



EPI Monthly Report

Florida Department of Health in Miami-Dade County

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Protecting Your Health & Safety While on Spring Break Emily Moore, MPH & Amanda Muana

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Introduction:

As March draws to a close and the weather becomes warmer, schools and universities will start spring break. Parents will take the week off work in order to spend the time with their children, and many will take the week to visit an exotic location in the Caribbean or even overseas. Some spring break vacations, however, can turn into dangerous and even life-threatening situations if the people enjoying the sun and surf are not diligent about caring for their health.

Travel Recommendations from CDC:

The Centers for Disease Control and Prevention (CDC) have several recommendations to ensure your safety while traveling. These suggestions can be employed while enjoying your time away on Spring Break, especially if you are going to be vacationing abroad:

Before travelling, learn about your destination. Become acquainted with the local laws and culture. Learning about the customs of your host city or country is not only respectful, but helps you to stay safe. Be knowledgeable about the safety and security in that region as well as the health risks. It is also recommended that you see your doctor before travelling – especially if you will be travelling out of the country – to ensure that you are up to date on any vaccines you may need.

Upon your return home, pay special attention to your health for at least three weeks; some illnesses have long incubation periods and will not manifest until later. Take any prophylaxis medications – such as

antimalarial drugs – according to a physician’s instructions without missing any doses, even if you have already arrived home. If you have any flu like symptoms upon your return, please contact your primary care physician immediately.

Food and Water Borne Diseases

Trying new food and drink and eating out at restaurants is a common vacation activity for most travelers. While eating out on vacation, however, one might be more at risk for food or water borne illnesses, especially if one is enjoying time off in a foreign country. Some tips to avoid contracting an illness from a meal, especially while on Spring Break abroad, include:

- Drink only unopened beverages from a bottle or a can
- Only eat foods that are served hot
- Eat fruits and vegetables that have a peel, such as a banana or an orange
- Eat food from a factory-sealed package or container
- Only consume pasteurized dairy products
- Avoid drinks which contain ice made from the local water
- Refrain from sampling “street food”
- Do not eat soft or runny eggs
- Do not eat undercooked, pink meats
- Do not consume raw fish
- Do not eat “bushmeat”(monkeys, bats, or other wild game)
- Avoid eating salads

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- Do not eat unwashed, unpeeled raw fruits and vegetables
- Always wash your hands thoroughly with antibacterial soap after using the restroom and before eating (and remember this for every day, not just for Spring Break!)

Unclean water can also cause illness, even if you are not intentionally ingesting it. Try to keep from swallowing the water when you are swimming, bathing, or showering in a new place. If you have an open cut or blister, avoid swimming in a lake, river, or stream as your wound could become infected. Never swim in cloudy, murky water.

Mosquito-Borne Diseases

While on a cruise excursion or while biking through the Everglades, it's easy to come into contact with mosquitoes which can transmit serious illnesses. No vaccines exist to prevent some types of mosquito-borne diseases such as Dengue Fever or Chikungunya, so the best way to avoid becoming ill is to avoid being bitten. Follow these tips in order to prevent a mosquito-borne disease while enjoying your Spring Break:

- Steer clear of standing or dirty, stagnant water
- Cover your bare skin with long sleeves, long pants, socks, and shoes
- Protect yourself with an insect repellent containing DEET
- Close your windows and doors or use a screen while in your hotel room
- Try to plan your outdoor activities when mosquitoes are least active (stay indoors during dawn and dusk)
- If you are going to a country where

Malaria is endemic, take antimalarial drugs according to your physician's instructions

What to include in your traveler's health kit:

- Antidiarrheal medication
- Antihistamine
- Antacids
- Antifungal and antibacterial ointments
- Acetaminophen
- Aspirin
- Ibuprofen
- Mild laxatives
- Insect repellent containing DEET
- Sunscreen
- Bandages/gauze
- Alcohol-based hand sanitizers (60%-95%)
- Antimalarial medications
- Any medications you are currently taking
- A physician's note on letterhead describing prescription use

Do you have health and safety questions regarding your Spring Break vacation? Visit <http://wwwnc.cdc.gov/travel/> to get specific answers about your travel destination.

References:

<http://wwwnc.cdc.gov/travel/page/survival-guide>
<http://wwwnc.cdc.gov/travel/>
<http://www.cdc.gov/features/StopMosquitoes/>
[http://www.cdc.gov/ncidod/diseases/
list_mosquitoborne.htm](http://www.cdc.gov/ncidod/diseases/list_mosquitoborne.htm)
<http://www.cdc.gov/foodsafety/>
<http://www.cdc.gov/Features/BeFoodSafe/>

