

# Epi Monthly Report

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## Prevention During Influenza Season

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Influenza (or flu) is a contagious respiratory disease caused by influenza viruses. It can cause mild to severe illnesses, and complications from the flu sometimes can lead to death<sup>1</sup>. The most common symptoms include fever, asthenia, myalgia, cough, sore throat, headaches, and runny or stuffy nose. Some people, such as young children under the age of 5, adults older than age of 65, pregnant women, people with weakened immune systems, and people who have chronic illnesses, are at higher risk of developing influenza complications<sup>1</sup>. As of January 13, 2018, week 2, widespread influenza activity is being reported in 49 states of the U.S. including Florida<sup>1</sup>. Per the Centers for Disease Control and Prevention (CDC), this season has seen a high prevalence of the strain of influenza 'A' called H3N2.

The Florida Department of Health in Miami-Dade County Epidemiology (DOH-Miami-Dade), Disease Control, and Immunization Services (EDC-IS) monitors local influenza cases through the percentage of influenza like illness (ILI) visits among all Emergency Department (ED) and urgent care

visits. As of January 20, 2018, week 3, there were 34,918 ED visits among all age groups; among these 3,093 (8.9%) were ILI. At the same week of last year, 4.7% of ED visits were ILI (Figure 1). During this period, there were 8,450 ED visits among children aged 0-17; among these 1,153 (13.64%) were ILI. At the same week of last year, 9.36% of ED visits were ILI (Figure 2).

According to the Florida Department of Health (DOH), 107 outbreaks of influenza and ILI have been reported since the start of the 2017-2018 flu season in Florida<sup>2</sup>. 94% of all outbreaks reported during this season have been in facilities serving people at higher risk of having complications due to the influenza infection (children aged <5 years and adults aged ≥65 years)<sup>2</sup>. In the past, influenza vaccine effectiveness (VE) has been lower against A (H3N2) viruses than against A (H1N1) or influenza B viruses. Therefore, during last flu season VE against influenza A(H3N2) viruses was estimated to be 32% in the U.S.<sup>1</sup> Nevertheless, flu vaccines are considered the best way to prevent influenza infection and serious flu complications.

