

# Communicable Diseases

## Monthly Newsletter

Joplin City and Jasper County

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November-December 2011

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## Multistate Outbreak of E. Coli O157:H7

CDC is collaborating with public health and agriculture officials in Missouri, other states, and the U.S. Food and Drug Administration (FDA) to investigate a multi-state outbreak of *Escherichia coli* serotype O157:H7 infections linked to romaine lettuce.

As of December 4, 2011, 60 persons infected with the outbreak strain of *E. coli* O157:H7 have been reported from 10 states. The number of ill persons identified in each state include: Arizona (1), Arkansas (2), Georgia (1), Illinois (9), Indiana (2), Kansas (3), Kentucky (1), Minnesota (3), **Missouri (37)**, Nebraska (1). (See fig.1 on pg. 4)

Among persons for whom information is available, illnesses began from October 10, 2011 to November 4, 2011.



Ill persons ranged in age from 1 to 94 years. Among the 45 ill persons with available information, 30 were hospitalized, and two developed hemolytic uremic syndrome (HUS). No deaths have been reported.

### Investigation

The FDA and several state agencies conducted traceback investigations and identified a

(Continued on page 2)

## Rabies in Humans



Rabies is a disease caused by a virus that is typically present in the saliva of infected and clinically ill mammals and is transmitted through a bite to humans or other animals. The virus causes an acute, progressive inflammation of the brain and spinal cord.

The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general

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# Multistate Outbreak of E. Coli O157:H7

*(Continued from page 1)*

single common lot of romaine lettuce that was supplied to several locations during the time of the illnesses.



**Signs and Symptoms** of most people with *E. coli* O157:H7 include diarrhea (often bloody) and abdominal cramps 2-8 days after swallowing the organism, but some last longer and are more severe. While most people recover within a week, some develop **hemolytic uremic syndrome (HUS)**, which is a type of kidney failure. HUS can occur among persons of any age but is most common in children under 5 years old and the elderly.

**Signs and symptoms of HUS** may include fever, abdominal pain, pale skin tone, fatigue and irritability, small, unexplained bruises or bleeding from the

nose and mouth, decreased urination, and swelling of the face, hands, feet, or entire body. Persons who experience these symptoms should seek emergency medical care immediately.

### **Advice to Consumers, Retailers etc.**

- Since this outbreak seems to be over, you are not being advised to avoid eating specific foods at this time.
- Consumers should always practice safe food handling and preparation.
- Wash hands, utensils, and surfaces with hot, soapy water before and after handling food.

Source: [www.cdc.gov](http://www.cdc.gov)

**Joplin City and Jasper County were not linked to the outbreak.**

# Rabies ... *cont'd from pg. 1*

*(Continued from page 1)*

weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, increase in saliva, difficulty swallowing, and fear of water. Death usually occurs within days of the onset of these symptoms.



Rabies is found naturally in Missouri, occurring primarily in bats and skunks, although other animals are also found rabid each year, including domestic species such as dogs, cats, horses, and cattle. Contamination of open wounds or mucous membranes with saliva or nervous tissue from a rabid animal could potentially constitute an exposure. The incubation period in humans is usually several weeks to months, but ranges from days to years. Remember, while rabies is almost always fatal once symptoms of the disease have developed; prompt medical intervention can prevent rabies in humans, if received as soon as possible after the bite

occurs (or possible bite when dealing with bats).

Preventing exposure to animals with rabies is always the best way to prevent rabies. Do not handle unfamiliar animals, wild or domestic, even if they appear friendly. Keeping all pets vaccinations current to protect your family and pets. If bitten by animal or if infectious material (such as saliva) gets into your eyes, nose, mouth, or a wound, wash the affected area thoroughly and seek medical attention immediately.

Rabies in both animals and humans in Missouri is reportable to the Missouri Department of Health and Senior Services.

For more information visit: <http://health.mo.gov/living/healthcondiseases/communicable/rabies/index.php>

# Communicable Diseases Report

Cumulative Cases from January thru November in Joplin City and Jasper County: 2010 & 2011  
(Data includes confirmed, probable and suspect cases)

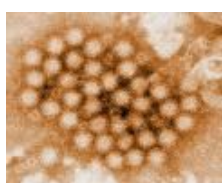
Table 1

	Diseases/Conditions	Joplin City		Jasper County	
		2010	2011	2010	2011
Enteric, Food and Water-borne Illnesses	Campylobacteriosis	16	6	99	35
	Coccidiomycosis	2	0	0	1
	Cryptosporidiosis	4	3	6	2
	E Coli Shiga Toxin	1	2	2	10
	E Coli O <sub>517</sub> H <sub>7</sub>	1	0	5	1
	Giardiasis	2	3	4	4
	Legionellosis	0	1	0	0
	Salmonellosis	7	10	13	16
	Shigellosis	11	41	8	26
Tick-borne Diseases	Anaplasma Phygocytophilum	0	0	1	0
	Ehrlichis Chaffeensis	0	1	1	1
	Ehrlichis Ewingii	0	0	1	0
	Rocky Mountain Spotted Fever	5	8	2	7
Other	Chicken Pox (Varicella)	0	1	17	20
	Hepatitis B (Acute)	4	10	5	6
	Hepatitis B (Chronic)	4	7	3	6
	Hepatitis B (Pregnancy)	1	2	1	1
	Hepatitis C (Acute)	0	0	1	2
	Meningococcal Disease	1	0	0	1
	Mycobacterium Other Than TB	3	2	4	5
	Pertussis (Whooping Cough)	1	3	3	0
	Streptococcal Disease (Group A)	1	0	0	1
	Toxic Shock Syndrome (Staph)	0	0	0	1
	Tuberculosis Disease	2	1	1	0
	Tuberculosis Infection	9	35	35	45

Source: Crystal Report, DHSS.

