

Bay Community Health News



Thomas L. Hickner
County Executive

Barbara M. MacGregor, RN, BSN
Public Health Director

Author/Editor:
Dominic Smith, BS

Format/Design:
Melissa L. Maillette, BS, MA

1200 Washington Avenue
Bay City, Michigan 48708

(989) 895-4009 Voice
(989) 895-4014 Fax
(989) 895-4049 TDD

www.baycounty-mi.gov/Health



HIV/AIDS

“Transmission Exists in Every Community”

Human immunodeficiency syndrome, more commonly known as HIV, is a disease that has had a public health impact all over the world. Since the early 1980s, HIV has changed the face of the world we live in. Today, the epidemic continues, and for many, HIV is a daily companion. Over one million Americans are living with HIV/AIDS today. Recent communicable disease investigations in the Mid-Michigan area indicate an increase in the rate of HIV infection. This increase within the region includes areas where HIV infections are historically low. Bay County has a prevalence of 32 HIV cases and 24 AIDS cases per Michigan Department of Community Health July 2008 quarterly analysis.

Public Health officials are encouraging individuals to assess their risk for HIV infection, get tested, and to know their HIV status by learning their test results. Knowing ones status is essential, as early detection of HIV allows for early treatment, which can both prolong and improve the quality of life. Individuals should know what high risk behaviors are and take steps to protect themselves and partners from infection. The transmission of HIV occurs through three well documented means: 1) having sex (anal, vaginal, or oral) with someone infected with HIV; 2) sharing needles and syringes with someone infected with HIV; and 3) being exposed (fetus or infant) to HIV before or during birth or through breast feeding. It is possible to find HIV in the saliva, tears, and urine of infected individuals, but there are no recorded cases of infection by these secretions.

HIV/AIDS affects us all, regardless of gender, racial or ethnic identity, income, or even where we live. Based on data from the Michigan Department of Community Health (MDCH) Bureau of Epidemiology’s Quarterly HIV/AIDS Analysis Report (January 2008), it is estimated that 3,330 people in Michigan living with HIV/AIDS have not yet been tested and are unaware of their infection. When a person is aware of their status, he/she will not be putting others at risk of infection, and as a community we can then decrease the number of new HIV infections throughout the world.

Physicians are encouraged to educate their patients on HIV/AIDS and recommend they get tested to know their status. For more information about HIV/AIDS, please visit the Centers for Disease Control’s website at <http://www.cdc.gov/hiv/> or Michigan Department of Community Health’s website at <http://www.michigan.gov/mdch/>.

VACCINES PREVENT DISEASE

Did you know?

- It’s true that newborn babies are immune to many diseases because they have antibodies they received from their mothers. However, the duration of this immunity may last from one month to one year. Further, young children do not have maternal immunity against some vaccine-preventable diseases, such as whooping cough.
- If a child is not vaccinated and is exposed to a disease germ, the child’s body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but babies are now protected by vaccines, so we do not see these diseases as often.
- Immunizing individual children also helps to protect the health of our community, especially those people who are not immunized. People who are not immunized include those who are too young to be vaccinated (e.g., children less than a year old cannot receive the measles vaccine but can be infected by the measles virus), those who cannot be vaccinated for medical reasons (e.g., children with leukemia), and those who cannot make an adequate response to vaccination.

VACCINES PREVENT DISEASE CONTINUED

While the number of vaccinated middle-school children has slightly increased in recent years, numbers are still low. In addition, more Michigan parents are opting out of having their pre-school aged child vaccinated. This trend leads to health concerns. As the new school year approaches, the Bay County Health Department encourages parents to make sure their children are up-to-date on their vaccinations. Childhood immunizations are one of the best ways for parents to protect their children against 14 vaccine-preventable diseases.

Infants are especially vulnerable to diseases that could be passed on from school-aged brothers and sisters. That is why it is so important to protect the entire family through immunizations. In 2008 there have been more cases of measles, a highly contagious viral disease, in the United States than since 1997. So far this year, seven distinct measles outbreaks, including four in Michigan, with a total of more than 130 cases, have been reported in the United States. Each of the cases involved largely un-immunized groups and sparked by a case from another part of the world. To learn more about immunizations, please contact BCHD at 989-895-4009 ext. #2 or the Centers for Disease Control at 1-800-232-4636.

