

# Epi Monthly Report

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## SHEA/CDC's New Outbreak Response Training Program

The clinicians and health care providers of South Florida have learned in recent years that an emergency might sometimes be only a day away. The outbreaks of Chikungunya in Key West, the response to the Ebola outbreak in West Africa, and the heightened Zika activity in Miami-Dade County in 2016 are all examples of how quickly a seemingly far-off disease can become a public health issue of dire consequence. It is imperative that hospitals and public health agencies prepare to face infectious disease outbreaks through collaboration with preparedness staff and government entities. In an effort to better prepare hospitals to respond to infectious disease outbreaks, the Society for Healthcare Epidemiology of America (SHEA) has created the multi-faceted Outbreak Response Training Program (ORTP). The ORTP is designed to provide healthcare epidemiologists with the knowledge and tools needed for response to infectious disease outbreaks. The program covers incident management structures, infection prevention strategies, practical approaches and implementation, and skills for dealing with media relations and communications. The ORTP course will be released in 2017 and 2018 and is available at no cost to providers. The preparedness efforts of today will help providers to better protect patients and the community when faced with dangerous pathogens in the future.

For more information, visit <http://ortp.shea-online.org/>



SHEA/CDC Outbreak Response Training Program (ORTP)

# Swim Safety for Summer, 2017

Xeniamaria Rodriguez, MSPH

## Introduction

Summer in South Florida means a mad dash to local beaches and swimming pools. While engaging in water sports and activities, it's important to adhere to swimming safety guidelines and keep a watchful eye over young children. Serious health issues such as unintentional water aspiration or infection from the bacteria which proliferate in warm waters can arise during the summer months, but caution and awareness can prevent illness, injury, and mortality.

## Unintentional Drowning Statistics

In 2015, Miami-Dade County experienced the second highest number ( $n=37$ ) of unintentional drowning deaths in Florida ( $N=430$ ), with Broward County ( $n=46$ ) and Palm Beach County ( $n=34$ ) suffering similar death counts<sup>1</sup>. During 2012 and again in 2015, drownings were the leading cause of death due to injury for children ages 1-4 in Florida. Similarly, Florida had the highest unintentional drowning rate in the nation for the 1-4 age group in 2013, with a drowning rate of 7.54 per 100,000 population<sup>2</sup>. Unintentional drowning, however, is a potential health hazard across age groups. In 2015, drowning was the sixth leading cause of injury-related death for all age groups in Florida, resulting in 510 deaths statewide<sup>3</sup>. Encouraging the community to follow safe swimming guidelines can reduce the number of unintentional drownings suffered by Miami-Dade Dade County residents.

## General Swimming Safety

Encourage swimming lessons for both children and adults, and be aware that different swimming skills are needed for both pool and ocean safety. Be able to perform CPR and understand basic life-saving procedures in case of an emergency. Supervision is critical to ensuring safety while swimming, especially for children. Although there may people around, distractions could lead to tragic accidents. Designate an adult to watch children at all times,

and do not rely on flotation devices. Avoid swimming alone and always swim with a partner or a lifeguard present. Educating children on the dangers of swimming alone, as well as providing swimming lessons, will go a long way in the prevention of unintentional drowning. Although one might believe that they would be able to hear a child who is drowning because of splashing and alerting cries, these emergency situations are often silent with no splashing or calls to alert bystanders. Because of this, adult supervision is imperative.

If someone undergoes a near drowning experience, monitor them closely for the next 24 hours as they could develop symptoms of dry drowning or secondary drowning. Both types of delayed drowning are the result of accidental inhalation of water through the mouth or nose, and can occur anywhere from 1-24 hours after the incident. Warning signs include trouble breathing, coughing, sleepiness or a drop in energy level, irritability, chest pain and/or vomiting<sup>4</sup>.

## Pool Safety

For homes which have pools in backyards, access should be blocked by barriers or enclosures, such as a four-sided fence, so that children cannot reach the pool when it is not in use. All toys should be removed from the pool deck and pool area to prevent children from being tempted to enter the pool while unsupervised. Basic life-saving equipment such as poles, ropes, and personal flotation devices should be kept by the pool. Protect yourself by assuring yourself of the pool depth before diving. Serious neck injuries can occur by accidentally diving in shallow water. When in doubt about the depth of a pool, do not dive headfirst<sup>5,6</sup>.

