



# EPI OBSERVER

July - September 2009

FLORIDA DEPARTMENT OF  
**HEALTH**

A Quarterly Newsletter from the Martin County Health Department  
Division of Epidemiology

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## Get Smart About Antibiotics



Antibiotics are often used inappropriately which can result in antibiotic resistance. Antibiotic resistance occurs when antibiotics become ineffective in treating bacterial infections. The Institute of Medicine has identified antibiotic resistance as one of the key microbial threats to health in the U.S. and remains a top concern of the Centers for Disease Control (CDC). In response to rising rates of resistance and inappropriate prescribing, the CDC launched the National Campaign for Appropriate Antibiotic Use in the Community in 1995. In 2003, the campaign was branded and launched as *Get Smart: Know When Antibiotics Work*.

This campaign aims to reduce rising rates of antibiotic resistance by: promoting adherence to appropriate prescribing guidelines among providers; decreasing demand for antibiotics for viral upper respiratory infections among healthy adults and parents of young children; and increasing adherence to prescribed antibiotics for upper respiratory infections.

Get Smart About Antibiotics Week 2009 Messages:

- Your body will fight viral illnesses that cause *most* upper respiratory infections.
- Antibiotics do not treat viral illnesses (such as, colds and flu viruses). Colds and flu are caused by viruses not bacteria.
- You should only use antibiotics that are prescribed to you by a healthcare provider, follow the instructions on the label, and properly dispose of any leftover medication.
- You should never share your antibiotics with anyone.
- Inappropriate use of antibiotics may lead to unnecessary and sometimes dangerous side effects. If antibiotics are used too often for things they can't treat, they could stop working effectively against bacteria when you really need them.
- Each time people take antibiotics, they are more likely to carry resistant germs in their noses and throats. Common antibiotics cannot kill these resistant germs.
- Good hand hygiene is one of the best ways to keep from getting sick and spreading illnesses.

For more information visit: Division of Bacterial Diseases, National Center for Immunization and Respiratory Diseases, Centers for Disease Control and Prevention [www.cdc.gov/GetSmart/campaign-materials/week.html](http://www.cdc.gov/GetSmart/campaign-materials/week.html)



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**MERLIN Registry System, Disease Incidence Report**  
**Martin County Health Department, Division of Epidemiology**  
 (January 1, 2009 – September 30, 2009)



	<u>Martin County</u> Cases Reported Year-to-Date		<u>State of Florida</u> Cases Reported Year-to-Date	
	2009	2008	2009	2008
<b>Central Nervous System &amp; Invasive Diseases:</b>				
Haemophilus Influenzae (Invasive Disease)	1	0	187	107
Listeriosis	1	1	17	29
Meningitis, Bacterial, Cryptococcal, Mycotic	0	1	160	147
Meningococcal Disease	1	0	46	48
Strep Pneumoniae, Invasive Drug-Resistant	2	2	577	545
Strep Pneumoniae, Invasive Susceptible	4	2	533	498
<b>Hepatitis:</b>				
Hepatitis A	3	2	162	126
Hepatitis B (+HBsAg in pregnant women)	2	3	445	461
Hepatitis B, Acute	0	2	238	258
Hepatitis B, Chronic	14	7	3,384	17,703
Hepatitis C, Acute	0	3	54	41
Hepatitis C, Chronic	155	125	15,935	20,565
<b>Vaccine Preventable Diseases:</b>				
Pertussis	4	0	441	219
Varicella (Chickenpox)	11	12	970	1,272
<b>Enteric Diseases:</b>				
Campylobacteriosis	1	4	857	824
Cryptosporidiosis	2	2	344	389
Escherichia Coli, Shiga Toxin Producing	3	0	126	18
Enterohemorrhagic E. Coli (EHEC) 0157:H7	0	1	0	33
Giardiasis	7	4	1,435	918
Salmonellosis	37	21	4,326	3,623
Shigellosis	1	2	352	646
Vibrio, Other	0	1	3	10
Vibrio Parahaemolyticus	1	0	19	16
Vibrio Vulnificus	1	0	17	14
<b>Vector Borne &amp; Zoonosis Diseases:</b>				
Animal Bite, Post-Exposure Prophylaxis for Rabies	12	9	1,347	1,188
Lyme Disease	4	1	92	66
Rabid Animals	2	1	138	101
Rocky Mountain Spotted Fever	1	0	6	12
<b>Other Diseases:</b>				
Influenza due to novel or pandemic strains (lab confirmed)	69	0	4,684	0
Lead Poisoning	3	2	410	477
Legionellosis	1	1	135	110
Mercury Poisoning	0	1	16	48
<b>Total:</b>	<b>343</b>	<b>210</b>	<b>37,456</b>	<b>50,512</b>

