

Pima County Communicable Disease Report August 2018

This report includes:

- **2017-2018 Influenza/RSV Season**
- **WNV and SLE Season**
- **Zika**
- **Botulism**
- **Cryptosporidiosis**

2017-2018 Influenza Season

- Arizona is in the summer influenza season which began on July 8th. Activity is sporadic.
- Pima County reported 7 summer influenza cases since July 8th (Only PCR confirmed cases are counted in the summer season)
- Since the start of summer surveillance statewide 25% have been type A and 55% were type B

RSV

Pima County reported 2 RSV cases for the summer season.

All cases included in this report represent a small proportion of the true number of cases of influenza. Most people do not visit the doctor when ill and doctors should not be expected to run tests on all patients experiencing flu like symptoms.

West Nile Virus (WNV) and St. Louis Encephalitis (SLE)

Both WNV and SLE are flaviviruses that are endemic in Arizona. Both viruses are transmitted by the Culex mosquito which is found in Pima County. Maricopa County has confirmed the SLE virus in mosquito pools and in humans in the past. While most people who contract WNV only have mild or no symptoms, if either virus causes neurological symptoms the results can be devastating or even fatal for patients who are elderly or immunocompromised.

Consider WNV or SLE in patients presenting with:

- Fever, headache, myalgia, arthralgia, rash and weakness
- Meningitis, encephalitis, paralysis or other acute signs of central or peripheral neurological dysfunction

Encourage patients to use mosquito repellent, avoid the outdoors at dawn and dusk, wear long pants and shirts while outside.

Use EPA registered insect repellents with the active ingredients listed below that are safe even for pregnant or breast feeding women.

- DEET
- Picaridin
- IR3535'Oil of Lemon eucalyptus(OLE) or para-methane-diol (PMD) but **not for children less than 3 years of age**
- 2-undecanone
- Follow the product labels
- Apply sunscreen then mosquito repellent when outdoors during the daytime
- Do not use mosquito repellent underneath clothing
- Treat clothing with permethrin but do not use permethrin directly on skin
- **Do not use mosquito repellent on babies less than 2 months of age**, use long pants and shirts and a mosquito net over strollers or cribs
- Spray mosquito repellent on your hands and apply to your child's face

Zika

Although the number of Zika cases has declined in the Caribbean, Mexico and South America, Zika is still being transmitted by mosquitoes in these areas. Sonora Mexico reported its first locally transmitted case of the year in the southern part of the state. As the monsoon season continues there will be more cases of mosquito transmitted disease. When a patient complains of symptoms of maculopapular rash accompanied by an acute onset of fever, arthralgia, or conjunctivitis obtain a travel history. Reference laboratories are still testing for Zika however, dengue and chikungunya should also be considered in the differential diagnosis in patients who have traveled to areas where those diseases are endemic.

There is an algorithm for Zika testing at the state health department. All testing through the Arizona State Lab has to be pre-approved by them by consulting with the Pima County Health Department. Patients who have not traveled to endemic areas can be tested if their symptoms meet certain criteria. The algorithm can be accessed through the website below.

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/mosquito-borne/zika/zika-healthcare-provider-algorithms.pdf>

Botulism

Arizona has had 3 recent cases of botulism, a review of the symptoms and specimen collection are listed below:

Adult Botulism (Foodborne or wound)

- Bilateral Descending Paralysis
- Bilateral facial paralysis
- Bilateral drooping eyelids
- Diplopia
- Dysphasia
- Dysphonia

- Muscle weakness/paralysis
- Difficulty breathing
- Abdominal pain, nausea, vomiting, diarrhea, constipation
- Dry mouth/ thick tongue

Infant Botulism Symptoms

- Muscle weakness/Floppy head or poor control
- Feeble cry
- Poor suckling
- Trouble swallowing
- Constipation/diarrhea
- Loss of facial expression
- Drooling or pooling of saliva
- Fever
- Difficulty breathing
- Drooping eyelids
- Sluggish/dilated pupils
- Somnolent

For all cases collect:

- 15 ml of serum, no anticoagulant (5 ml minimum)
- 10-20 g. raw stool, no transport media. If an enema is needed use only bacteriostatic water

For Wound Botulism collect the above and:

Debrided tissue or wound swab in anaerobic media (Port-A-Cul tubes or vials or Cultured tissue)

Cryptosporidiosis

The state health department has reported an increase in the number of cases of cryptosporidiosis in Arizona. While some of these cases are imported into Arizona they can be easily transmitted in recreational water.

Symptoms are:

- Profuse watery diarrhea
- Abdominal cramping
- Vomiting
- Malaise
- Fever

Advise patients testing positive for cryptosporidiosis to avoid recreational water including splash pads for at least 2 weeks after symptoms ended as the protozoa is resistant to the recommended chlorine levels in these venues.

For urgent reporting after hours or on holidays, please call (520) 743-7987

Please complete a Communicable Disease Report available at http://webcms.pima.gov/health/resources_for_professionals/communicable_disease_reporting

You may also reach the Arizona Department of Health Services (ADHS), Disease Surveillance Hotline at 1-800-314-9243.

If you would like to subscribe to CDC Health Alert Network update, please visit: <http://emergency.cdc.gov/han/updates.asp>