



PUBLIC HEALTH BULLETIN

Volume I

Welcome to the CUPHD Public Health Bulletin

Winter 2005

The objective of this newsletter is to serve as an information outlet both for the common resident as well as professional health providers in the community. This bulletin will help the residents better understand community health problems and will alert the public during potential threats and emerging concerns. We welcome any questions or comments. Contact: Awais Vaid, Epidemiologist at (217)-531-2926 or email: avaid@cuphd.org

Epidemiology

Epidemiology is described as the science of public health. It is the study of the distribution and determinants of disease in human population and focuses on prevention and control of health related events. An Epidemiologist collects, compiles and studies disease trends in the community and formulates preventive measures for the common public as well as recommendations for health care providers.

Champaign Urbana Public Health District

Estd: 1937

Mission:

To improve the health of the Champaign County community

Pertussis

Whooping cough or Pertussis is a highly contagious respiratory disease caused by the bacterium *Bordetella Pertussis*. In the 20th Century, Pertussis was one of the most common childhood diseases and a major cause of childhood mortality in the U.S. But, since the advent of Pertussis vaccine in the 1940s, incidence has gone down more than 98%.

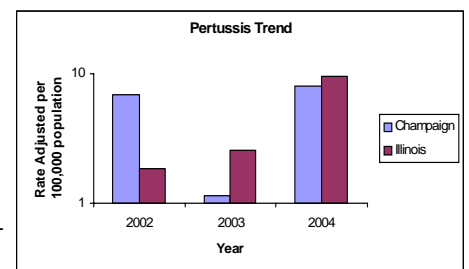
Spread of the Disease: Person to person either through coughing and/or sneezing. A person is contagious from just before onset of symptoms until up to three weeks after symptoms start. Treatment with antibiotics shortens the contagious period to about five days.

Symptoms: Usually appear five to 10 days after exposure, but can take as long as 21 days. The first symptoms are similar to those of a common cold: a runny nose, sneezing, low-grade fever and a mild, occasional cough. The cough gradually becomes severe and, after one to two weeks, the patient has spasmodic bursts of numerous, rapid coughs, followed by vomiting. The characteristic high-pitched "whoop" comes from breathing in after a coughing episode.

Diagnosis & Treatment: History and physical exam is characteristic of pertussis, though it could mimic common cold. The standard laboratory test for diagnosis for pertussis is isolation of *B. pertussis* by culture. Polymerase chain reaction (PCR) testing of nasopharyngeal swab and aspirates is a rapid, sensitive and specific method of diagnosis. Vaccination is the most effective prevention against pertussis. It is highly recommended for all children at 2, 4, 6, and 15 months of age and another at 4-6 yrs of age. Medical management is primarily supportive and by antibiotics. Erythromycin is the drug of choice.

Champaign County fact sheet on Pertussis: Unfortunately, Champaign county residents experienced a small outbreak (7 cases) of pertussis in early 2004 and recently there

were a few isolated cases of confirmed pertussis. If you or any family member has experienced chronic whooping cough or have been in contact with someone having symptoms of pertussis contact your physician or call the public health department at 217-531-2927. For more information on pertussis and other communicable diseases visit www.idph.state.il or www.cdc.gov



Emergency Response Plan

“Preparing Makes Sense. Get Ready Now.”

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-training fire department. The same is true for surviving a terrorist attack. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected make sense. Get ready now.

1. *Make an Emergency Supply kit*
2. *Make a Family Communications Plan*
3. *Be Informed*
4. *Remain Calm*

For additional information go to: www.ready.gov or Call 1-800-BE-READY for a free brochure. For more information contact John Dwyer, CUPHD Emergency Response Planner at 217-531-2932 or email jdwyer@cuphd.org

Communicable Disease: Fact Sheet for Champaign County

A communicable disease is a conditions that spreads through contact. It is used synonymous with contagious or infectious disease. It is usually caused by a pathogen and can be transmitted by humans ,animals, insects or other objects. This transmission can occur through direct transmission (hand shake, kiss, sneeze or cough) or indirect transmission (through contaminated food or water, etc). A communicable disease investigator keeps track of records of events occurring in the community and takes necessary action to report suspected cases to the state. Contact Rachella Thompson 217-531-2927 or email rtompson@cuphd.org for more information on communicable diseases for CUPHD. Following is a list of selected reportable communicable disease in Champaign Urbana Public Health District .

Selected Reportable Communicable Diseases	Champaign County(Excluding Champaign Urbana) FY 2004 Rate / 100,000	Chamapign Urbana (Excluding Champaign County) FY 2004 Rate / 100,000	Total Cases for Champaign County (All) for fiscal year* 2004	Total Cases for Champaign County (All) for fiscal year 2003
Enteric E. coli	0	2	2	5
Foodborne illness	30	20	44*	0
Pertussis	5	14	20	2
Streptococcal infections	1	8	9	3
Blastomycosis	3	1	3	2
Campylobacteriosis	3	13	16	13
Chickenpox	2	7	9	19
Chlamydia	159	666	844	1137
Cryptosporidiosis	1	1	2	1
Active Tuberculosis	0	7	8	5
Giardiasis	11	17	28	20
Gonorrhea	67	215	284	443
Hepatitis B	1	4	5	5
Hepatitis C	11	31	42	74
Histoplasmosis	0	2	2	12
Meningitis, aseptic	6	5	11	17
Salmonellosis	7	10	17	14
Shigellosis	0	0	0	3
Streptococcal pneumoniae	9	13	22	11