Data provided is preliminary and may be subject to change

## Noroviruses: Common Foodborne outbreaks in the U.S.



Noroviruses are a group of related viruses. Infection with these viruses affects the stomach and intestines and causes gastroenteritis (inflammation of the stomach and intestines). Anyone can be infected

with noroviruses and get sick more than once over a period of time. The illness often begins suddenly with symptoms of stomach cramping, vomiting or diarrhea.

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Visit us on the web:  
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Jasper County Health Department

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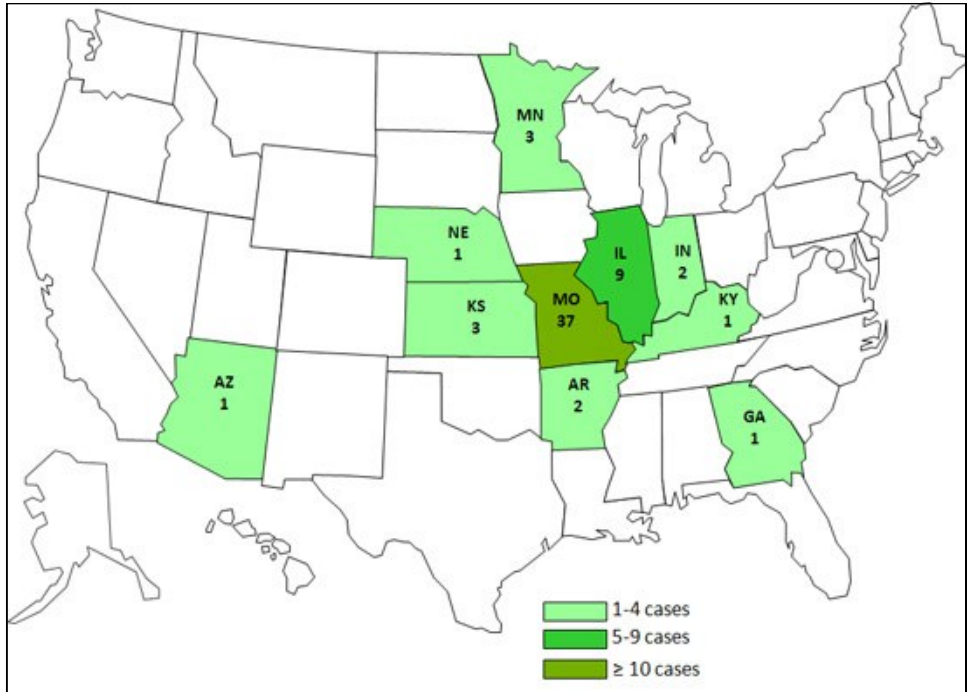
Visit us on the web:  
<http://health.jaspercounty.org/>

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**Multi-State E. Coli Outbreak in Different States**

Figure 1



Source: <http://www.cdc.gov/ecoli/2011/ecoliO157/romainelettuce/120711/index.html>

**Noroviruses...cont'd from pg.3**

*(Continued from page 3)*

Norovirus is recognized as a leading cause of food-borne disease outbreaks in the United States. CDC estimates that about 1 in every 15 Americans will get norovirus illness each year. It is also estimated to cause over 70,000 hospitalizations and 800 deaths each year in the US.

**Symptoms** of norovirus infection usually include diarrhea, throwing up, nausea, and stomach cramping. Other symptoms may include low-grade fever, chills, headache, muscle aches, and general sense of fatigue.

Norovirus illness is usually not serious. Most people get better in 1- to

2 days. However, the illness can be serious in young children, the elderly, and people with other health conditions; it can lead to severe dehydration, hospitalization and even death.

**Transmission**

Noroviruses spread from person to person, through contaminated food or water, and by touching contaminated surfaces. It can spread rapidly in crowded, closed places like long-term care facilities, daycare centers, schools, hotels, and cruise ships etc. The viruses are found in the vomit and stool of infected people. Sick people are contagious from the moment they begin feeling sick until at least 3

days after they recover. But, some people may be contagious for even longer.

**Prevention**

- ◆ Practice proper hand hygiene
- ◆ Do not prepare food while infected
- ◆ Clean and disinfect contaminated surfaces
- ◆ Wash laundry thoroughly

Source: <http://www.cdc.gov/ncidod/dvrd/revb/gastro/norovirus-keyfacts.htm>

***“ You only live once, but if you do it right, once is enough.” - Mae West***