



Cowlitz County Health Department

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THE EPIPHANY

Cowlitz County Health Department Newsletter

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Pertussis

Pertussis, or whooping cough, is a common bacterial respiratory tract infection that is preventable through proper vaccination. The Cowlitz County Health Department had four cases of pertussis reported between August and September of this year.

This disease presents some notable public health and medical challenges:

- It is highly contagious
- It often presents initially as a common cold
- Immunity from childhood vaccination wanes with time making adolescents and adults susceptible

Typical symptoms are paroxysmal coughing, followed by an inspiratory “whoop” and posttussive vomiting. Often the disease begins like a common cold and manifests as a chronic cough after 1-2 weeks. The disease can be severe in very young children—over half of children younger than one will require hospitalization.

MANAGEMENT OF PERTUSSIS CASES AND CONTACTS: THE ROLE OF PUBLIC HEALTH

Pertussis is highly contagious—90% of susceptible household contacts develop clinical disease. All confirmed cases of pertussis and high priority close contacts of cases should be treated with an appropriate antibiotics. Antibiotic choice and dosing is the same for treatment and prophylaxis.

High priority close contacts include the following:

- Children under one year of age
- Pregnant women (especially in the third trimester)
- Health care workers with direct patient contact
- Close contacts of a case who may transmit pertussis to other persons at high risk for severe disease

Lower priority contacts should be educated about the signs and symptoms of the disease, the availability of prophylaxis, and advised to seek medical advice if they have symptoms in the following 21 days.

PREVENTION: THE ROLE OF THE PROVIDER AND PUBLIC HEALTH

Pertussis should be considered in the following:

- Patients with a cough lasting more than two weeks.
- Patients with respiratory illness who have had contact with a confirmed or probable pertussis case.
- Infants less than 12 months with respiratory tract symptoms, even if the infant is immunized against pertussis or positive for RSV.

The best way to prevent pertussis is through vaccination. Outbreaks can be prevented by maintaining a high rate of vaccination in the community. Children should receive five doses of DTaP. It is important to begin the series early. **In addition, a single booster dose of TDaP is recommended for all adults 19-64 in place of the next Td booster.**

More information can be found at: <http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm> or (<http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/Slides/Pertussis11.ppt>)

H1N1: Brief situation report

Update as of November 17th,

Almost all circulating influenza viruses in Washington are 2009 H1N1 viruses.

Cowlitz County has received 14,100 doses of H1N1 vaccine. The health department has distributed 85% of the vaccine to providers to vaccinate the priority groups.

In Cowlitz County 10 males and 9 females have been hospitalized with influenza. Of these, 16 have been laboratory-confirmed H1N1 influenza. There have been no confirmed deaths. Ages of the hospitalized range from 2 weeks to 60 years. The average age is 31.6 years; the median age is 14 years. Of those hospitalized, 47% had predisposing medical conditions.

As of November 14th, Washington State has received reports of 1041 hospitalized and 41 fatal cases of laboratory-confirmed influenza.

Please go to <http://www.flunewsswwashington.org/> for current information on H1N1 influenza in Region IV.

Healthy Homes Program

Small changes at home = better health for Cowlitz residents

The Cowlitz County Health Department is collaborating with the community to help residents find ways to make their homes healthier. **Providers can refer their asthma patients to this program as an valuable educational component of patients' asthma action plans.**

Cowlitz County has nearly twice the rate of asthma as the state and nation. People spend the majority of their time in their homes. Allergens and irritants found in the home can cause or aggravate allergies, asthma, or other breathing problems. Some of these triggers are second-hand smoke, dust mites, pets, mold, and hazardous household products or chemicals.

The Healthy Homes Program offers free home assessments to help residents identify and address those triggers and make their home healthier. Trained volunteers assess the home and suggest easy, free, or low-cost ways to reduce or eliminate the triggers. With the resident's approval, the provider is given feedback on the results of the home assessment.

For more information or a home assessment, you or your patient can contact us at 414-5581 or check our website at www.co.cowlitz.wa.us/health/ceha/MHE.htm.