REPORTED NUMBER OF COMMUNICABLE DISEASE CASES IN BAY COUNTY FOR 2006, 2007, AND 2008

(2008 represents January – July)

BAY COUNTY			
DISEASE	2006	2007	2008
Viral Meningitis	3	16	3
Bacterial Meningitis	1	0	1
Campylobacter	0	4	2
Cryptococcus	0	0	0
Giardiasis	1	13	3
Hepatitis C Chronic	28	25	14
Hepatitis C Acute	3	0	0
Hepatitis B Acute	0	0	0
Hepatitis B Chronic	2	5	1
Hepatitis A	0	1	0
Legionellosis	1	2	0
Salmonellosis	2	9	5
Shigellosis	0	0	0
Pertussis	8	2	0
Tuberculosis	0	0	0
Escherichia coli 0157:H7	0	1	0
Chicken Pox (Varicella)	13	15	34
Mumps	1	0	0
HIV, Adult	0	0	3
Chlamydia	136	213	129
Gonorrhea	15	39	18
Syphilis	0	3	1
Rabies (Bats)	0	3	2

TETANUS, DIPHTHERIA, PERTUSSIS (Tdap) VACCINE

Tdap was licensed in 2005 and is the first vaccine for adolescents and adults that protects against tetanus, diphtheria, and pertussis (whooping cough). A dose of Tdap is recommended for **adolescents who got DTaP or DTP as children** but have not yet gotten a dose of tetanus. The preferred age is 11-12. **Adolescents who have already gotten a booster dose of Td** are encouraged to get a dose of Tdap as well, for protection against pertussis. Waiting at least 5 years between Td and Tdap is encouraged, but only 2 years is required. **Adolescents who did not get all their scheduled doses of DTaP or DTP** as children should complete the series using a combination of Td and Tdap. **Adults who expect to have close contact with an infant** younger than 12 months of age should get a dose of Tdap. Waiting at least 2 years since the last dose of Td is suggested, but not required. **Healthcare workers who have direct patient contact** in hospitals or clinics should also get a dose of Tdap. A 2-year interval since the last Td is suggested, but not required. Bay County Health Department provides the Tdap vaccine as well as many others. For clinic hours and times, please contact the Bay County Health Department.

ACUTE HEPATITIS A VIRUS (Anti HAV IgM)

Hepatitis A is a nationally reportable condition, and the surveillance case definition includes both clinical criteria and serologic confirmation. State health departments and CDC have investigated persons with positive serologic tests for acute hepatitis A virus (HAV) infection (i.e., IgM anti-HAV) whose illness was not consistent with the clinical criteria of the hepatitis A case definition. To improve the predictive value of a positive IgM anti-HAV tests, clinicians should limit laboratory testing for acute HAV infections to persons with clinical findings typical of hepatitis A or to persons who have been exposed to settings where HAV transmission is suspected. Physicians, who are considering Acute Hepatitis A diagnosis, **should remember to order the IgM HAV to prevent delays in laboratory confirmation.** It is recommended for physicians to question clients if they have received the Hepatitis A vaccination series. It has been found that labs that have a total Anti-HAV test results, are not doing further lab studies, unless indicated. **It is imperative labs run the IgM HAV if Acute Hepatitis A is being considered for diagnosis.**

**Statistical data obtained from the Michigan Disease Surveillance System (MDSS).*

PUBLIC HEALTH NEWS & NOTES

LOCAL HIV/AIDS TESTING SITES

BASIS/SHRC, Bay City & Saginaw (989) 894-2991
 Bay Co. Health Dept., Bay City (989)895-4003
 Hearth Home, Saginaw (989) 753-9011
 Planned Parenthood, Saginaw (989) 249-7736
 Saginaw Co. Health Dept. (989) 758-3880

For information regarding the 2008 AIDS Walk Michigan, please visit to www.aidswalkmichigan.org

WEST NILE VIRUS

In July, Bay County Mosquito Control (BCMC) confirmed the first case of West Nile Virus (WNV) in a dead American Crow for 2008. The chance of anyone becoming infected with WNV is very low (less than 1% of mosquitoes are infected). Bay County Health Department wants to remind the public the easiest and best way to avoid WNV is to prevent mosquito bites by doing the following:

- ✓ When outdoors, use insect repellent containing an EPA-registered active ingredient
- ✓ Many mosquitoes are most active at dusk and dawn. Be sure to wear insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours
- ✓ Use good screens on windows and doors to keep mosquitoes out
- ✓ Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

MEDICAL RESERVE CORPS (MRC)

Medical Reserve Corps is a specialized component of Citizen Corps, a national network of volunteers dedicated to ensuring hometown security. MRC units are community-based and function as a way to locally organize and utilize volunteers, medical professionals and others who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies.

