



Epi Times

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Florida Department of Health Pasco County

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Epidemiology: (352) 521-1450, Option 2

Confidential fax: (352) 521-1435

TB: (727) 861-5260, ext. 0253

Confidential fax: (727) 861-4844

Environmental: (813) 558-5173

Animal Control
(report animal bites):
(727) 834-3216
Fax: (813) 929-1218

STD/HIV: (727) 484-3655 (W. Pasco) or (352) 834-6150 (E. Pasco)

HIV (testing): (727) 619-0260 (W. Pasco) or (352) 834-6146 (E. Pasco)

After Hours:
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Answering Service (727) 815-4088

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Stay Active and Healthy in the New Year

Take steps to keep you and your loved ones active and healthy in the New Year.

The holiday season is coming to a close, and for many of us that can mean "recovering" from all of the rich foods that accompany this time of year and starting to think about our goals for the year ahead. Follow these tips to get your New Year off to a healthy start.

1. Stay active.

Being active is your secret weapon in the New Year. It can help make up for eating more than usual and has many other health benefits. Walking is a great way to be active. Try these tips to incorporate more walking into your activities:

- Skip the search for a close-up parking spot. Park farther away and walk to your destination.
- Make a few extra laps around the mall. Walk the length of the mall before going into any stores. The mall is also a good place to walk to avoid bad weather.
- Start your work day by taking the stairs. Remember to stretch your legs and take short physical activity breaks throughout the day.

2. Eat healthy.

Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, saturated fat, or added sugars. The key is eating them only once in a while or in small portions and balancing them out with healthier foods.

- If you are traveling in the New Year, take healthy snacks along, like fruit and nuts. That way, you can avoid the temptation of convenience foods high in fat, sugar, and salt.
- If your favorite home recipes call for fried fish or chicken with breading, try healthier baked or grilled variations. Maybe try a recipe that uses dried beans in place of higher-fat meats.
- Resolve to make new habits. This year, while at parties and other gatherings, fill your plate with fruits and veggies first, and pick small portions of just your favorites of the other items.

3. Plan activities that don't involve eating.

In addition to enjoying a meal with friends and family around the table, take the party outside!

- Try a seasonal activity with your family. Go ice skating or jump start your bucket list for the year. Visit that museum, botanical garden, or exhibit you've been wanting to see.
- Make a "walk and talk" date with a friend or family member. Skip the Frappuccino and explore a part of your town or city that may be new to you.

As you wrap up the holiday season and think about the year ahead, consider what new healthy traditions you can start. The possibilities are endless. What will you do in the New Year?

Share your healthy New Year activities with us on Twitter via [@CDCObesity](https://twitter.com/CDCObesity).



Source: [CDC](https://www.cdc.gov)

Flu Symptoms & Severity

Flu Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, sinus and ear infections are examples of [complications from flu](#). The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, [but some people are at high risk of developing serious flu-related complications](#) if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

What are the emergency warning signs of flu sickness?

In children

Fast breathing or trouble breathing
 Bluish skin color
 Not drinking enough fluids
 Not waking up or not interacting
 Being so irritable that the child does not want to be held
 Flu-like symptoms improve but then return with fever and worse cough
 Fever with a rash

In adults

Difficulty breathing or shortness of breath
 Pain or pressure in the chest or abdomen
 Sudden dizziness
 Confusion
 Severe or persistent vomiting
 Flu-like symptoms that improve but then return with fever and worse cough

In addition to the signs above, get medical help right away for any infant who has any of these signs:

Being unable to eat
 Has trouble breathing
 Has no tears when crying
 Significantly fewer wet diapers than normal