## Ocean Safety

Swimming in the surf requires different skills than the pool, and further lessons should be encouraged. Before entering the water, check for surf, tide, and weather conditions and avoid swimming at beaches that are not guarded by lifeguards<sup>7</sup>. Check the flag

warning system that is in place in public beaches for corresponding hazards: a purple flag indicates the presence of dangerous marine life, green flag means “low hazard” and calm conditions, a yellow flag means “medium hard with moderate surf/hazards”, a single red flag means “high hazard because of high surf/ strong currents” and a double red flag means the “beach is closed to swimmers”<sup>7</sup>. Always swim sober and make sure you have enough energy to swim back to shore. Similar to pool safety, do not rely on flotation devices for young or inexperienced swimmers and avoid diving when the ocean depth is unclear. In shallow water, supervise children and elderly people, as waves can cause them to slip<sup>8</sup>.

Rip currents are one of the most hazardous ocean perils, which account for over 100 annual deaths throughout the United States. In fact, the United States Lifesaving association estimates that rip currents account for 80% of lifeguard rescues<sup>9</sup>. Ensure that beachgoers understand the dangers of rip currents and that they can form in any large open water area (ex. Low spots, breaks in sandbars, near jetties and piers). Avoid permanent rip currents by staying at least 100 feet away from piers and jetties. If someone is caught in a rip current, they should remain calm and not fight against the current’s direction. It is best to swim parallel to the shore until free from the current, only then should they turn and swim to the shore. If they cannot swim to shore, they should wave and call for help in order to draw attention to themselves. Likewise, if you see someone in trouble, alert a lifeguard. If you cannot alert a lifeguard, call 911 and throw the victim something that floats (such as a cooler, inflatable ball or life-jacket)<sup>8</sup>.

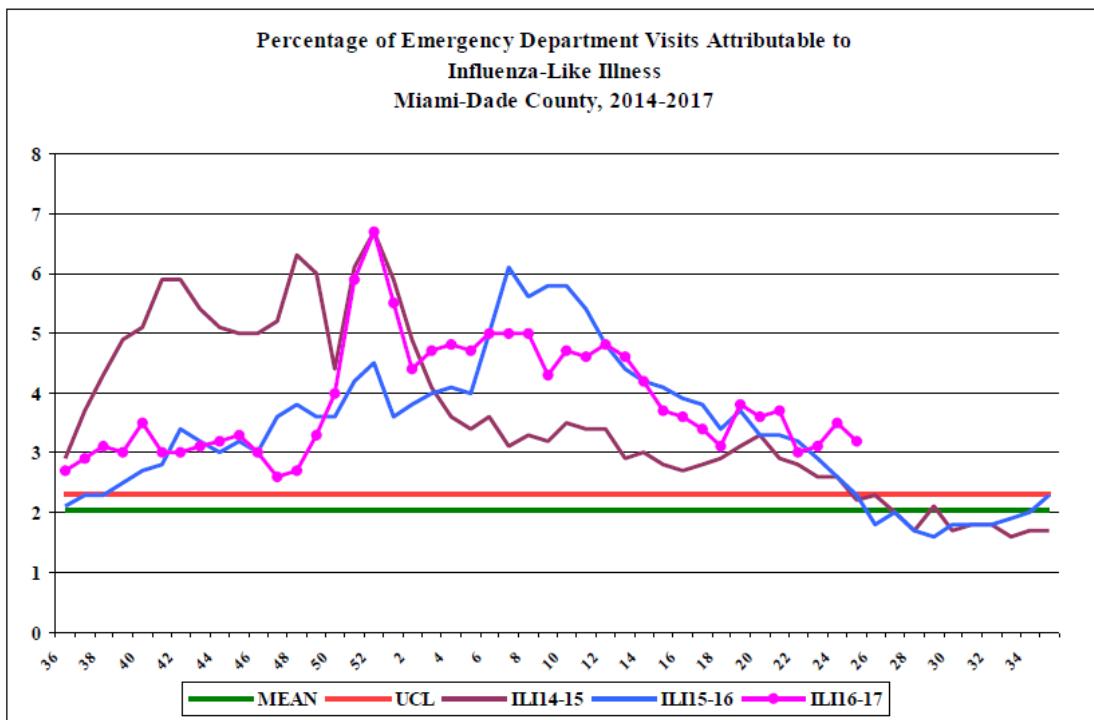
## **Swim Safe!**

Incorporating swimming safety guidelines into patient-provider conversations and ensuring patients understand the dangers of unintentional drownings can prevent tragedies during recreational water activities. Swimming is a fun activity which can keep families fit and healthy, as long as parents and adults understand how to

mitigate risk and keep their families safe. If providers or patients want to learn about water and swimming safety, please visit <https://www.cdc.gov/healthywater/swimming/index.html> or <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/water-safety>.

