



MIAMI-DADE COUNTY HEALTH DEPARTMENT

# EPI MONTHLY REPORT

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June 2011

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## Health Advisory: West Nile Virus

On 07/19/2011, the Miami-Dade County Health Department was advised by our Bureau of Laboratories that a sentinel chicken in the northeastern Miami-Dade county area had been confirmed to have been infected with West Nile Virus. The sentinel chickens are tested on a weekly basis and the blood from this test was drawn on 07/11/2011. The previous week's testing done on 07/04/2011 showed negative results for WNV or any arboviral infections. This advisory is to alert you to the possibility of human infections and to please consider West Nile Virus as a source of infection in your differential diagnosis of any patient that may present with the following symptoms:

*Clinical Features of West Nile Fever*  
Fever, Headache, Fatigue, Skin rash on the trunk of the body (occasionally), Swollen lymph nodes (occasionally), Eye pain (occasionally).

*Severe Disease:* West Nile Meningitis, West Nile Encephalitis, and West Nile Poliomyelitis

*Clinical Features of Severe Disease*  
Fever, Gastrointestinal symptoms (Nausea/vomiting), Ataxia and extrapyramidal signs, Optic neuritis, Seizures, Weakness, Change

in Mental status, Myelitis, Polyradiculitis, a Maculopapular rash involving the neck, trunk, arms and legs (rare), Flaccid paralysis (rare), associated myocarditis, pancreatitis and fulminant hepatitis (rare).

When the central nervous system (CNS) is affected, clinical syndromes ranging from febrile headache to aseptic meningitis to encephalitis may occur, and these are usually indistinguishable from similar syndromes caused by other viruses.

About 60% to 75% of people with neuroinvasive WNV infection reportedly have encephalitis or meningoencephalitis, which is characterized by altered mental status or focal neurologic findings.

West Nile meningitis usually involves fever, headache, and stiff neck. Pleocytosis is present. Changes in consciousness are not usually seen and are mild when present. West Nile encephalitis, the most severe form of neuroinvasive West Nile viral disease, involves fever and headache, but there are more global symptoms. There is usually an alteration of consciousness, which may be mild and result in lethargy but may progress to confusion or coma. Focal neurologic deficits, including limb paralysis

and cranial nerve palsies, may be observed. Tremors and movement disorders also have been noted.

West Nile poliomyelitis, a flaccid paralysis syndrome associated with WNV infection, is less common than meningitis or encephalitis. This syndrome is generally characterized by the acute onset of asymmetric limb weakness or paralysis in the absence of sensory loss. Pain sometimes precedes the paralysis. The paralysis can occur in the absence of fever, headache, or other common symptoms associated with WNV infection. Involvement of respiratory muscles, leading to acute respiratory failure, can sometimes occur.

The Miami-Dade County Health Department is concerned for the safety of all the residents and visitors of our county. Our goal is to alert practitioners of any risks involving the public's health and to assist the medical community in any way possible. If you have any questions, please call

**Miami-Dade County Health Department  
Office of Epidemiology, Disease Control and  
Immunization Services at 305-470-5660.**





# Celebrate National Dance Day July 30

It's Your Health

In honor of the second annual National Dance Day, held on July 30, get on your feet, turn on the music, and dance.

**NATIONAL DANCE DAY**, a grassroots initiative that encourages the nation, young and old, to move! Individuals, families, organizations and communities from across the nation come together through their creative expression in dance.

What you may not realize, however, is that if you get off the couch and dance yourself, it's a great way to keep your body and mind healthy. Studies show that dancing can help you lose weight, stay flexible, reduce stress, make friends, and more.

What are you waiting for? Start reaping the many health benefits:

**Boost Memory**-Dance not only instills grace, but it also helps you age gracefully. According to a study in The New England Journal of Medicine, dancing may boost your memory and prevent you from developing dementia as you get older. Science reveals that aerobic exercise

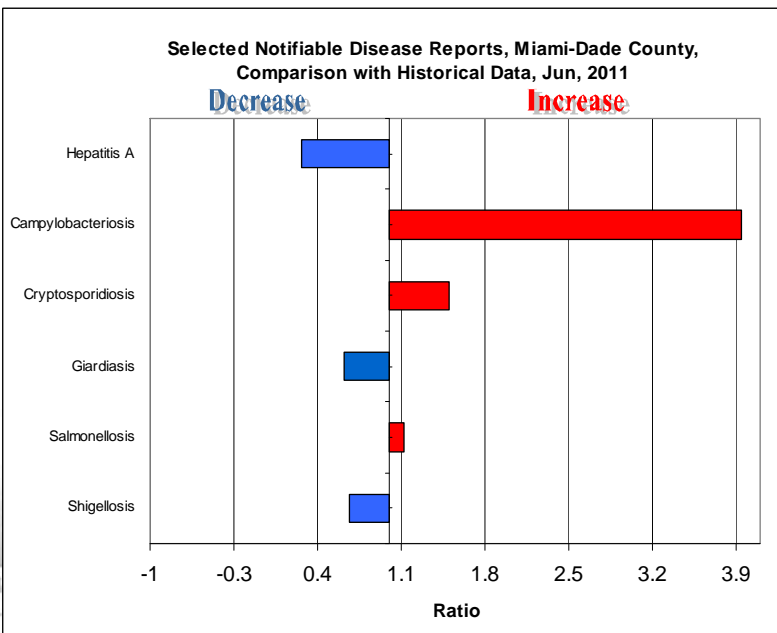
can reverse volume loss in the hippocampus, the part of the brain that controls memory.