## Take “3 actions” to Fight the Flu<sup>1</sup>:

### 1. Vaccinate

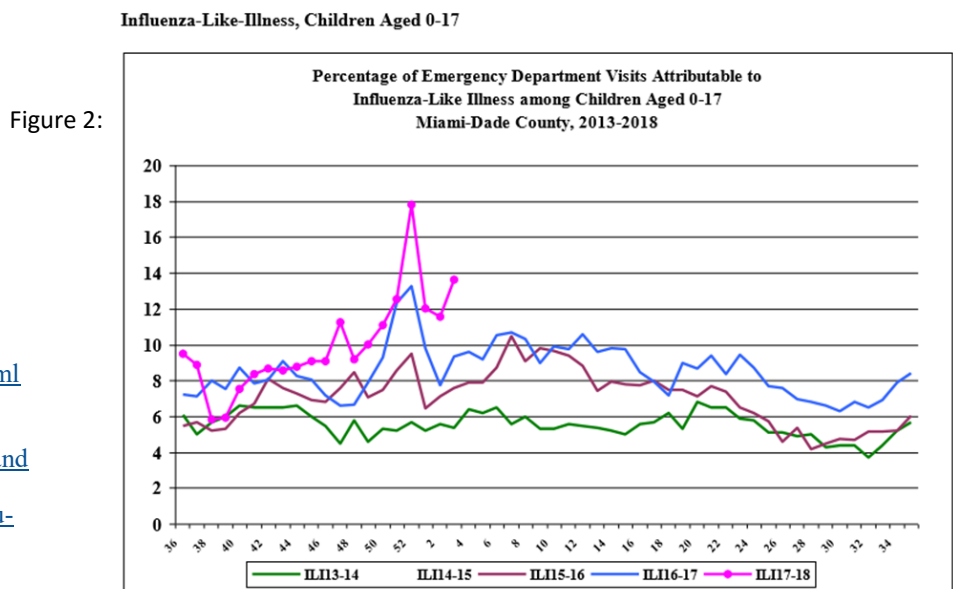
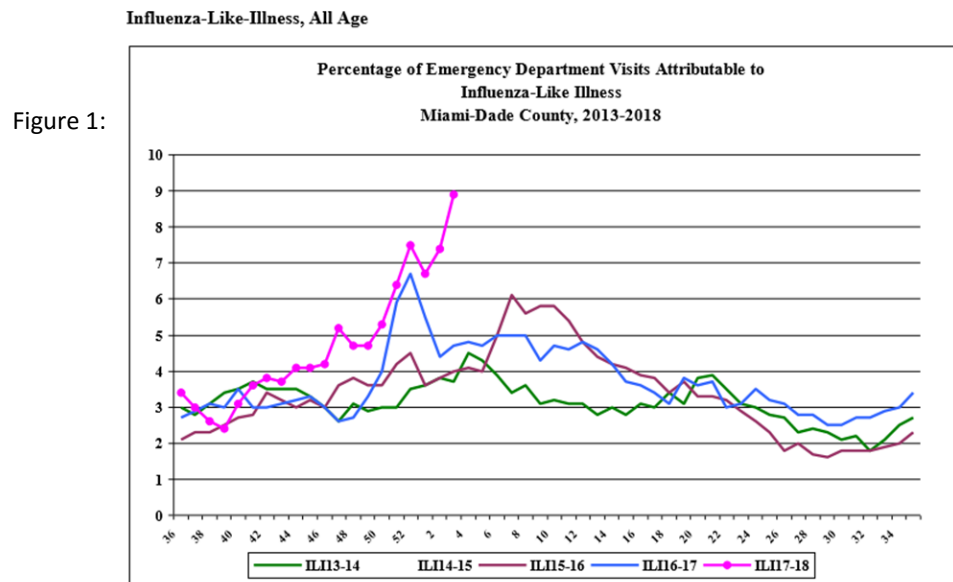
- Per the CDC, the yearly influenza vaccine is the most important step in preventing flu viruses.
- Everyone 6 months of age or older who can should get the influenza vaccine every year before flu season starts in their community.
- Influenza vaccination can prevent flu illnesses, missed work and school days, and doctor’s visits and hospitalizations.

### 2. Stop Germs

- Avoid close contact with sick people.
- While sick, stay at home until at least 24 hours after your fever is gone.
- Try to cover your mouth and nose when you cough or sneeze.
- Frequently wash your hands with soap and water to prevent the flu virus from spreading.

### 3. Antiviral Drugs

- Antiviral drugs can make the illness milder and shorten the time of illness if taken within 48 hours of onset.
- Studies have shown that antiviral drugs work best when they are started within 2 days of getting sick.