Cold versus Flu

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

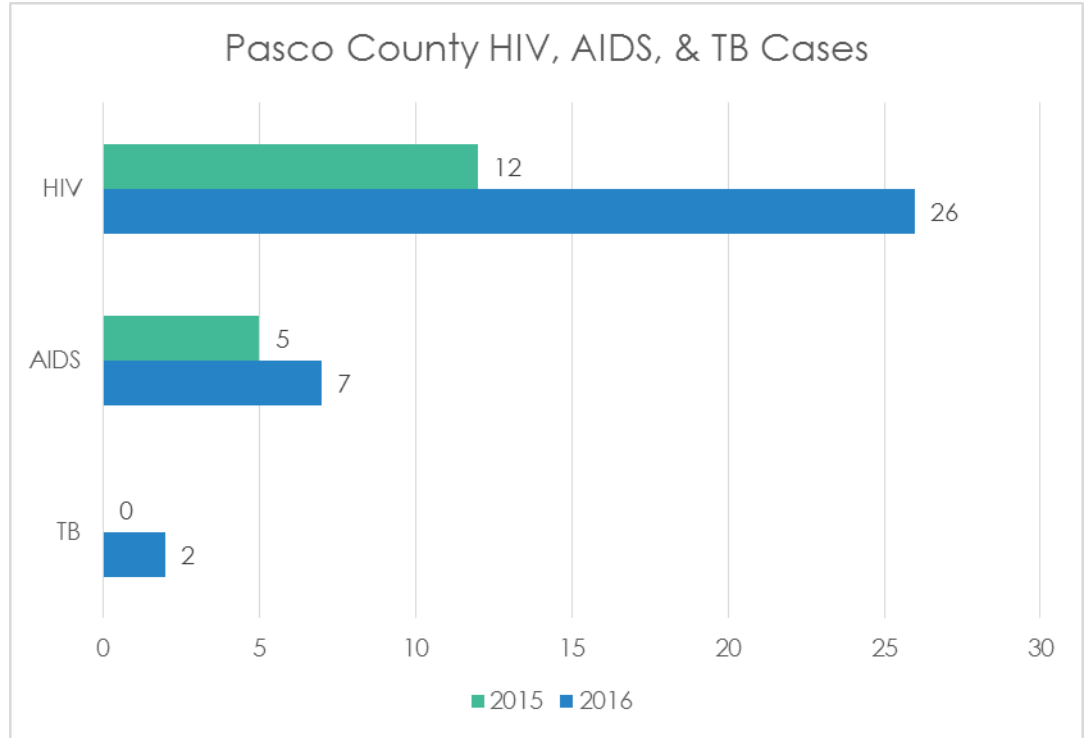
What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

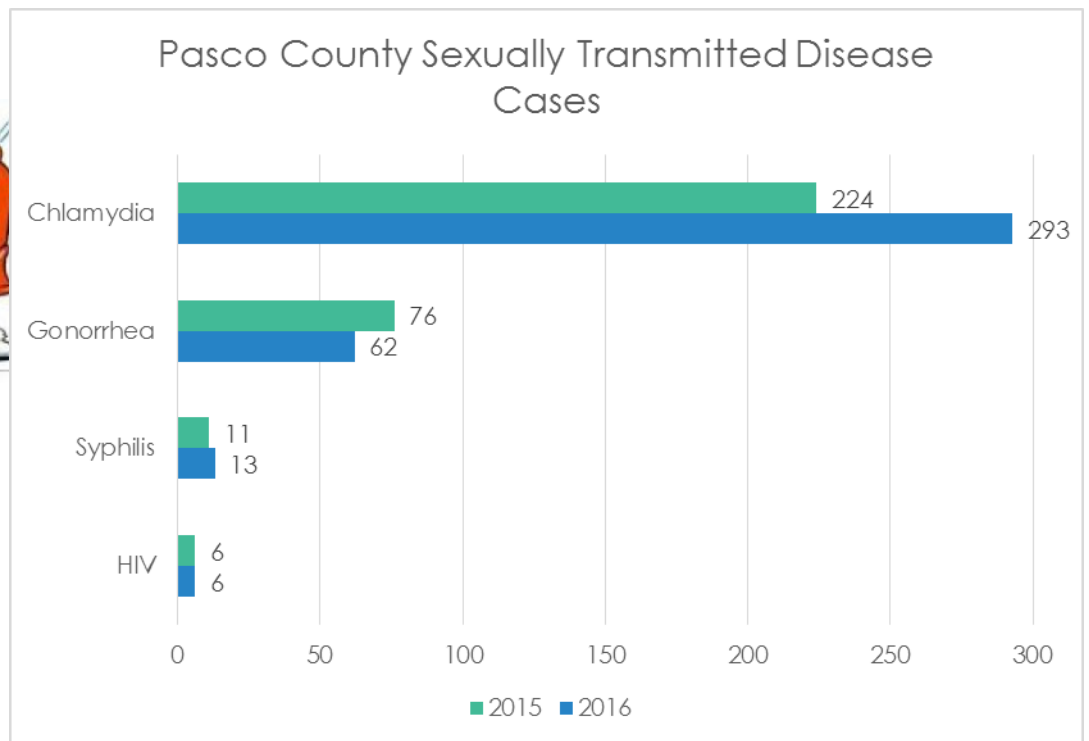
Source: [CDC](#)

