

# COMMUNICABLE DISEASES NEWSLETTER JOPLIN/JASPER COUNTY

Volume 9, Issue 2

April-June 2016

## E. coli

### Escherichia coli—What Are They?

**Escherichia coli** (abbreviated as *E. coli*) are bacteria found in the environment, foods, and intestines of people and animals.

Most ***E. coli*** are harmless and actually are an important part of a healthy human intestinal tract. However, some *E. coli* can cause diarrhea, urinary tract infections, respiratory illness, bloodstream infections, and other illnesses. The types of *E. coli* that can cause illness can be transmitted through contaminated water or food, or through contact with animals or people.

One particular type of *E. coli* causes disease by making a toxin called Shiga toxin. The bacteria that make these toxins are called "Shiga toxin-producing *E. coli*," or STEC, for short. STEC is often sub-divided into two categories: *E. coli* O157 and non-O157 STECs.

(continued on page 2)

### Did You Know?

*On May 31, 2016, General Mills recalled several sizes and varieties of Gold Medal Flour, Gold Medal Wondra Flour, and Signature Kitchens Flour due to possible E. coli contamination. Visit [CDC's website](#) for more information.*



Source: CDC

### In This Issue

- E. coli
- 2015-2016 Flu Season
- Communicable Disease Report
- Sexually Transmitted Disease Report

(continued from page 1)

## Who Gets STEC Infections?

People of any age can become infected. Very young children are more likely than others to develop severe illness and a complication called hemolytic uremic syndrome, but even healthy older children and adults can become seriously ill.

## What are the Symptoms of STEC Infections?

The symptoms of STEC infections vary for each person but often include severe stomach cramps, diarrhea (often bloody), and vomiting. If there is fever, it usually is not very high (less than 101 °F). Most people get better within 5–7 days. Some infections are very mild, but others are severe or even life-threatening.

**Contact your healthcare provider** if you have diarrhea that lasts for more than 3 days, or is accompanied by high fever, blood in the stool, or so much vomiting that you cannot keep liquids down and you pass very little urine.

## How Can STEC Infections be Prevented?

- Know your risk of food poisoning. People at higher risk for foodborne illness are pregnant women, newborns, children, older adults, and those with weak immune systems.
- Practice proper hygiene, especially good hand washing.
- Follow clean, separate, cook, chill guidelines, which can be found at [FoodSafety.gov](http://FoodSafety.gov).
- Cook meats thoroughly. Beef steaks and roasts (including those that have been mechanical/needle tenderized) should be cooked to a minimum internal temperature of 145°F (62.6 °C) and allowed to rest for at least 3 minutes for safety and quality. Ground beef products should be cooked to a minimum internal temperature of 160°F (70 °C). **Always use a food thermometer** to verify the temperature because the color of meat is not a reliable indicator that the meat has been cooked to the safe internal temperature.
- Prevent cross-contamination in food preparation areas by thoroughly washing hands, counters, cutting boards, and utensils after they touch raw meat.
- Avoid consuming raw milk, unpasteurized dairy products, and unpasteurized juices (such as fresh apple cider).
- Avoid swallowing water when swimming and when playing in lakes, ponds, streams, swimming pools, and backyard "kiddie" pools.



**Problem:** One in four burgers turns brown before it has reached the safe internal temperature of 160°F (according to USDA [Color of Cooked Ground Beef as it relates to Doneness](#)).

**Solution:** Use a food thermometer.

Source: [CDC](#)

Table 1, Joplin City		
Type of Influenza	Season TD	% of Total
Influenza A	92	35.9
Influenza B	159	62.1
Unknown/Untyped	5	2.0
Total	256	100

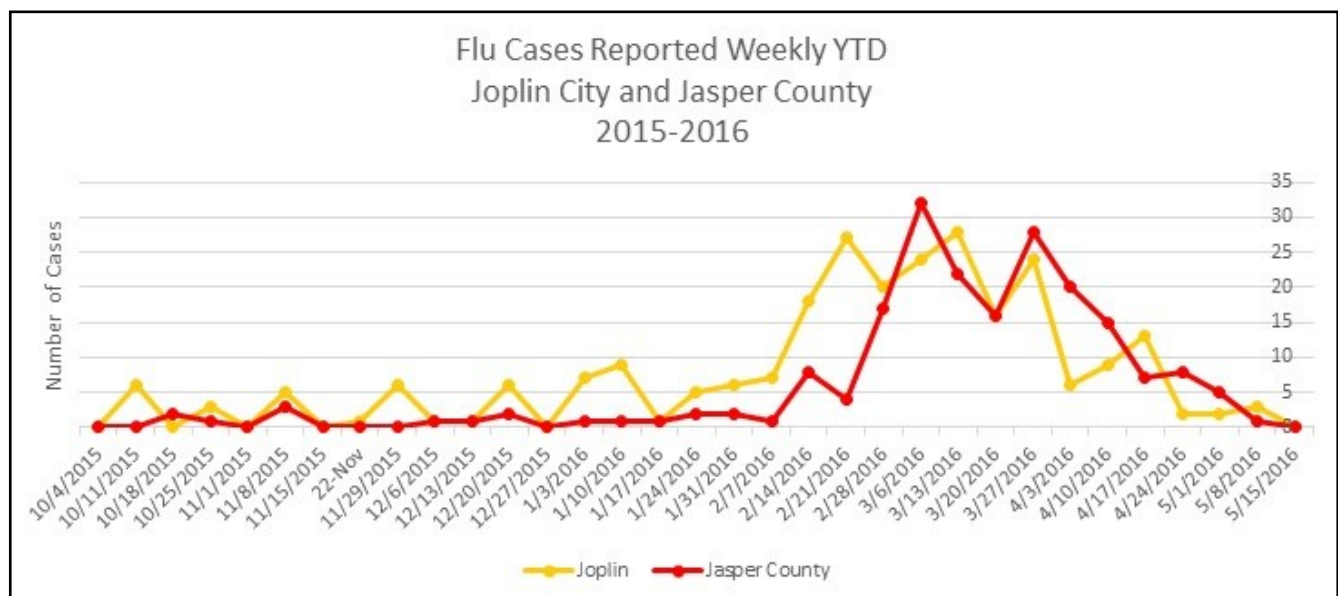
Table 2, Jasper County		
Type of Influenza	Season TD	% of Total
Influenza A	83	41.3
Influenza B	117	58.2
Unknown/Untyped	1	.5
Total	201	100