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2. "Prevention." Drowning Prevention | Florida Department of Health. Accessed June 22, 2017. <http://www.floridahealth.gov/programs-and-services/prevention/drowning-prevention/index.html>.
3. "10 Leading Causes of Injury Death by Age Group, Florida Residents - 2015." Florida Health. <http://www.floridahealth.gov/statistics-and-data/florida-injury-surveillance-system/documents/top-10-charts/deaths-2015.pdf>.
4. "Dry and Secondary Drowning: The Signs Every Parent Needs to Know." American Osteopathic Association. Accessed June 22, 2017. <http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/childrens-health/Pages/secondary-drowning.aspx>.
5. "Home and Recreational Safety." Centers for Disease Control and Prevention. April 28, 2016. Accessed June 22, 2017. <https://www.cdc.gov/homeandrecreationsafety/water-safety/waterinjuries-factsheet.html>.
6. "The Layers of Protection." WaterproofFL. Accessed June 22, 2017. <http://www.waterprooffl.com/layers.html>.
7. Services, Miami-Dade County Online. Beach Safety - Miami-Dade County. Accessed June 22, 2017. <http://www.miamidade.gov/fire/safety-recreation-beach.asp>.
8. "Beach Safety." American Red Cross. Accessed June 22, 2017. <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/water-safety/beach-safety>.
9. "USLA." United States Lifeguard Association. Accessed June 22, 2017. <http://www.usla.org/?page=RIPCURRENTS>.

## Influenza-Like-Illness, All Age



During this period, there were 29,441 ED visits; among them 938 (3.2%) were ILI. At the same week of last year, 2.3% of ED visits were ILI.

### PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

#### Florida Department of Health in Miami-Dade County NEEDS Influenza Sentinel Providers!

Sentinel providers are key to the success of the Florida Department of Health's Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact

**Lakisha Thomas** at 305-470-5660.

### About the Epi Monthly Report

The Epi Monthly Report is a publication of the Florida Department of Health in Miami-Dade County: Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, please contact Emily Moore at (305) 470-6918.



**Miami-Dade County Monthly Report**  
**Select Reportable Disease/Conditions**  
**May 2017**

**Diseases/Conditions**

	2017	2017	2016	2015
	Current Month	Year to Date	Year to Date	Year to Date

HIV/AIDS	2017	2017	2016	2015
STD	Current Month	Year to Date	Year to Date	Year to Date
AIDS*	45	199	251	177
HIV	107	562	706	563
TB	2017	2017	2016	2015
Tuberculosis**	3	27	41	45

**Epidemiology, Disease Control & Immunization Services**

**Epidemiology**

Campylobacteriosis	66	245	226	225
Chikungunya Fever	0	0	0	8
Ciguatera Poisoning	4	7	0	5
Cryptosporidiosis	2	10	8	5
Cyclosporiasis	0	0	0	0
Dengue Fever	0	1	6	5
Escherichia coli, Shiga Toxin-Producing	2	20	2	8
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	16	54	104	66
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	1	0	0
Legionellosis	4	13	3	10
Leptospirosis	0	0	0	1
Listeriosis	0	4	4	0
Lyme disease	0	2	0	0
Malaria	1	4	1	1
Meningitis (except aseptic)	0	1	0	2
Meningococcal Disease	0	4	0	4
Salmonella serotype Typhi (Typhoid Fever)	0	0	0	2
Salmonellosis	53	213	188	180
Shigellosis	7	33	20	45
Streptococcus pneumoniae, Drug Resistant	3	8	2	0
Vibriosis	0	3	1	6
West Nile Fever	0	0	0	0

**Immunization Preventable Diseases**

Measles	0	0	0	0
Mumps	0	0	2	2
Pertussis	2	13	9	11
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	3	19	40	23

**Hepatitis**

Hepatitis A	12	43	12	10
Hepatitis B (Acute)	3	9	2	6

**Healthy Homes**

Lead Poisoning	3	33	45	24
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\*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

\*\* Data on tuberculosis are provisional at the county level.