Ebola

About Ebola:
Ebola, previously known as Ebola hemorrhagic fever, is a rare and deadly disease caused by infection with one of the four Ebola virus strains. Ebola can cause disease in humans and nonhuman primates (e.g., monkeys, gorillas, and chimpanzees). Ebola virus is spread through direct contact (i.e., through broken skin or mucus membranes) with bodily fluids (blood, urine, feces, saliva and other secretions) from a person who is symptomatic with Ebola, or with objects like needles that have been contaminated with the virus. Ebola is not spread by air, food, or water. There are no available vaccines, although experimental vaccines and treatment are in development. Symptoms include fever (i.e., greater than or equal to 100.4 F), severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain, and unexplained bleeding.

Risk:
Unless you are a traveler to an Ebola-affected country or a health worker treating a patient who has Ebola, the chances of you getting the disease are extremely low.

Current Status:
The West African countries of Guinea, Liberia, and Sierra Leone are experiencing the largest Ebola epidemic in history. In August, the World Health Organization (WHO) declared the outbreak as a Public Health Emergency of International Concern (PHEIC). Centers for Disease Control and Prevention (CDC) and other agencies and partners are taking steps to respond to this rapidly changing situation. Cases have been imported into other countries (i.e., Mali, Nigeria, Senegal, Spain, United Kingdom, and United States) but transmission was limited in each country with aggressive public health measures including contract tracing and quarantine.

Locally and Statewide: No cases
• Nationally: Four confirmed cases (one death) Source: Centers for Disease Control and Prevention (CDC).
• Worldwide: 23,913 confirmed, probable or suspected cases (9,714 deaths), as of March 2. Source: Centers for Disease Control and Prevention (CDC).

Resources:
• Ebola information
• 10 Essential Facts About Ebola
• What You Need to Know about Ebola
• Monitoring of Ebola

Enterovirus D68

About Enterovirus D68:
Enteroviruses (EV) are associated with various clinical symptoms, including mild diarrheal illness, febrile rash illness, and neurologic illness. EV-D68 however, primarily causes respiratory illness, as well as fever, runny nose, sneezing, cough, and body and muscle aches. There are no available vaccines or specific treatments for EV-D68. You can get infected with non-polio EVs by having close contact with an infected person, and by touching objects or surfaces that have the virus on them, then touching your mouth, nose, or eyes.

Risk:
Anyone can become infected with EVs. Infants, children, and teenagers are more likely to get infected and become sick. Most people who get infected with non-polio EVs do not get sick. Or, they may have mild illness, like the common cold. But some people can get very sick and have infection of their heart or brain or even become paralyzed. Infants and people with weakened immune systems have a greater chance of having these complications.

Current Status:
In August 2014, the CDC received reports of an increased number of cases of severe respiratory illness in children in two separate clusters occurring in the Midwest. Most hospitalized patients were less than five years of age, and most had a history of asthma. Initial testing at hospitals identified EV or rhinovirus. Subsequent testing at CDC identified EV-D68. Locally, Rady Children's Hospital San Diego identified a number of patients in early September 2014 with severe respiratory illness who later were found to have EV-D68. Reported cases have decreased locally and across the country, consistent with the ending of the typical EV season in the late fall/early winter.

• Local: 18 cases, as of March 4, 2015. Source: County of San Diego Epidemiology Program.
• Statewide: 230 cases, as of March 4, 2015. Source: California Department of Public Health (CDPH).
• Nationally: From mid-August 2014 to January 15, 2015, CDC or state public health laboratories confirmed a total of 1,153 people in 49 states and the District of Columbia with respiratory illness caused by EV-D68. Source: Center of Disease Control and Prevention (CDC).

Resources:
• Updated Enterovirus D68 Information from the CDC
• CDC Non-polio enterovirus Webpage
Influenza

About Influenza:

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death.

Risk:

Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. People at high risk for developing flu-related complications are children under five years of age, adults 65 years of age and older, pregnant women, and persons with certain medical conditions.

Current Status:

- Local: The county is currently seeing elevated influenza activity. During week 8 (ending February 28), 273 new detections were reported. For the 2014-15 season to date, 6,112 influenza detections have been reported, including influenza A (n=4,598, 75%), influenza A/H3 (n=730, 12%), influenza A/H1N1-Pdm2009 (n=7, <1%), influenza B (n=603, 10%), and influenza A/B (n=92, 2%). Source: County of San Diego Epidemiology Program.
- Statewide: Overall influenza activity in California was “Widespread” during week 7 (February 15-21, the most recent available data). Influenza activity in California continues to be at high levels, with 541 (14.5%) of 3,736 specimens tested positive for influenza during Week 7. Source: CDPH.
- Nationally: During week 7 (ending February 21), the most recent available data), influenza activity decreased, but remained elevated in the United States. Of 18,505 specimens tested and reported by U.S. World Health Organization (WHO) and National Respiratory and Enteric Virus Surveillance System (NREVSS) collaborating laboratories during week 7, 2,236 (12.1%) were positive for influenza. The geographic spread of influenza in Guam and 20 states was reported as widespread; Puerto Rico, the U.S. Virgin Islands and 25 states reported regional activity; and the District of Columbia, Guam, and one state reported local activity; and the District of Columbia and five states reported local activity. Source: Centers for Disease Control and Prevention (CDC).