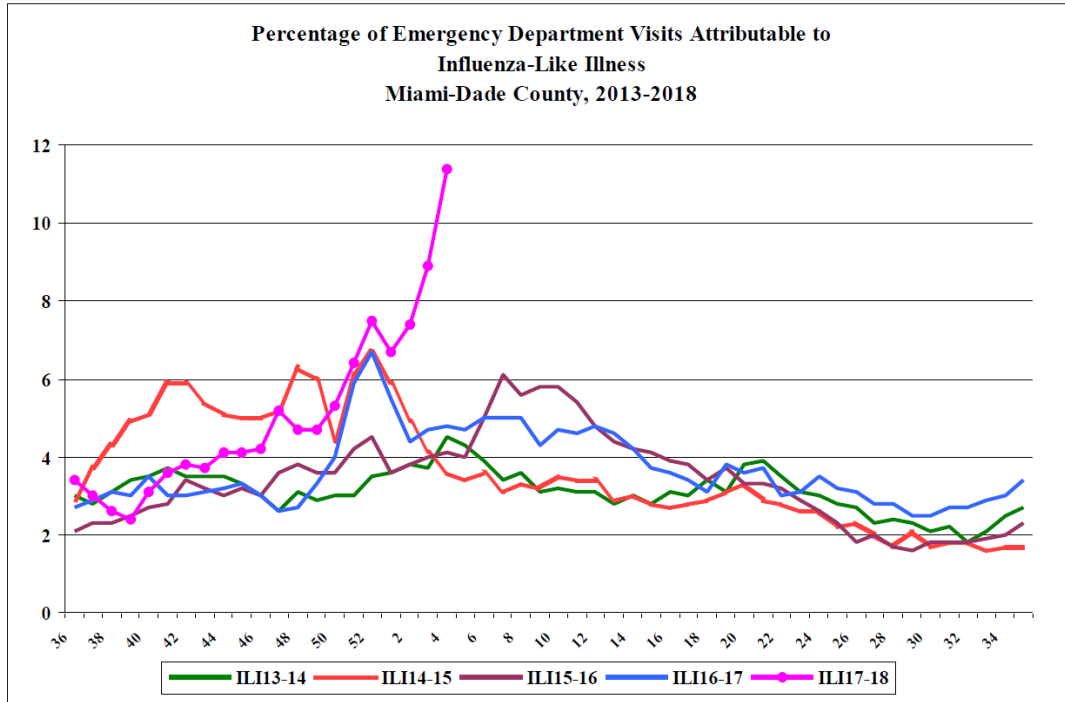


## Citations

1. Center for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/flu/index.html>

2. Florida Department of Health. Retrieved from <http://www.floridahealth.gov/diseases-and-conditions/influenza/documents/2017-18/2018-w2-flu-review1.pdf>

**Influenza-Like-Illness, All Age**



During this period, there were 40,019 ED visits; among them 4,576 (11.4%) were ILI. At the same week of last year, 4.8% 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.

**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

**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

### December 2017

Diseases/Conditions	2017 Current Month	2017 Year to Date	2016 Year to Date	2015 Year to Date
<b>HIV/AIDS</b>				
AIDS*	71	443	27	495
HIV	153	1332	127	1483
<b>STD</b>				
Infectious Syphilis*	39	381	403	325
Chlamydia*	1021	12153	12214	10768
Gonorrhea*	342	3398	2885	2221
<b>TB</b>				
Tuberculosis**	10	100	116	125
<b>Epidemiology, Disease Control &amp; Immunization Services</b>				
<b>Epidemiology</b>				
Campylobacteriosis	68	694	561	651
Chikungunya Fever	0	1	0	28
Ciguatera Poisoning	6	16	18	15
Cryptosporidiosis	4	43	31	49
Cyclosporiasis	1	5	2	4
Dengue Fever	0	9	17	35
Escherichia coli, Shiga Toxin-Producing	1	25	11	17
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	16	131	183	196
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	1	0	2
Legionellosis	0	42	30	32
Leptospirosis	0	0	0	1
Listeriosis	2	9	9	6
Lyme disease	6	11	7	9
Malaria	1	6	9	8
Meningitis (except aseptic)	2	12	3	9
Meningococcal Disease	0	7	1	6
Salmonella serotype Typhi (Typhoid Fever)	0	2	1	2
Salmonellosis	57	805	760	715
Shigellosis	18	121	71	144
Streptococcus pneumoniae, Drug Resistant	6	28	5	2
Vibriosis	14	17	13	19
West Nile Fever	0	0	0	0
<b>Immunization Preventable Diseases</b>				
Measles	0	0	4	0
Mumps	2	9	5	3
Pertussis	3	37	24	35
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	18	62	79	56
<b>Hepatitis</b>				
Hepatitis A	9	125	48	37
Hepatitis B (Acute)	6	36	26	14
<b>Healthy Homes</b>				
Lead Poisoning	2	84	114	81

\*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.