PHYSICIAN'S UPDATE

Vaccine-Preventable Disease Update

Hepatitis A Outbreak: Michigan had its largest outbreak of Hepatitis A in the vaccine era with over 900 cases to date since the outbreak began in August 2016. Of note was the significant morbidity associated with this outbreak with 80% hospitalization rate and 28 deaths reported. Risk factors most associated with the outbreak were homelessness, substance use disorder, and recent incarceration. High risk groups should continue to be offered vaccine, especially as outbreaks continue nationwide including Ohio and Indiana. For more information, see the State of Michigan's Website.

Measles: The recent outbreak of Measles in Michigan with 44 cases has been extinguished, but nationwide in 2019 there have been over 1000 cases reported to the CDC from 28 states. Already this is the largest number of cases in a single year since 1994. Among reported cases 90% were unvaccinated. For updated information on the outbreak go to the CDC's Measles Outbreak Site.

All children should receive 2 doses of MMR vaccine, given routinely at 12 months and 4 years of age. Adults born in 1957 or later should receive one dose of vaccine. High risk adults including health care workers, international travelers, and those attending college, should receive 2 doses at least one month apart. The Immunization Action Coalition has the answers to many of your questions about measles vaccine.

Immunizations

Every year the Adult and Child/Adolescent Immunization Schedules are updated by the Advisory Committee on Immunization Practices (ACIP). The CDC has put together a **free app** that is an easy way to access the schedules and other important information. The tool provides the adult, children, and catch-up schedules in color with hyperlinked vaccine names with specifics.

Supplemental Nutrition Assistance Program (SNAP) Education

The SNAP Education Program has a goal to provide nutrition education to people eligible for SNAP, or food assistance, to increase the likelihood that they will make healthy food choices within a limited budget. With this funding, the Health Department will deliver nutrition education reinforced by food demonstration and taste testing on-site at the Mancelona Farmer's Markets every Thursday during the 2019 season. The food demonstrations will utilize in-season fruits and vegetables available for purchase at the market. The goal is to increase consumption of fruits and vegetables to help promote a healthy diet that can reduce the risk for heart disease and cancer. Most local farmer's markets are also offering "Double Up Food Bucks" where individuals with Bridge cards can double their benefits up to $20 to buy fresh, local fruit and veggies.

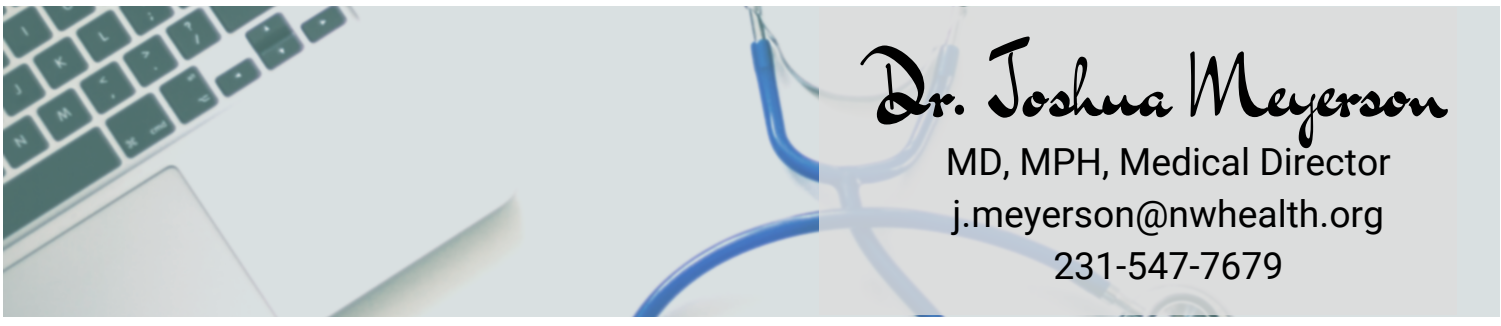
PFAS

Michigan continues to monitor and evaluate surface and groundwater for contamination with PFAS. PFAS is a group of per and polyfluoroalkyl substances that were commonly used in firefighting foam, nonstick cookware, as well as for water and stain proofing clothing, shoes, and household items. These chemicals are ubiquitous in developed nations and can be found in trace amounts in most residents. Known contamination sites include many military bases as well as individual drinking wells across the state. Although still being evaluated, the current lifetime health advisory for drinking water is 70ppt (parts per trillion). Potential health effects to long term exposure include possible increased rates in testicular and kidney cancer, ulcerative colitis, thyroid disease, and changes to immune response. The Michigan PFAS Action Response Team (MPART) is providing leadership to the State response and keeps an up to date website.