Resources:

- San Diego Immunization Program
- Flu Vaccine Information (CDC)
- Weekly U.S. Influenza Surveillance Report
- CDC Flu Prevention Information

Pertussis

About Pertussis:

Pertussis, also known as whooping cough, is a highly contagious respiratory disease. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria. A typical case of pertussis starts with a cough and runny nose for one to two weeks, followed by weeks to months of rapid coughing fits that sometimes end with a whooping sound. Fever, if present, is usually mild. The best way to protect against pertussis is getting immunized with the pertussis vaccine (Tdap). Antibiotics can lessen the severity of symptoms and prevent the spread of disease to others.

Risk:

California is currently experiencing a pertussis epidemic, and San Diego County has the highest number of pertussis cases in its history. Pertussis most commonly affects infants and young children and can be fatal, especially in babies less than 1 year of age.

Current Status:

- Local: 165 cases (no deaths) with onset in 2015 in San Diego County as of March 4, 2015. Source: County of San Diego Immunization Program.
- Statewide: 441 cases with onset in 2015, including one death (an infant <3 weeks of age at the time of disease onset) have been reported to CDPH as of February 12, 2015. While this is lower than the peak in May 2014, it remains above the interepidemic levels seen in 2013. Source: CDPH.
- Nationally: 2,046 pertussis cases in the United States 2015 as of Week 7 (ending February 21, 2015). Source: CDC.

Resources:

- County Immunization Clinics
- San Diego Immunization Program
- CDC Pertussis Fact Sheet

PREVENT. PROMOTE. PROTECT.
Public Health...helping you protect your health!
Measles

About Measles:
Measles is a highly contagious respiratory disease caused by a virus. It spreads through the air through coughing and sneezing. Measles starts with a fever, runny nose, cough, red eyes, and sore throat, and is followed by a rash that usually starts on the face and spreads all over the body. About three out of 10 people who get measles will develop one or more complications including pneumonia, ear infections, or diarrhea. Complications are more common in adults and young children. Historically, about one case in a thousand is fatal. Measles can be prevented by the combination MMR (measles, mumps, and rubella) vaccine.

Risk:
Measles was eradicated from the United States in 2000, however, epidemics continue in other places in the world. Travelers entering the country from places where measles is still endemic can reintroduce the disease and cause outbreaks if strict contact precautions are not enforced. Currently, outbreaks are occurring in the Philippines, Vietnam, and several other countries. The MMR vaccine is over 99% effective in preventing measles after the recommended two-shot series, however when the percentage of people in a community who are immunized against measles falls below 95-98%, outbreaks can occur.

Current Status:
- Local: 14 cases reported in 2015, as of March 3. All cases are part of the Disneyland outbreak. No cases of measles have resulted from public exposures in San Diego. Source: County of San Diego Immunizations Program.
- Statewide: 131 cases reported in 2015, as of March 2. Orange County has the greatest number of cases (35), and some cases there have resulted from community exposures not apparently connected to the Disneyland outbreak. Source: CDPH.
- Nationally: From January 1 to February 27, 2015, 170 people from 17 states were reported to have measles. There have been 140 cases connected to the Disneyland outbreak. In 2014, 644 cases from 27 states were reported to the Centers for Disease Control and Prevention (CDC). This was the greatest number of cases since measles elimination was documented in the U.S. in 2000. Source: CDC.

Resources:
- San Diego Immunization Program
- CDC Measles Factsheet
- CDC Travel Information on Measles
- CDPH Measles Webpage

Meningococcal Disease

About Meningococcal Disease:
Meningococcal disease is a typically severe bacterial infection of the blood or brain. These infections can cause hearing loss, learning problems, brain damage, loss of a limb, or death. About 1 in 10 people with meningococcal disease will die from it even if treated appropriately.

Risk:
The bacteria can be spread through close contact, such as sharing drinking glasses, eating utensils, cigarettes, or water bottles. It can also be spread by kissing, smoking and living in close quarters. The time between exposure to the disease and the onset of symptoms can be between two to 10 days. Symptoms include sudden onset of fever, headache, and stiff neck, and there may also be other symptoms like nausea, vomiting, increased sensitivity to light, and confusion.

Individuals who had close contact with the case should receive antibiotics to prevent any possible infection. Preventive antibiotics are not recommended for people who were not in close contact with the case, but they should be aware of possible symptoms and make sure they have received the recommended vaccination against the disease.

Vaccines are available to prevent the strains of meningococcal disease responsible for most illness in this country. Vaccination is routinely recommended for children and adolescents 11 to 18 years of age, and in certain circumstances for individuals at high risk. Two vaccines were recently approved to prevent illnesses caused by serogroup B meningococcus, the strain associated with recent outbreaks on college campuses in Santa Barbara, CA and Princeton, NJ.

Current Status:
- Local: 2 cases as of March 3, 2015 (2 serogroup B); no fatal cases. For 2014, 9 cases (2 serogroup B, 6 serogroup C, 1 serogroup Y); two fatal cases. Source: County of San Diego, Epidemiology Program.
- Statewide: 7 cases as of February 21, 2015 (provisional data subject to change). Source: Centers for Disease Control and Prevention (CDC).
- Nationally: 38 cases as of February 21, 2015 (provisional data subject to change). There is a new outbreak (four cases) at the University of Oregon involving serogroup B. Source: CDC.

Resources:
- HHSA Meningococcal Disease FAQs flyer
- California Dept. of Public Health Meningococcal webpage
- CDC Meningococcal Disease webpage

This document is issued biweekly (every two weeks) by the Division of Public Health Services, County of San Diego, Health and Human Services Agency.