Table 3, Joplin City		
Age Group	Season TD	% of Total
0-1	30	11.7
2-4	16	6.3
5-14	80	31.3
15-24	23	9.0
25-49	54	21.1
50-64	27	10.5
65+	26	10.2
Total	256	100

Table 4, Jasper County		
Age Group	Season TD	% of Total
0-1	8	4.0
2-4	19	9.5
5-14	47	23.4
15-24	34	16.9
25-49	54	26.9
50-64	23	11.4
65+	16	8.0
Total	201	100

A *\*season-to-date total* of 457 laboratory-positive influenza cases were reported in Joplin City and Jasper County for the 2015-2016 flu season. Last year's flu season saw 1,681 cases, 1,224 more cases than this year's season. This is consistent with the influenza activity for the state: this season had 20,101 cases compared to 54,316 cases for the 2014-2015 flu season.

In both Joplin City (62.1%) and Jasper County (58.2%), influenza B accounted for the most cases reported. The age group of 5-14 made up the highest percentage of cases for Joplin (31.3%) while the age group of 25-49 accounted for the highest percentage of cases for Jasper County (26.9%). Analysis of cases reported was based on age, type of influenza, and jurisdiction.



\*Source: Joplin City/Jasper County HD Flu Surveillance, 2015-2016. Data is from week beginning October 4, 2015 to week beginning May 15, 2016.

**Table 5, Communicable Disease Reported in Joplin/Jasper County  
2015 and 2016 (January 1-June 30)**

	Joplin		Jasper County	
	2015	2016	2015	2016
Anaplasma Phagocytophilum	0	2	1	0
Campylobacteriosis	10	12	14	15
Coccidioidomycosis	1	1	0	1
Cryptosporidiosis	4	1	4	5
Dengue Fever	0	0	0	1
E. coli Shiga Toxin Positive	0	0	5	0
E.Coli O157 H7	0	2	3	0
Ehrlichia Chaffeensis	5	4	6	1
Giardiasis	0	0	2	3
Haemophilus Influenzae, Invasive	1	0	2	0
Hemolytic Uremic Syndrome	0	0	2	1
Hepatitis B	2	6	2	2
Hepatitis B (Pregnancy) Prenatal	0	1	1	0
Hepatitis B Acute	1	1	1	3
Hepatitis B Chronic Infection	5	6	4	1
Hepatitis C	0	3	1	3
Hepatitis C Chronic Infection	50	46	41	15
Legionellosis	0	3	2	5
Lyme	0	2	1	0
MOTT	6	8	4	4
Pertussis	2	0	1	2
Q Fever Acute	0	0	0	1
Rabies Post Exposure Prophylaxis	2	1	1	1
Rocky Mountain Spotted Fever	2	2	14	3
Salmonellosis	9	4	5	9
Shigellosis	0	0	1	1
Strep Disease, Group A Invasive	1	1	1	1
Strep Pneumoniae, Drug-Resistant	0	1	0	1
TB Disease	0	3	1	0
TB Infection	12	9	22	25
Tetanus	0	0	1	0
Tularemia	0	0	2	0
Toxic Shock (Staph) Syndrome	0	1	0	0
Varicella (Chickenpox)	2	5	8	4
<b>Total Cases Per Year</b>	<b>115</b>	<b>125</b>	<b>153</b>	<b>108</b>

**Table 6,  
Sexually Transmitted Diseases  
Jasper County January-May 2016**

	Total
Chlamydia	248
Gonorrhea	36
Syphilis	1
<b>Total</b>	<b>285</b>

Jasper County has had a total of 285 sexually transmitted disease (STD) cases from January to May 2016. Chlamydia was overwhelmingly the most occurring STD, followed by gonorrhea and syphilis respectively. Joplin City Health Department provides testing of STDs for individuals experiencing symptoms. To make an appointment, call 417-623-6122. Jasper County Health Department provides free STD testing to residents of Jasper County who live outside the city limits of Joplin. Testing is done on Tuesdays by appointment. To schedule an appointment, call 417-358-3111.

Source: DHSS

**Key**

2016 more than 2015	
2016 less than 2015	

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](http://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, B.S.  
Community Health Planner/Educator  
Regional Epidemiologist  
Joplin City Health Department  
Jasper County Health Department  
[jpollard@joplinmo.org](mailto:jpollard@joplinmo.org)  
Office: 417-623-6122  
Fax: 417-624-6453