**Improve Flexibility**-Those plies and arabesques that ballet dancers practice aren't just for aesthetics — they also increase flexibility and reduce stiffness. Increasing your flexibility will help ease joint pain and post-exercise soreness.

**Reduce Stress**- If you're feeling tense or stressed out, you might want to grab a partner, turn up the music, and tango! In a controlled study in the Journal of Applied Gerontology, researchers found that partner dance and musical accompaniment can help bring about stress relief.

**Helps Your Heart**- Dance is a great activity for those at risk for cardiovascular disease. People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise, noted an Italian study.

[And more..](#)



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

- Childhood Lead Poisoning Prevention Program .....305-470-6877
- Hepatitis .....305-470-5536
- Immunizations or outbreaks .....305-470-5660
- HIV/AIDS Program .....305-470-6999
- STD Program .....305-575-5430
- Tuberculosis Program .....305- 575-5415
- Immunization Service .....305-470-5660
- To make an appointment.....786-845-0550

**Miami-Dade County Health Department**  
**EDC-IS Influenza/Respiratory Illness**  
**Surveillance Report**

**EDC-IS**  
 Epidemiology, Disease Control  
 & Immunization Services  
 MDCHD

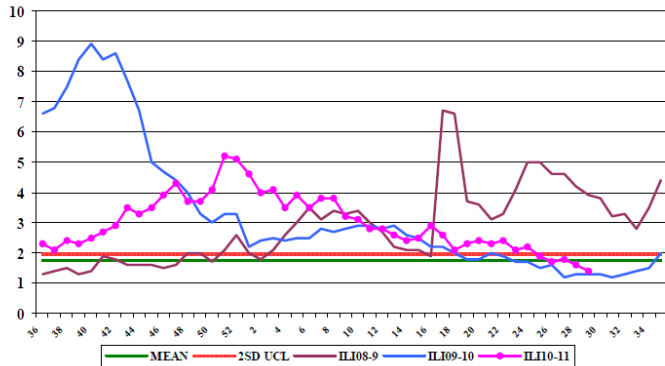


**Week 29: 07/17/2011– 07/23/2011**

Miami Dade County Health Department EDC-IS collects and analyzes weekly information on influenza activity in Miami-Dade County. On a daily basis, selected Miami-Dade County hospitals electronically transmit hospital emergency department data to the Miami-Dade County Health Department.

This data is then categorized into 10 distinct syndromes. The influenza-like illness (ILI) syndrome consists of fever with either cough or sore throat. It can also include a chief complaint of “flu”. Each week, staff will determine the percentage of all emergency department visits that fall into the ILI category.

Percentage of Emergency Department Visits Attributable to Influenza-Like Illness  
 Miami-Dade County, 2008-2011



During this period, there were 19,048 ED visits; among them 271(1.4%) were ILI. At the same week of last year, 1.3% of ED visits were ILI.

**PARTICIPATE IN INFLUENZA**  
**SENTINEL**  
**PROVIDER SURVEILLANCE**

**The Miami-Dade County Health Department 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 **Erin O’Connell** at 305-470-5660.

**About the Epi Monthly Report**

The Epi Monthly Report is a publication of the Miami-Dade County Health Department, 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, contact Lizbeth Londoño at 305-470-6918.



# Miami-Dade County Monthly Report

## Select reportable Disease/Conditions

### June 2011

Diseases/Conditions	2011 Current Month	2011 Year to Date	2010 Year to Date	2009 Year to Date
<b>HIV/AIDS</b>				
AIDS*	87	368	361	445
HIV	179	852	630	639
<b>STD</b>				
Infectious Syphilis	24	158	N/A	N/A
Chlamydia	781	4300	N/A	N/A
Gonorrhea	233	1132	N/A	N/A
<b>TB</b>				
Tuberculosis**	16	58	78	N/A

### Epidemiology, Disease Control & Immunization Services

#### Epidemiology

Campylobacteriosis	65	251	83	52
Ciguatera Poisoning	1	7	3	13
Cryptosporidiosis	2	9	6	7
Cyclosporiasis	1	2	0	0
Dengue Fever	1	5	7	2
E. coli, O157:H7	0	0	0	0
E. coli, Non-O157	0	0	0	0
Encephalitis (except WNV)	0	0	0	0
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	15	155	330	299
Influenza Novel Strain	0	0	20	418
Influenza, Pediatric Death	0	0	0	1
Legionellosis	1	9	4	7
Leptospirosis	0	0	0	0
Listeriosis	0	0	13	0
Lyme disease	0	0	2	1
Malaria	2	9	11	8
Meningitis (except aseptic)	0	0	0	0
Meningococcal Disease	2	9	11	11
Salmonellosis	57	183	154	202
Shigellosis	9	56	90	83
Streptococcus pneumoniae, Drug Resistant	10	54	98	68
Toxoplasmosis	0	0	1	0
Typhoid Fever	0	1	2	2
Vibriosis	0	1	0	0
West Nile Fever	0	0	0	0

#### Immunization Preventable Diseases

Measles	0	0	0	0
Mumps	0	0	3	0
Pertussis	3	13	17	18
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	4	24	52	36

#### Hepatitis

Hepatitis A	1	12	22	27
Hepatitis B (Acute)	1	2	14	7

#### Lead

Lead Poisoning	12	70	122	57
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\*Data on AIDS are 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.