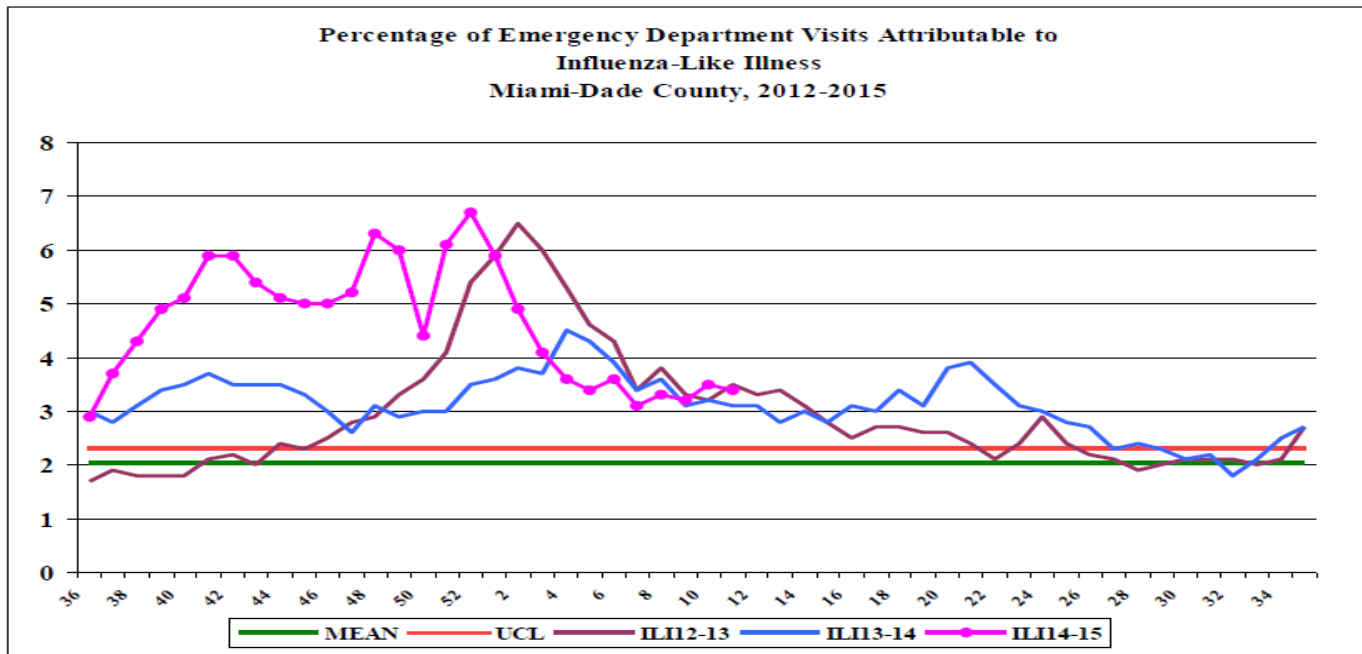


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Influenza-Like-Illness, All Age



During this period, there were 24,973 ED visits; among them 837 (3.4%) were ILI. At the same week of last year, 3.1% of ED visits were ILI.

PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

TO REPORT ANY DISEASE AND FOR INFORMATION CALL:
Epidemiology, Disease Control & Immunization Services

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.

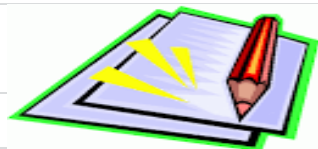
- Childhood Lead Poisoning Prevention Program305-470-6877
- Hepatitis305-470-5536
- Immunizations or outbreaks305-470-5660
- HIV/AIDS Program305-470-6999
- STD Program305-575-5430
- Tuberculosis Program305-575-5415
- Immunization Service305-470-5660
- To make an appointment.....786-845-0550

- 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 February 2015

Diseases/Conditions	2015	2015	2014	2013
	Current Month	Year to Date	Year to Date	Year to Date
HIV/AIDS				
AIDS*	34	62	77	128
HIV	149	273	215	228
STD				
Infectious Syphilis*	32	51	43	46
Chlamydia*	827	1389	1511	1574
Gonorrhea*	146	270	316	388
TB				
Tuberculosis**	6	11	15	9
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	23	39	40	37
Chikungunya Fever	4	5	0	0
Ciguatera Poisoning	2	2	0	0
Cryptosporidiosis	1	1	6	3
Cyclosporiasis	0	0	0	1
Dengue Fever	1	2	3	5
Escherichia coli, Shiga Toxin-Producing	0	0	3	0
E. coli, Non-O157	0	0	0	0
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	20	26	30	32
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	0	1	0
Legionellosis	1	2	2	7
Leptospirosis	0	0	0	0
Listeriosis	0	0	0	0
Lyme disease	0	0	1	0
Malaria	0	0	1	5
Meningitis (except aseptic)	0	1	5	4
Meningococcal Disease	0	1	1	4
Salmonella serotype Typhi (Typhoid Fever)	1	1	0	0
Salmonellosis	35	68	66	54
Shigellosis	15	21	75	4
Streptococcus pneumoniae, Drug Resistant	0	0	13	21
Toxoplasmosis	0	0	0	0
Vibriosis	0	0	2	0
West Nile Fever	0	0	0	0
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	0	0	0	0
Pertussis	2	2	2	1
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	3	3	10	9
Hepatitis				
Hepatitis A	1	1	2	5
Hepatitis B (Acute)	0	0	2	3
Lead				
Lead Poisoning	2	7	11	16

*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.