

# AT YOUR SERVICE

NEWS FROM THE VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT

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Greetings from the Van Buren/Cass District Health Department. Hope you have had an excellent summer! Since we are all enjoying the weather and gearing up for fall, school, and football, please take a moment to look at this bulletpoint update. The Health Department website is a great resource for further information at: [www.vbcassdhd.org](http://www.vbcassdhd.org)

Thanks, Rick Johansen

- **Mosquitoes!** With the heat and rain there are plenty of them. Fortunately, we have not had a known case of West Nile Virus this year. Continue to advise: using insect repellent; wearing long sleeves and pants (when appropriate); keeping screens intact; and eliminating mosquito breeding sites.
- **Eastern Equine Encephalitis (EEE)** Cass and neighboring counties have had infected livestock and there have been two human cases in Kalamazoo. EEE, rare in humans, is asymptomatic in most individuals. In a few cases, persons who are infected will develop a headache, high fever, chills and vomiting. The illness may progress to disorientation, seizures or coma. Possible encephalitis and aseptic meningitis cases should have a work-up which includes testing for EEE. This mosquito-borne illness is not transmitted by contact with horses. There is no vaccine for humans or preventive drug for EEE.
- **Deer Ticks (Blacklegged Ticks)** There have been more than 10 probable or confirmed

cases of Lyme Disease this year in Southwest Michigan. This is an increase from the last 2 years. Watch for the "bull's-eye" rash present in 70% of cases. Further information at [www.michigan.gov/lymedisease](http://www.michigan.gov/lymedisease)

- **Beach Advisories** Unfortunately, the Health Department placed beach advisories for a few days at some Lake Michigan beaches this summer. We have been monitoring water for coliforms at swimming areas for years and our lake remains a great asset. Some years we have had no beach warnings the entire season. Although 2010 saw the highest number of advisories at some of our monitored sites, the vast majority of days our beaches remained great. Generally the problems occurred during the heat following heavy rains at a few beaches near outflowing rivers and streams. Before fall, get in a few more great swims!
- **Foodborne Illness** Enjoying our great restaurants? Over the last four years our foodborne illness rate has been below the State average with approximately 25 cases per 100,000. Most of our confirmed foodborne illnesses both at restaurants and at home are related to inadequate cooking, not keeping food at appropriate temperatures, cross-contamination during preparation, and poor personal hygiene. Although foodborne outbreaks and the responses they generate capture headlines, prevention is by far the more important activity to ensure safe food!
- **Flu Vaccine** Influenza vaccine should be in ample supply this year and will contain as one of it's

three components the 2009 H1N1 (swine flu) strain. In the southern hemisphere three strains have circulated this year and unless there is a significant change the vaccine should be effective against them. Vaccinate your patients or encourage them to do so. Studies show that **your recommendation makes the difference** in convincing many patient to seek flu vaccination. Do not forget to vaccinate yourself and your staff so you can tell patients, "I got vaccinated, you should too!"

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- **2 Dose Rule for Flu Vaccine**

- \* All Children ages six months through eight years who receive a seasonal influenza vaccine for the first time should be given two doses.
- \* Children ages six months through eight years who did not receive at least one dose of an influenza A (H1N1) 2009 monovalent vaccine should receive two doses of a 2010-11 seasonal influenza vaccine, regardless of previous influenza vaccination history.
- \* A child under nine years of age with an unknown or uncertain history of seasonal influenza vaccine should get two doses.

- **Flu Vaccine Components**

The 2010-11 trivalent vaccines will contain A/California/7/2009 (H1N1)-like, A/Perth/16/2009 (H3N2)-like, and B/Brisbane/60/2008-like antigens. Compared to the 2009-10 Northern Hemisphere influenza vaccine, the influenza A(H1N1) and A(H3N2) strains are changed. The A/California/7/2009 (H1N1-like strain is the same strain that was included in the pandemic influenza A(H1N1) 2009 monovalent vaccine.

- **“High-Dose” Flu Vaccine**

A higher dose formulation of an inactivated seasonal influenza vaccine (Fluzone High-Dose, manufactured by sanofi Pasteur, licensed by FDA on December 23,2009) for use in people age 65 years and older will be available in the 2010-11 influenza season. Fluzone High-Dose contains four times the amount of influenza antigen compared to other inactivated seasonal influenza vaccines. Fluzone High-Dose vaccine in one study of people age 65 years and older produced higher antibody levels, but slightly higher frequency of local reactions. Studies are under-way to assess the relative effectiveness of Fluzone High-Dose compared to standard dose inactivated influenza vaccine, but results from those studies will not be available before the 2010-11 influenza season. The ACIP has not expressed a preference for Fluzone High-Dose or any other licensed inactivated influenza vaccine for use in people age 65 and older.

- **Whooping Cough**

Pertussis incidence is up in Michigan. Our rate has been lower since 2006 but we should remain vigilant.

California has had multiple Pertussis deaths in infants, which appears to be related to their declining childhood immunization rates. Vaccinate infants and preschoolers appropriately. In addition, children and adults eleven years of age and older should receive tetanus/diphtheria/acellular Pertussis (Tdap) vaccine if five years have lapsed since the last dose of tetanus and diphtheria vaccine.

- **Pertussis in Infants (an infant is a child less than 1 year old)**

- \* More than half of infants must be hospitalized.
- \* About 1 in 20 infants with Pertussis get pneumonia (lung infection).
- \* About 1 in 100 infants will have convulsions.
- \* In rare cases, Pertussis can be deadly, especially in infants. This is the age group we're most concerned about when it comes to Pertussis.
- \* Many infants who get Pertussis are infected by older siblings, parents, or other caregivers who might not even know they have the disease.

**Vaccination recommendations for adults were expanded to include all adults beginning in the 2010-11 influenza season. Therefore, all people age 6 months and older are now recommended to receive annual influenza vaccination.**