Flu vs Cold		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

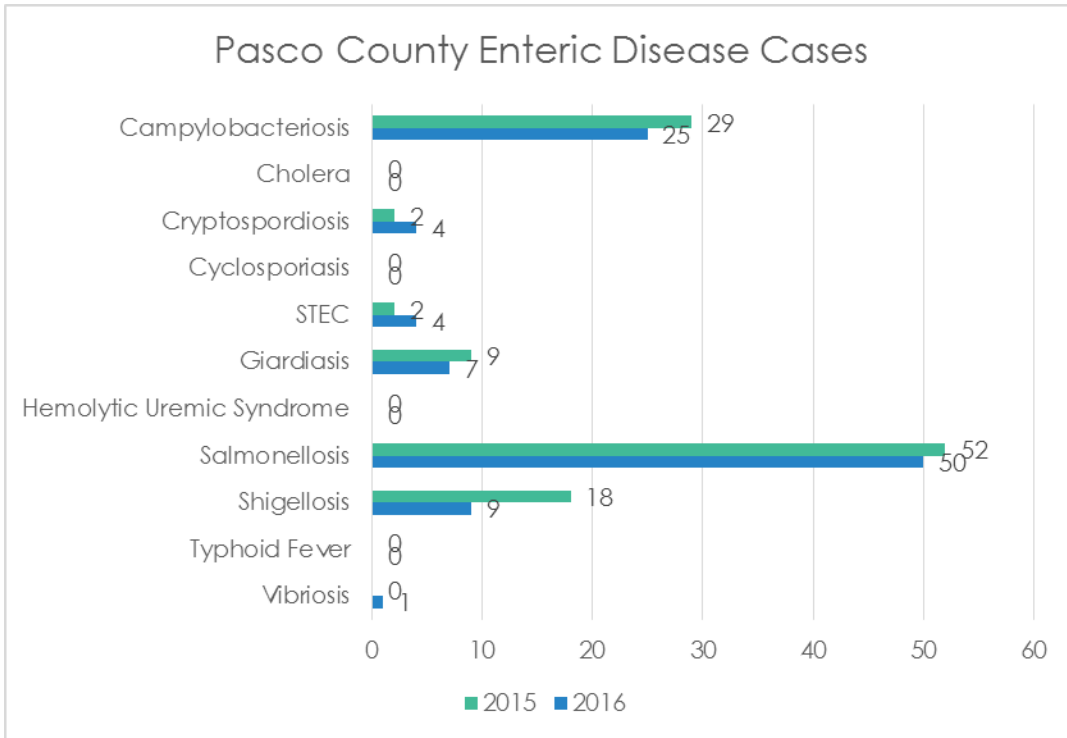
HIV, AIDS, & TB 4th Quarter Summary



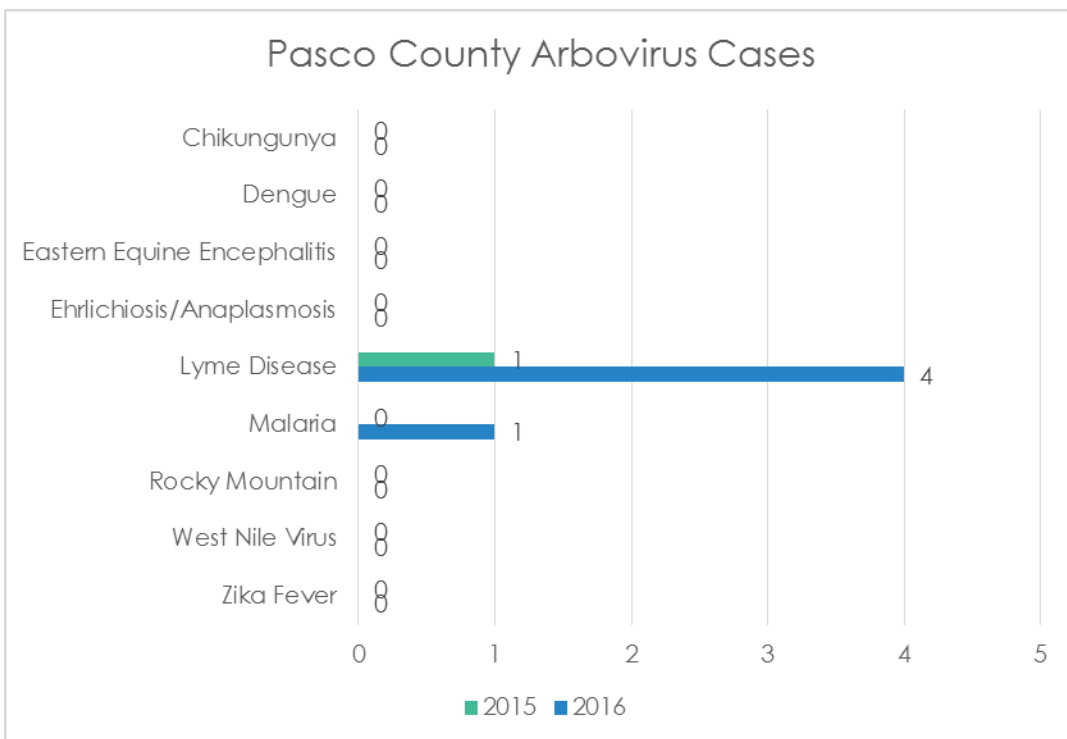
STD 4th Quarter Summary



Enteric Disease 4th Quarter



Arbovirus 4th Quarter Summary



Disease Summary 4th Quarter 2016	Oct - Dec		YTD	
	2016	2015	2016	2015
CNS Diseases and Bacteremias				
Creutzfeldt-Jacob Disease (CJD)	-	-	-	1
Haemophilus influenzae	1	1	7	2
Legionellosis	1	-	7	6
Listeriosis	-	1	-	2
Meningitis, Bacterial or Mycotic	2	1	4	7
Meningococcal Disease	-	-	1	-
S. aureus Infection, Intermediate Resistance to Vanomycin (VISA)	-	-	1	-
Strep pneumoniae Invasive Disease, Drug-Resistant	2	-	4	1
Strep pneumoniae Invasive Disease, Drug-Susceptible	3	2	17	6
Enteric Infections				
Campylobacteriosis	25	29	93	106
Cholera (Vibrio cholerae Type O1)	-	-	-	-
Cryptosporidiosis	4	2	11	26
Cyclosporiasis	-	-	3	-
Escherichia coli Shiga Toxin-Producing (STEC)	4	2	17	10
Giardiasis	7	9	18	24
Hemolytic Uremic Syndrome (HUS)	-	-	-	1
Salmonellosis	50	52	145	149
Shigellosis	9	18	25	30
Typhoid Fever	-	-	-	-
Vibriosis	1	-	4	2
Vaccine Preventable Diseases				
Measles	-	-	-	-
Mumps	1	-	1	1
Pertussis	3	6	15	19
Varicella	3	6	11	27
Vector Borne, Zoonoses				
Chikungunya Fever	-	-	-	-
Eastern Equine Encephalitis	-	-	1	-