# Protect Your Health!

Improper food handling occurs at home more often than most people may think. The non-profit Partnership for Food Safety Education [www.befoodsafe.org](http://www.befoodsafe.org) creates consumer and retailer tools that teach basic safe food handling and prevention of foodborne illnesses in the home. They teach four simple lessons: **CLEAN**, **SEPARATE**, **COOK**, and **CHILL** to help prevent harmful bacteria from making you sick:

**CLEAN** hands, cutting boards, knives, and countertops frequently to keep bacteria from spreading in the kitchen. Wash hands with warm water and soap for 20 seconds before and after handling food. Rinse fruits and vegetables under running tap water before eating.

**SEPARATE** raw meats, poultry, seafood and their juices away from ready-to-eat foods to prevent cross-contamination of foods, utensils, or surfaces.

**COOK** food thoroughly so it is safe to eat and use a food thermometer.

**CHILL** food properly and keep cold foods cold at 40 °F or below to reduce any risk of foodborne illnesses.

To find out more about food safety visit [www.befoodsafe.org](http://www.befoodsafe.org), [www.fightbac.org](http://www.fightbac.org), [www.foodsafety.gov](http://www.foodsafety.gov), [www.fda.gov](http://www.fda.gov), or [www.fsis.usda.gov](http://www.fsis.usda.gov)

## Protect Your Health!

Whether you are concerned about Seasonal Influenza or Novel H1N1 Influenza, here are some tips you can take to help prevent the spread of flu viruses:

- ➔ Get vaccinated. (The seasonal flu vaccine and the Novel H1N1 flu vaccine are separate vaccinations)
- ➔ Wash your hands often with soap and water, especially after coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer to clean your hands.
- ➔ Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your sleeve.

If you are diagnosed with the flu...

- ➔ Keep away from other people to avoid making others sick.
- ➔ You should stay home from work, school, travel, shopping, social events, and public gatherings (except to get medical care) **for at least 24 hours** after your fever is gone (without the use of fever-reducing medicines).

For more information visit: [www.flu.gov](http://www.flu.gov), [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)




## POP QUIZ

**How long should you always wash your hands?**

- A. 5 seconds
- B. 10 seconds
- C. 15 seconds
- D. 20 seconds

**Answer: d - 20 seconds**



# Upcoming Events

## **Get Smart About Antibiotics Week**

**October 5 – 11, 2009**

Division of Bacterial Diseases  
National Center for Immunization and Respiratory Diseases  
Centers for Disease Control and Prevention  
[www.cdc.gov/GetSmart/campaign-materials/week.html](http://www.cdc.gov/GetSmart/campaign-materials/week.html)

## **National Latino AIDS Awareness Day**

**October 15, 2009**

Latino Commission on AIDS  
[www.nlaad.org/](http://www.nlaad.org/)

## **Grace Baptist Church's Annual Health & Job Fair**

**October 24, 2009**

10:00 a.m.-2:00 p.m.

Lyngate Park  
9221 SE Lyngate Drive,  
Port St. Lucie  
Free HIV & STD screening

## **World AIDS Day**

**December 1, 2009**

Joint United Nations Programme on HIV/AIDS  
[www.unaids.org/en/default.asp](http://www.unaids.org/en/default.asp)

## **National Handwashing Awareness Week**

**December 6 - 12, 2009**

Henry the Hand Foundation  
[www.henrythehand.com](http://www.henrythehand.com)

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