Vector Borne Diseases

Summertime brings bugs, bats and the Vector Borne Diseases they carry! A few important reminders:

- The sesame seed sized blacklegged tick is the only tick known to carry *borrelia burdoferi*, the bacterium that causes Lyme Disease. Michigan has seen a steady spread of this, and other ticks into and across the state. Counties that are known to be at risk for Lyme Disease include some (Benzie, Leelanau, Grand Traverse, Charlevoix) in Northern Michigan with spread to the others possible. Wearing protective clothes, using insect repellent with DEET, or Permethrin applied to clothing, and staying on a trail can help prevent tick bites. If someone finds a tick attached to themselves or their child, prompt removal within 24 hours of attachment greatly reduces risk of infection. Once removed ticks can be identified and, if needed, sent for testing for presence of *borrelia burdoferi*. Pictures of ticks can be submitted for identification by text to the State, or by contacting the local health department office for assistance. For more information about ticks, lyme disease, and submission instructions go to the State of Michigan's Tick/Lyme Website.
- West Nile Virus infection is caused by a bite from an infected mosquito and is most common in late summer and fall. Birds are also affected by WNV and dead birds found to be infected with WNV have been found in many counties in Michigan. Taking precautions to reduce mosquito bites, especially in those at increased risk for WNV (elderly and immunocompromised), is the best and only way to reduce risk of illness. You can find data, maps, and more on the State of Michigan's Emerging Diseases website.
- Rabies is rare but endemic in our wildlife. It is most commonly found in bats but also raccoons, skunks, and fox. It can infect most any mammal but rodents, rabbits, moles, and squirrels are not known to transmit rabies virus. A common problem in our area is when bats are found in a residence. Rabies virus must be transmitted by a bite or scratch from an infected animal, so the mere presence of a bat is not a risk factor. If a bat is found in a room with a sleeping person or young child, however, they are considered exposed as they may not be aware of a bite. Whenever there is a possibility of rabies exposure from a bat, the best option is to capture and euthanize the bat and submit it to the local health department for testing at the State of Michigan lab. Given the long incubation period or rabies virus (usually 3-12 weeks) there is time to wait for testing results prior to starting post exposure prophylaxis (PEP). If needed, PEP should be administered to individuals to prevent this fatal illness. PEP consists of Rabies Immunoglobulin and 4 doses of Rabies Vaccine given over 2 weeks.



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Communicable Disease Totals

January 1, 2019-June 30, 2019

Disease	Alpena	Cheboygan	Montmorency	Presque Isle	Total
Campylobacter	0	4	0	2	**6**
Cryptosporidiosis	3	1	0	0	**4**
Giardiasis	0	0	0	1	**1**
Norovirus	10	0	1	2	**13**
Salmonellosis	1	1	0	1	**3**
Yersinia enteritis	1	0	0	1	**2**
Flu Like Disease*	14	4	0	5	**23**
Influenza	96	10	3	8	**117**
Streptococcus pneumoniae, Inv	2	2	0	0	**4**
CP-CRE	0	1	0	0	**1**
Rabies: Potential Exposure & PEP	5	15	3	1	**24**
Chlamydia (Genital)	38	15	2	9	**64**
Gonorrhea	4	1	0	1	**6**
Syphilis - Late Latent*	0	1	0	0	**1**
Latent Tuberculosis Infection	0	0	0	1	**1**
Chickenpox (Varicella)	0	1	1	0	**2**
H. influenzae Disease - Inv.	0	1	0	0	**1**
VZ Infection, Unspecified	0	1	0	0	**1**
Hepatitis B, Acute	0	1	0	0	**1**
Hepatitis B, Chronic	1	0	0	0	**1**
Hepatitis C, Chronic	11	9	1	5	**26**
Total	**188**	**82**	**13**	**37**	**320**

To report a Communicable Disease/STD to the Health Department:

Send a secure fax to 989-358-7997.

Alpena - Alysia Burd , 989-255-0967; Jessica LaTourette, 989-358-7917

Cheboygan - Lynn Cavitt, 989-358-7923; Christine Gouine, 989-255-2987

Montmorency - Britney Wright, 989-255-1535 ; Presque Isle- Mary Donakowski, 989--255-3273