OPPORTUNITIES TO GET INVOLVED:

Cowlitz County Public Health Advisory Committee, meets 5 times a year. More information at: http://www.co.cowlitz.wa.us/commissioners/commission_boards/Boards%20&%20Commissioners.htm

MMWR Continuing Education—suggested reading: Compendium of Measures to Prevent Disease Associated with Animals in Public Settings, 2009. MMWR 2009, 58 (No. RR-5), 1-28. See: <http://www2a.cdc.gov/ce/CourseDetails.asp?ActivityId=58-05&ProgramName=MMWR>

Provider of the Quarter: Maria Magnuson

The Cowlitz County Health Department would like to honor Maria Magnuson for her dedication to the health of our community. In addition to working for the Lower Columbia Women's Clinic, Maria Magnuson, ARNP, is dedicated to educating the youth of our community about reproductive health. She also volunteers with the Reproductive Health Coalition and the Cowlitz County Free Medical Clinic.

We would also like to recognize Maria as being one of the number one reporters on reportable conditions, specifically STDs. Her reports are consistently received within the three day reporting period and are completed accurately. Thank you Maria for your dedication to the health of our community!

SEXUALLY TRANSMITTED DISEASE PROGRAM

The Expedited Partner Therapy Program

Beginning August 2009 the Washington State Department of Health, University of Washington and Cowlitz County Health Department launched the Expedited Partner Therapy (EPT) Program. **This program offers treatment at no cost to partners of patients who test positive for chlamydia and/or gonorrhea.**

There are two options for partners to receive medication:

- Providers can give medication to their patients to give to their partner(s) or
- Providers can fax the Rx form for the partner(s) to participating pharmacies. Each partner requires a form.

Also part of this new program is the new "Confidential Sexually Transmitted Disease Faxable Case Report," available at <http://www.doh.wa.gov/cfh/STD/caserpt.htm>. The case report should be faxed to the local health department of the patient's place of residence within three days of diagnosis. County fax numbers can be found on the DOH webpage listed above. Finally, the case report should be filled out completely. If the answer is "unknown", please mark that option. The "Partner Management Plan" section is also vital; make sure and mark one of the three options listed:

- Health Department to assume responsibility for partner treatment
- Provider will ensure all partners treated. (Indicate number to be treated)
- All partners have been treated. (Indicate number treated)

By choosing one of the partner management plan options, you help the Health Department ensure all partners are treated.

If you have any questions on the program or the forms, please contact Laura Ebinger, STD Program Coordinator at 360-414-5587.

Cowlitz County EPT Participating Pharmacies:

Rite Aid #5287 Phone: 360-577-2693, Fax: 360-636-5041

Rite Aid #5288 Phone: 360-423-4833, Fax: 360-636-0901

Castle Rock Pharmacy Phone: 360-274-8211, Fax: 360-274-7825

DISEASE REPORTING

Numbers to Call

During business hours

(M, W, Th, F—8:30-12:00, 1:00-4:30 & T — 8:30-6:00)

STDs 360-414-5587

HIV/AIDS 360-414-5564

Other 360-414-5590

Non-business hours: 360-636-9595

To view the list of reportable diseases, visit:

http://www.mycowlitz.com/health/pdf/Notifiables_website.pdf

WEBSITE: <http://www.mycowlitz.com/health/>

INFORMATION ON REPORTABLE DISEASES:

http://www.mycowlitz.com/health/assessment/notifiable_conditions_form.htm

Reported cases of reported communicable diseases, Cowlitz County, Year to Date 2009 & 2008

Communicable Disease	2009 (Jan-Oct)	2008 (Jan-Oct)
Campylobacteriosis	18	13
Chlamydia trachomatis	278	228
Cryptosporidiosis	4	6
Giardiasis	1	4
Gonorrhea	7	37
Hepatitis B, Acute	2	3
Hepatitis B, Chronic	5	7
Hepatitis C, Chronic	204	170
Herpes Simplex	32	35
HIV/AIDS*	8	5
Lead (Child lead)	2	7
Lyme Disease	1	1
Pertussis	4	2
Rabies Post Exposure Prophylaxis	4	6
Salmonellosis	6	6
Syphilis	2	1

*includes only AIDS cases that are not known progressions from HIV.

OUR TEAM: THE EPI-LADIES

- Dr. Jennifer Vines, Deputy Health Officer •
- Laura Ebinger, STD Program Coordinator • Monica Monteon, Epidemiologist •
- LeAnne Gilmore, Communicable Disease Public Health Nurse

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