Ehrlichiosis/Anaplasmosis	-	-	1	1
Lyme Disease	4	1	12	6
Malaria	1	-	1	-
Rabies, Animal	1	2	3	3
Rabies, Possible Exposure	53	47	162	193
Rocky Mountain Spotted Fever and Rickettsiosis	-	-	-	-
West Nile Virus Neuroinvasive Disease	-	-	-	-
Zika Fever	-	-	9	-
Viral Hepatitis				
Hepatitis A	3	-	6	4
Hepatitis B, Acute	14	9	87	63
Hepatitis B, Chronic	18	25	87	99
Hepatitis B, Surface Antigen in Pregnant Women	3	-	9	8
Hepatitis C, Acute	7	1	27	5
Hepatitis C, Chronic	243	205	1120	865
Hepatitis E	-	1	-	1
Other				
Carbon Monoxide Poisoning	-	4	7	6
Influenza-Associated Pediatric Mortality	-	-	-	-
Lead Poisoning	15	13	41	39
Mercury Poisoning	-	-	1	-
Pesticide-Related Illness and Injury	-	-	1	-
Total	478	437	1959	1713

Reportable Diseases/Conditions in Florida

Practitioner List (Laboratory Requirements Differ)

Effective June 4, 2014



Did you know that you are required* to report certain diseases to your local county health department?

Florida Department of Health in Pasco County - Epidemiology
 13941 15th Street, Dade City, FL 33525
 Phone (352) 521 - 1450 option 2
 After Hours Reporting (727) 257 - 1177 (pager)
 Confidential Fax (352) 521 - 1435

- ! Report immediately 24/7 by phone upon initial suspicion or laboratory test order
- ☎ Report immediately 24/7 by phone
 - Report next business day
 - + Other reporting timeframe

