease prevention!!!

- Educate clients
- Promote vaccination
- Implement infection control measures

Educate Clients

ALL ABOUT MEASLES
for Parents, Families, and the Community

MEASLES SYMPTOMS
Measles is a contagious virus that causes a fever, cough, runny nose, and red, itchy eyes. A few days later, a rash of small, white spots with red centers appears on the face and neck. The rash then spreads to the rest of the body. Measles is highly contagious and can be fatal in some cases.

HOW IS MEASLES SPREAD?
Measles is spread through the air when an infected person coughs or sneezes. It can also be spread through saliva, such as when a person shares a drink or food with an infected person.

MEASLES PREVENTION
The best way to prevent measles is by getting vaccinated. The MMR (measles, mumps, and rubella) vaccine is given in two doses. The first dose is given at 12 to 15 months of age, and the second dose is given at 4 to 6 years of age. If you are not sure if you or your child has been vaccinated, contact your healthcare provider.

MEASLES TREATMENT
There is no specific treatment for measles. However, you can help your child feel better by giving them over-the-counter pain relievers like acetaminophen or ibuprofen. It is important to avoid aspirin, as it can cause Reye's syndrome, a rare but serious condition.

Spread fun. Not Flu.

Even healthy kids of any age can get seriously sick from the flu, and they can spread it to family, friends, and others. Everyone 6 months of age and older should get a flu vaccine every year.

protect yourself from norovirus

- wash your hands often
- when you are sick, don't prepare food or care for others
- cook shellfish to 145°F or higher
- rose fruits & vegetables thoroughly
- after vomiting or having diarrhea, immediately clean & disinfect surfaces & wash soiled laundry

No se enferme de la gripe. No contagie a los demás.

¡Vacúnese contra la gripe para protegerse usted y a sus seres queridos!

¿Es resfriado o gripe?

Síntomas	Resfriado	Gripe
Calentura alta	No	Sí, a menudo 100°F (38°C) o más
Cansancio	Sí	Sí, a menudo
Dolor de garganta	Sí	Sí, a menudo
Dolor de oídos	No	Sí, a menudo
Dolor de pecho	No	Sí, a menudo
Dolor de cabeza	Sí	Sí, a menudo
Dolor de estómago	Sí	Sí, a menudo
Fiebre	Sí	Sí, a menudo
Mucosidad nasal	Sí	Sí, a menudo
Nariz que corre o gotea	Sí	Sí, a menudo
Tos	Sí	Sí, a menudo
Vómito o diarrea	No	Sí, a menudo

Surround Your Loved Ones With a Vaccinated Family
VACCINATE YOUR FAMILY MEMBERS AGAINST PERTUSSIS (WHOOPING COUGH)

What is Pertussis?

- Pertussis is a serious disease. Symptoms can include a very long, whooping cough and a rash. The cough often comes in waves and can last for up to 10 weeks.
- Did you know that pertussis is a contagious disease that spreads through the air when an infected person coughs or sneezes?
- The disease causes a cough that is so bad, you can't breathe and you can't sleep. It can also cause complications like pneumonia and even death.

Not Just Kids Are At Risk

- Family members can be seriously sick from pertussis if they are not vaccinated.
- Infants are most at risk. Pertussis can be very dangerous for them.
- Older children and adults can also get sick from pertussis.
- It is important to get vaccinated to protect your family.

Protect Your Family

- Get vaccinated against pertussis. The Tdap vaccine is given to children, teens, and adults.
- Talk to your doctor to find out if you or your family member should get vaccinated.

LOCATE a Tdap vaccine **CALL** 2-1-1 **VISIT** whytearizona.org

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK!

COVER YOUR COUGH WITH A TISSUE OR YOUR SLEEVE

WASH YOUR HANDS

START HOME FROM WORK OR SCHOOL WHEN YOU ARE SICK

GET YOUR YEARLY FLU SHOT

- Boost your natural immune response with vaccines and keep your family from getting sick.
- Talk to your doctor, nurse or pharmacist about which vaccines are right for you and your family.

StopTheSpreadAZ.org

PROTEJA a SU NIÑO contra el VRS

Evite el contacto cercano con personas enfermas.

Cúbrase la nariz y la boca cuando tosa y estornude.

Lávese las manos con agua y jabón.

Limpie y desinfecte las superficies.

Evite tocar la cara sin haberse lavado las manos.

Quédese en la casa si está enfermo.

