

Communicable Disease Newsletter

Joplin/Jasper County

Volume 10, Issue 1

January-March 2017

Norovirus

Norovirus is a very contagious virus that can infect anyone. You can get it from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed. This leads you to have stomach pain, nausea, and diarrhea, and to throw up. These symptoms can be serious for some people, especially young children and older adults.

(Continued on page 2)

Did You Know?

You may hear norovirus illness called “food poisoning” or “stomach flu.” It is true that food poisoning can be caused by noroviruses, but other germs and chemicals can also cause food poisoning. Norovirus is not related to the flu, which is a respiratory illness caused by influenza virus.



How contagious is norovirus?

Just a **very small amount** - as few as 18 viral particles - of norovirus on your food or your hands can make you sick.

That means the amount of virus particles that fit on the head of a pin would be enough to infect **more than 1,000 people!**

SOURCE: Journal of Medical Virology, August, 2008

Source: [CDC](#)

In This Issue

- ◆ Norovirus
- ◆ Influenza Report
- ◆ Communicable Disease Report
- ◆ Sexually Transmitted Disease Report

Symptoms of Norovirus

Norovirus causes inflammation of the stomach or intestines or both. This is called acute gastroenteritis.

The most common symptoms—

- ◆ diarrhea
- ◆ throwing up
- ◆ nausea
- ◆ stomach pain

Other symptoms—

- ◆ fever
- ◆ headache
- ◆ body aches

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days.

If you have norovirus illness, you can feel extremely ill and throw up or have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses.

Symptoms of dehydration—

- ◆ decrease in urination
- ◆ dry mouth and throat
- ◆ feeling dizzy when standing up

Children who are dehydrated may cry with few or no tears and be unusually sleepy or fussy.

Transmission of Norovirus

Norovirus is a highly contagious virus. Anyone can get infected with norovirus and get sick. Also, you can get norovirus illness many times in your life. One reason for this is that there are many different types of noroviruses. Being infected with one type of norovirus may not protect you against other types. Norovirus can be found in your stool (feces) even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better.

You are most contagious

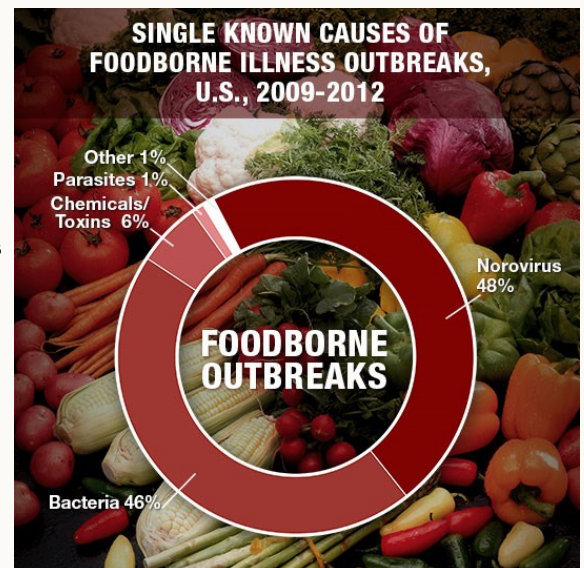
- ◆ when you are sick with norovirus illness, and
- ◆ during the first few days after you recover from norovirus illness.

You can become infected with norovirus by accidentally getting stool or vomit from infected people in your mouth. This usually happens by

- ◆ eating food or drinking liquids that are contaminated with norovirus,
- ◆ touching surfaces or objects contaminated with norovirus then putting your fingers in your mouth, or
- ◆ having contact with someone who is infected with norovirus (for example, caring for or sharing food or eating utensils with someone with norovirus illness).

Norovirus can spread quickly in closed places like daycare centers, nursing homes, schools, and cruise ships. Most norovirus outbreaks happen from November to April in the United States. There is no specific medicine to treat people with norovirus illness. Norovirus infection cannot be treated with antibiotics because it is a viral (not a bacterial) infection.

If you have norovirus illness, you should drink plenty of liquids to replace fluid lost from throwing up and diarrhea. This will help prevent dehydration.



2016-2017 Influenza Report

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year.

Source: [CDC](http://www.cdc.gov)