- ! Outbreaks of any disease, any case, cluster of cases, or exposure to an infectious or non-infectious disease, condition, or agent found in the general community or any defined setting (e.g., hospital, school, other institution) not listed that is of urgent public health significance
- + Acquired immune deficiency syndrome (AIDS)
- ☎ Amebic encephalitis
- ! Anthrax
 - Arsenic poisoning
 - Arboviral diseases not otherwise listed
- ! Botulism, foodborne, wound, and unspecified
 - Botulism, infant
- ! Brucellosis
 - California serogroup virus disease
 - Campylobacteriosis
- + Cancer, excluding non-melanoma skin cancer and including benign and borderline intracranial and CNS tumors
 - Carbon monoxide poisoning
 - Chancroid
 - Chikungunya fever
 - ☎ Chikungunya fever, locally acquired
 - Chlamydia
- ! Cholera (*Vibrio cholerae* type O1)
 - Ciguatera fish poisoning
- + Congenital anomalies
 - Conjunctivitis in neonates <14 days old
 - Creutzfeldt-Jakob disease (CJD)
 - Cryptosporidiosis
 - Cyclosporiasis
 - Dengue fever
- ☎ Dengue fever, locally acquired
- ! Diphtheria
 - Eastern equine encephalitis
 - Ehrlichiosis/anaplasmosis
 - *Escherichia coli* infection, Shiga toxin-producing
 - Giardiasis, acute
- ! Glanders
 - Gonorrhea

- Granuloma inguinale
- ! *Haemophilus influenzae* invasive disease in children <5 years old
 - Hansen's disease (leprosy)
- ☎ Hantavirus infection
- ☎ Hemolytic uremic syndrome (HUS)
- ☎ Hepatitis A
 - Hepatitis B, C, D, E, and G
 - Hepatitis B surface antigen in pregnant women or children <2 years old
- ☎ Herpes B virus, possible exposure
 - Herpes simplex virus (HSV) in infants <60 days old with disseminated infection and liver involvement; encephalitis; and infections limited to skin, eyes, and mouth; anogenital HSV in children <12 years old
- + Human immunodeficiency virus (HIV) infection
 - HIV, exposed infants <18 months old born to an HIV-infected woman
 - Human papillomavirus (HPV), associated laryngeal papillomas or recurrent respiratory papillomatosis in children <6 years old; anogenital papillomas in children <12 years old
- ! Influenza A, novel or pandemic strains
- ☎ Influenza-associated pediatric mortality in children <18 years old
 - Lead poisoning
 - Legionellosis
 - Leptospirosis
- ☎ Listeriosis
 - Lyme disease
 - Lymphogranuloma venereum (LGV)
 - Malaria
- ! Measles (rubeola)
- ! Melioidosis
 - Meningitis, bacterial or mycotic
- ! Meningococcal disease
 - Mercury poisoning
 - Mumps
- + Neonatal abstinence syndrome (NAS)
- ☎ Neurotoxic shellfish poisoning
- ☎ Pertussis
 - Pesticide-related illness and injury, acute

- ! Plague
- ! Poliomyelitis
 - Psittacosis (ornithosis)
 - Q Fever
- ☎ Rabies, animal or human
 - ! Rabies, possible exposure
- ! Ricin toxin poisoning
 - Rocky Mountain spotted fever and other spotted fever rickettsioses
- ! Rubella
 - St. Louis encephalitis
 - Salmonellosis
 - Saxitoxin poisoning (paralytic shellfish poisoning)
- ! Severe acute respiratory disease syndrome associated with coronavirus infection
 - Shigellosis
- ! Smallpox
- ☎ Staphylococcal enterotoxin B poisoning
- ☎ *Staphylococcus aureus* infection, intermediate or full resistance to vancomycin (VISA, VRSA)
 - *Streptococcus pneumoniae* invasive disease in children <6 years old
 - Syphilis
 - ☎ Syphilis in pregnant women and neonates
 - Tetanus
 - Trichinellosis (trichinosis)
 - Tuberculosis (TB)
- ! Tularemia
- ☎ Typhoid fever (*Salmonella* serotype Typhi)
- ! Typhus fever, epidemic
- ! Vaccinia disease
 - Varicella (chickenpox)
- ! Venezuelan equine encephalitis
 - Vibriosis (infections of *Vibrio* species and closely related organisms, excluding *Vibrio cholerae* type O1)
- ! Viral hemorrhagic fevers
 - West Nile virus disease
- ! Yellow fever

*Section 381.0031 (2), *Florida Statutes* (F.S.), provides that "Any practitioner licensed in this state to practice medicine, osteopathic medicine, chiropractic medicine, naturopathy, or veterinary medicine; any hospital licensed under part I of chapter 395; or any laboratory licensed under chapter 483 that diagnoses or suspects the existence of a disease of public health significance shall immediately report the fact to the Department of Health." Florida's county health departments serve as the Department's representative in this reporting requirement. Furthermore, Section 381.0031 (4), F.S. provides that "The department shall periodically issue a list of infectious or noninfectious diseases determined by it to be a threat to public health and therefore of significance to public health and shall furnish a copy of the list to the practitioners..."