Para más información, consulte www.cdc.gov/vrs/vp/

Como Cuidarse De La Gripe En Casa

Líquenes las manos **Evite salir a la calle** **Evite el contacto cercano con personas enfermas** **Beba líquidos claros**

Síntomas de Emergencia - Busque atención médica inmediatamente si desarrolla alguno de estos síntomas:

Síntomas Preocupantes en los Niños	Síntomas Preocupantes en los Adultos
Respiración rápida o dificultad al respirar	Dificultad al respirar o falta de aliento al respirar
No beber suficiente líquido	No beber suficiente líquido
Miembros inferiores o parciales	Miembros inferiores o parciales
Dificultad al caminar o la gripe asociada con vómitos o diarrea	Confusión
No se despierta o responde	Resaca persistente
Indigestión o vómito que se prolonga por los días	Resaca que no mejora con el tiempo

Para más información y herramientas de diagnóstico, visite www.cdc.gov/flu/seasonal/

Los ABCs de seguridad en el agua Siempre use el agua con inteligencia

A Adultos que supervisan **B** Barreras antiontrópicas en el agua **C** Cintas de retención y CPR



Promote Vaccination

- Encourage vaccination for clinic staff to protect your clients – MMR, TDaP, Influenza
- Continue to support vaccination programs in your clinic ([Community Guide recommendation](#))

the **benefits** of **flu vaccination**

The estimated number of influenza-associated illnesses prevented by flu vaccination during the 2012-2013 season:

6.6 million

or the population of the state of **Arizona**

The estimated number of flu-associated medical visits prevented by vaccination during the 2012-2013 season:

3.2 million

or the passengers of **1,067 mega cruise ships**

The estimated number of flu hospitalizations prevented during the 2012-2013 season:

79,000

or all the fans in a **FULL NFL stadium**

get **vaccinated**

www.cdc.gov/flu

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

- ✓ assessment of client immunization status
- ✓ enhanced access to vaccination services

Implement Infection Control Measures



Hand Hygiene



Gloves



Cough Etiquette



Environmental Cleaning



Hand Hygiene

- One of the most important ways to prevent the spread of infections
- Wash with soap and water when
 - Hands are visibly soiled or
 - Between clients, if you have had physical contact (even if you were wearing gloves)
- If hands are not visibly soiled, you can use an alcohol-based hand rub

Simple Handwashing Recommendations

Handwashing

- Wet hands with water, apply soap, rub hands together for at least 20 seconds
- Rinse and dry with a disposable towel or air dry them
- Use a disposable towel to turn off the faucet

Alcohol-based hand sanitizer

- Apply it to the palm of one hand
 - Read label for correct amount
- Rub your hands together
- Rub the product over all surfaces of your hands and fingers until your hands are dry

Remember: Do not forget your thumbs!



Use Gloves (Correctly!)

- Wear gloves if you might come into contact with blood or other infectious material
- Remove your gloves after contact with a client
- Do not wear the same pair of gloves for multiple clients
- Remove and discard gloves before leaving the area
- Wash your hands after removing gloves

Respiratory Hygiene/Cough Etiquette

- Provide tissues and no-touch receptacles for disposal of tissues
- Provide resources for performing hand hygiene in or near waiting areas
- Offer masks to coughing patients and other symptomatic persons
- Provide space and encourage persons with symptoms of respiratory infections to sit as far away from others as possible.

Environmental Cleaning

- Establish policies and procedures for routine cleaning and disinfection of surfaces
 - Focus on those surfaces that are frequently touched
- Select EPA-registered disinfectants or detergents with label claims for use in healthcare
- Follow manufacturer's recommendations for use of cleaners and EPA-registered disinfectants
 - e.g. amount, dilution, contact time, safe use, and disposal
- Follow proper procedures for effective uses of mops, cloths, and solutions

What if someone in the clinic is sick?

- Be aware of signs, symptoms, modes of transmission
- Separate sick clients from well clients (infants and pregnant women are most vulnerable)
- Refer to client healthcare
- Implement infection control measures
- Call public health

Call Public Health



<u>Apache County</u> 928-337-4364	<u>Greenlee County</u> 928-865-2601	<u>Pima County</u> 520-243-7770
<u>Cochise County</u> 520-432-9400	<u>La Paz County</u> 928-669-1100	<u>Pinal County</u> 520-886-7325
<u>Coconino County</u> 928-679-7272	<u>Maricopa County</u> 602-506-6767	<u>Santa Cruz County</u> 520-375-7900
<u>Gila County</u> 928-402-8811	<u>Mohave County</u> 928-753-0714	<u>Yavapai County</u> 928-771-3134
<u>Graham County</u> 928-428-1962	<u>Navajo County</u> 928-524-4750	<u>Yuma County</u> 928-317-4450

ADHS Office of Infectious Disease Services: 602-364-3676