MRC volunteers can help support local public health by promoting disease prevention, improving health literacy, eliminating health disparities, and enhancing public health

preparedness. They can also assist local hospitals and health departments with personnel needs, and participate in mass vaccination exercises and community disaster drills. Volunteers can consist of practicing, retired or other employed medical professionals such as doctors, nurses, emergency medical technicians, pharmacists, nurses' assistants, and others. United States citizenship is not required to be part of the MRC. Non-citizen, legal U.S. residents also are welcome to volunteer and contribute their time, knowledge, and skills to protecting and improving their communities. For more information visit: <http://www.medicalreservecorps.gov>. **MI Volunteer Registry is available for volunteers with all skill levels and experiences.** Operators of retail food establishments, food processing plants, food distribution firms, as well as food industry association officials and regulatory officials are encouraged to register. In addition, other persons are encouraged to register as well. For more information visit: <http://www.michigan.gov/mdch>.

TRAVEL MEDICINE

Each year as many as 45 million Americans travel abroad, with about 20 million of them spending time in rural areas or developing countries, locations where the risks of contracting an illness are great. The importance and complexity of pre-travel services continue to grow as increasingly large numbers of Americans go abroad each year to vacation, visit friends and relatives, conduct business, teach, study, or participate in humanitarian or religious activities.

International travelers run the risk of exposure to infectious diseases they might not ordinarily encounter at home. As a result, travelers frequently return to the United States with acute or chronic illnesses, some of which may be unusual, difficult to diagnose, and easily transmitted to family members, co-workers, and other contacts within the community. Physicians knowledgeable in the field of travel medicine can help their patients prepare for trips abroad by providing advice on ways to prevent or mitigate travel-related illnesses.

Ideally, the initial consultation about travel abroad should occur at least six weeks before departure to allow time for booster immunizations and assessment of any adverse reactions. Travelers should assess their immunization status with their physician to determine what vaccinations are needed prior to travel.

Physicians may want to refer travelers to a Travel Clinic or Travel-Medicine Specialist under the following circumstances:

- ✓ The departure date is imminent (i.e., in 2 weeks or less)
- ✓ The traveler is visiting a remote area; embarking on a complex itinerary, especially one that includes several countries; and/or planning activities that involve unusual risks (adventure travel, humanitarian or missionary work)
- ✓ The patient has special needs (e.g., is pregnant diabetic, immunocompromised, or a transplant recipient)
- ✓ Yellow fever vaccine or another specialized travel-related immunizations (e.g., Japanese encephalitis vaccine) is needed

The traveler will also need to bring the following:

- ✓ Vaccination records
- ✓ Exact dates and locations of travel
- ✓ A list of current and recent medications and dosages
- ✓ A list of allergies, if any
- ✓ Medical history, including surgery

A proactive approach to protecting patients from travel-related illness and injury is more important than ever as international travel becomes more common. A directory of travel clinics can be found on the websites of the American Society of Tropical Medicine and Hygiene (www.astmh.org), the International Society of Travel Medicine (www.istm.org) and Centers for Disease Control and Prevention (www.cdc.gov/travel).



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*Creating A Healthy Environment
For The Community*

We're on the Web!

Visit us at:

www.baycounty-mi.gov/Health

MISSION

We, at the Bay County Health Department, commit to providing Bay County residents with quality health care delivered by our qualified, compassionate staff. We believe in a holistic approach in promoting the optimal level of wellness in each individual.

GOALS

The goal of public health administration is to establish and maintain a community focus on public health through the development of an efficiently organized, adequately staffed and effective Health Department.

The Health Department was created to meet the needs and the expectations of all citizens in Bay County. Many of the services are free of charge while others are based on income, eligibility criteria, and fee for service.

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**Bay County Health Department
1200 Washington Avenue
Bay City, Michigan 48708**

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