

Douglas County Disease Report

Disease category	Disease name	Aug. 2015	Sept. 2015	Oct. 2015	Total
Enteric	Campylobacteriosis	3	1	2	6
	Cryptosporidiosis	0	2	0	2
	Giardia	0	2	0	2
	Salmonella	3	2	1	6
	Shigella	2	1	0	3
	STEC	1	0	0	1
General	Hepatitis B, chronic	1	0	1	2
	Hepatitis B, pregnancy	0	0	1	1
	Hepatitis C	4	0	8	12
	Strep Pneumo, Invasive	0	0	1	1
	Hemophilus Influenza, Invasive	0	1	0	1
Vector-borne	Ehrlichiosis	1	0	0	1
	Lyme disease	0	5	0	5
	RMSF	1	0	0	1
	West Nile Virus	1	0	0	1
Vaccine-preventable	Pertussis	1	0	0	1
	Mumps	1	1	0	2
	Varicella	2	1	5	8
STDs (tested at HD only)	Chlamydia	4	10	14	28
	Gonorrhea	4	1	4	9
	Syphilis	1	1	4	6

This report includes the number of cases investigated by the Lawrence-Douglas County Health Department. Case classifications include: confirmed, probable and suspect.

24-7 EPI hotline

To alert the Lawrence-Douglas County Health Department to a reportable disease after hours, please use this number:
785-856-7305.

Think beyond influenza for vaccines, diagnosis

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are smokers. There are certain health conditions for all age groups in which they may receive both vaccines. For a convenient, easy-to-read reference, visit <http://www.immunize.org/catg.d/p2019.pdf>. Not only do these vaccines decrease the risk of pneumonia caused by Strep, but they also decrease invasive disease (blood and spinal fluid).

Pertussis continues to be a concern. While there has not been an outbreak in Douglas County, there has been an occasional laboratory-confirmed case. Pertussis should be suspected in anyone presenting with a cough of two weeks or longer and symptoms including posttussive vomiting, paroxysms or whoop (deep inspiration following prolonged coughing). Tdap vaccine is available for anyone 10 years and older and is recommended one time as an adolescent or adult. Boosters of

Tdap vaccine are not currently recommended. Any provider suspecting pertussis in a patient is to notify the Health Department immediately and not wait for laboratory confirmation. Patients should also be instructed to isolate themselves at home until they have been on an appropriate antibiotic for five days when pertussis is suspected.

Additionally, consider tuberculosis particularly in foreign-born persons. Douglas County averages one case of active TB disease every one to two years. IGRA testing (quantiferon gold or T-spot) is superior to performing a skin test for diagnostic purposes. Anyone with a positive IGRA test needs a chest X-ray and an assessment for symptoms. Sputum testing remains the standard for confirmation of active disease. Providers are to notify the Health Department immediately if tuberculosis is suspected.

Refer patients with chronic illness to new workshops

Do you have patients with one or more chronic disease? If so, we encourage you to refer them to a seven-week “Tools for Better Health” workshop.

The Lawrence-Douglas County Health Department is coordinating the workshops, which are free of cost and offered at various locations in Douglas County. The workshops are for:

- adults with chronic health conditions such as arthritis, diabetes, heart disease, and lung disease;
- their families;
- and caretakers.

Tools for Better Health is a chronic disease self-management program



Public Health Nurse Shirley Grubbs is among about a dozen residents certified to teach “Tools for Better Health” classes.

developed by researchers from Stanford University. Two trained leaders facilitate the workshops, and at least one leader is diagnosed with a chronic disease.

Workshop leaders do not give medical advice. Public Health Nurse Shirley Grubbs said, “Tools for Better Health is designed to enhance disease-specific treatments and education programs.”

Upcoming workshops:

- **Mondays, Jan. 11-Feb. 22**, 9 a.m.-11:30 a.m., Just Food, 1000 E. 11th St.

- **Tuesdays, Feb. 2-March 22**, 10 a.m.-12:30 p.m., Meadowlark Estates, 4430 Bauer Farm Drive.

- **Tuesdays, March 1-April 12**, 2:30-5 p.m., Babcock Place, 1700 Massachusetts St.

If you would like brochures or more information, please email info@ldhealth.org or call 785-843-3060.