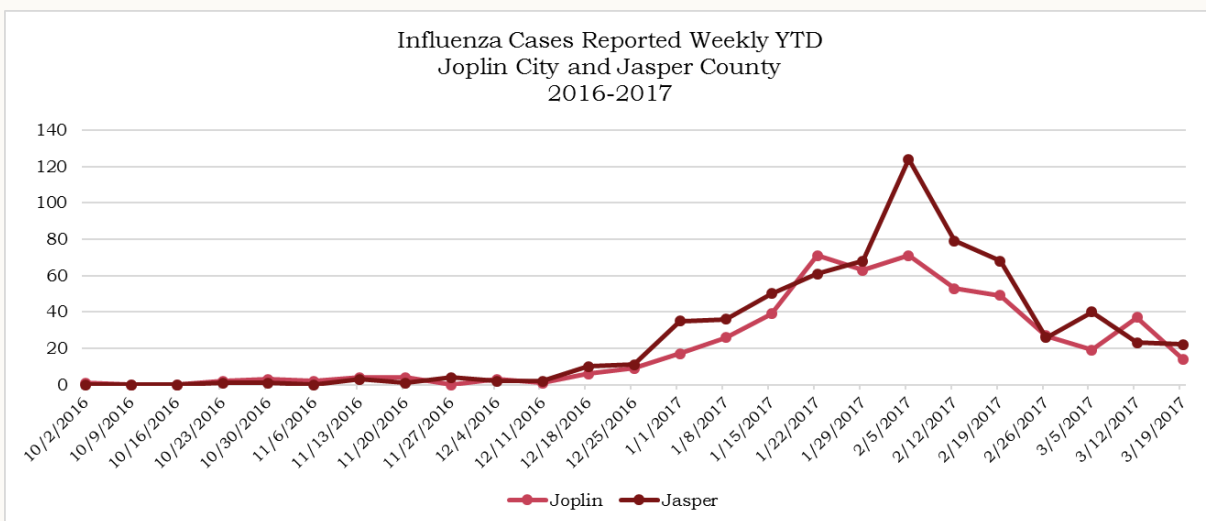
The 2016-2017 flu season has seen significantly higher numbers than last year's flu season. *To-date, Joplin has had 521 influenza cases reported and Jasper County has reported 688 cases. Missouri has seen 63,312 laboratory-positive influenza cases so far this season. Influenza A has been the most common type of influenza for both Joplin City (70.2%) and Jasper County (68.3%) thus far. The 5-14 age group has experienced the greatest number of cases in both Joplin City (123) and Jasper County (231). Analysis of cases reported was based on age, type of influenza, and jurisdiction.

Type of Influenza	Season TD	% of Total
Influenza A	366	70.2
Influenza B	155	29.8
Unknown/Untyped	0	0
Total	521	100

Type of Influenza	Season TD	% of Total
Influenza A	470	68.3
Influenza B	218	31.7
Unknown/Untyped	0	0
Total	688	100

Age Group	Season TD	% of Total
0-1	37	7.1
2-4	51	9.8
5-14	123	23.6
15-24	60	11.5
25-49	87	16.7
50-64	82	15.7
65+	81	15.5
Total	521	100

Age Group	Season TD	% of Total
0-1	33	4.8
2-4	57	8.3
5-14	231	33.6
15-24	87	12.6
25-49	120	17.4
50-64	71	10.3
65+	89	12.9
Total	688	100



*Source: Joplin City/Jasper County HD Flu Surveillance, 2016-2017. Data is from week beginning October 2, 2016 to week beginning March 19, 2017. Data is preliminary and is subject to change.

For more information on flu activity, visit the [CDC](http://www.cdc.gov) website.

**Table 5, Communicable Diseases Reported
Joplin City/Jasper County
2016 and 2017 (January 1-March 31)**

	Joplin City		Jasper County	
	2016	2017	2016	2017
Campylobacteriosis	5	5	13	3
Cryptosporidiosis	0	0	0	1
E. Coli O157 H7	2	0	0	1
Ehrlichia Chaffeensis	1	1	0	1
Haemophilus Influenzae, Invasive	0	0	0	1
Hemolytic Uremic Syndrome	0	0	1	1
Hepatitis B	5	7	2	1
Hepatitis B Acute	1	2	0	2
Hepatitis B Chronic Infection	5	5	1	0
Hepatitis C	0	3	1	2
Hepatitis C Chronic Infection	27	12	7	12
Legionellosis	2	0	1	1
MOTT	3	4	1	0
Mumps	0	5	0	8
Pertussis	0	1	2	1
Rocky Mountain Spotted Fever	0	1	0	0
Salmonellosis	0	1	2	1
Shigellosis	0	1	1	0
Strep Disease, Group A Invasive	1	2	0	2
Strep Pneumoniae Invasive	0	2	0	3
TB Disease	1	1	0	0
TB Infection	6	8	12	5
Varicella	2	0	3	4
Total Cases Per Year	61	61	47	50

Key

2017 more than 2016	
2017 less than 2016	



**Table 6,
Sexually Transmitted Diseases
Jasper County**

	2015	2016
Chlamydia	529	689
Gonorrhea	62	133
Syphilis	8	7
Total	599	829

According to the data in Table 6, there was a rise in sexually transmitted diseases for Jasper County in 2016 (829 cases) compared to 2015 (599 cases). Chlamydia continued to be the most occurring STD while Syphilis was the least occurring STD in Jasper County. Data for STD count is tracked by the Department of Health and Senior Services and is subject to change as reports are collected.

Source: DHSS

Contact Us

Joplin City Health Department
321 E 4th Street
Joplin, MO 64801
Phone: 417-623-6122
Fax: 417-624-6453
www.joplinhealthdepartment.org
Like us on Facebook:
<https://www.facebook.com/joplinhealthdepartment/>

Jasper County Health Department
105 Lincoln Street
Carthage, MO 64836
Phone: 417-358-3111
Toll-Free: 1-877-879-9131
<http://health.jaspercounty.org>
Like us on Facebook:
<https://www.facebook.com/JasperCountyHealthDept/>

If you have any comments, contact:
Jillian Pollard
Regional Epidemiologist
Joplin City Health Department
Jasper County Health Department
jpollard@joplinmo.org
Office: 417-623-6122