

KITSAP DISEASE DATA

A quarterly report on disease trends in Kitsap from
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Summer 2013

ZOONOTIC UPDATES

Ticks and Lyme disease, mosquitoes and West Nile virus, deer mice and hantavirus, bats and rabies: these vectors and diseases are connected to our environment and daily activities. Many of the notifiable diseases are zoonotic, requiring us to think about the contact we have with potential vectors and with animals. The healthcare community has an important role to play in tracking and monitoring these diseases as well as educating patients about awareness and prevention. In this issue there are specific ways to help prevent disease through your practice.

Common Ticks in Washington	
<i>Ixodes</i> species	<i>Dermacentor</i> species
<i>Ixodes pacificus</i> (Western black-legged tick) <ul style="list-style-type: none"> □ Main vector for Lyme disease, Anaplasmosis, and Babesiosis on the West Coast 	<i>Dermacentor variabilis</i> (American dog tick) <ul style="list-style-type: none"> □ Can transmit Rocky Mountain Spotted Fever and Tularemia
<i>Ixodes angustus</i> (sometimes referred to as coastal squirrel tick) <ul style="list-style-type: none"> □ Not known to be a vector of any disease 	<i>Dermacentor andersoni</i> (Rocky Mountain wood tick) <ul style="list-style-type: none"> □ Can transmit Rocky Mountain Spotted Fever and Tularemia
Both <i>Ixodes</i> and <i>Dermacentor</i> species have been associated with Tick Paralysis.	

BE A PART OF TICK SURVEILLANCE

The Washington State Department of Health (DOH) is conducting a "Tick Surveillance Project" funded by the CDC. DOH is working to locate areas of exposure risk for tick-borne diseases by enlisting the participation of veterinarians and healthcare providers. Project participants will receive a kit of vials, alcohol, forceps, and reporting forms. In return for submitting tick samples, you will receive the identification and testing results on the ticks you submit. The table on the left shows the tick-borne diseases that will be tested for and the species



with which they are associated. For more information and/or to get your tick kit, contact Jo Marie Brauner at 360-236-3064 or jomarie.brauner@doh.wa.gov.

NOTIFIABLE NEWS

During the first half of 2013, most notifiable conditions are similar to the past 3 years with two exceptions: fewer pertussis and more Gonorrhea cases. In 2013, the only reported case of a notifiable zoonotic condition was one suspected exposure to rabies compared to 4 on average in the past 3 years (see table).

In 2012, WA had 5 human and 9 animal cases of *C. gattii*, 4 human and 6 animal cases of West Nile Virus, 245 human rabies suspected exposures, 9 bats positive for rabies, and 14 human cases of Lyme disease, the majority of which were acquired out of state.

REPORT NOTIFIABLE CONDITIONS TO KITSAP PUBLIC HEALTH 24/7

During business hours call 360-337-5235. After hours call the Regional Duty Officer at 360-415-2005 or 911.

Selected Notifiable Conditions, Kitsap Resident

Cases, January - June	3-year average 2010-12	2013
Campylobacter	18	18
Shiga toxin-producing E.coli (STEC)	1	0
Giardia	8	9
Hepatitis A	0.7	1
Influenza	0.7	0
Pertussis	25	2
Salmonella	13	12
Tuberculosis	1	1
Chlamydia	432	432
Gonorrhea	27	44

Zoonotic Human Cases:

Lyme disease	0.3	0
Rabies suspected exposures	4	1

In 2010-12 and 2013, no reported cases of: Brucellosis, *Cryptococcus gattii*, Hantavirus pulmonary syndrome, Leptospirosis, Plague, Psittacosis, Q Fever, Tularemia, West Nile Virus

Animal Surveillance:

In 2012 and 2013, no reported cases of: positive rabies (only bats tested), *Cryptococcus gattii*, West Nile Virus in mammals, birds or mosquitoes.

Note: 2013 cases are preliminary and case counts may change as reports are finalized.



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WARMER WEATHER MEANS MORE CRITTER CONTACT

When people leave windows or doors opened and spend more time outside, bats or other wild animals may come inside. This is also the time of year when people clean out garages, sheds, or other areas where wild animals may have been. Visible droppings, nests, dead rodents or bats are signs of animals that can carry dangerous diseases. Also, pets who come into contact with these animals or their waste may pose risks to themselves as well as their owners.

BATS are the only animal in WA known to be endemic with rabies and bats with rabies have been found across the state. While rabies is only in about 1% of all bats, bats interacting with humans tend to be sick or injured and, of those, about 5-10% are rabid. In 2012, nine rabid bats were identified in different counties. Advice to patients should include:



- Not to touch bats.
- To call the Health District if they find a bat in their living space or if they have any direct contact with a bat. We can help determine whether there has been a significant exposure to rabies and, if necessary, we will advise them on how to safely capture a bat so it can be tested and we'll give recommendations about the need for post exposure prophylaxis.
- To "bat proof" their home to prevent them from entering in the first place.
- To keep their pets up to date on rabies vaccination. Since 2012, all dogs, cats and ferrets in WA must have up-to-date rabies vaccines, according to the state rule, WAC 246-100-197.

WEST NILE VIRUS (WNV), transmitted by a bite from an infected mosquito, causes illness in people, birds, horses, and other mammals. Dead birds may be the first sign that WNV is circulating in a community. WA residents can submit dead bird reports to the updated online reporting system at <https://fortress.wa.gov/doh/eh/portal/ehs/odbrs/>. 2012 CDC data indicate that 5,674 human cases of WNV disease occurred in 48 states (excluding Alaska & Hawaii), resulting in 286 deaths. Last year in WA, two people acquired WNV in-state and two more were likely exposed outside the state. Most people bitten by a WNV-infected mosquito won't get sick. Some may develop mild symptoms such as fever or headache that go away without treatment. People with weak immune systems and those over 50 years old are more likely to develop serious illness, which may include meningitis or encephalitis. Find ways to prevent mosquito contact at www.doh.wa.gov/YouandYourFamily/IllnessandDisease/WestNileVirus.aspx.



BAYLISASCARIS infection is caused by a round-worm found in raccoons and can infect people as well as a variety of other animals, including dogs. Dogs may be infected but not show symptoms. Pet owners should have their veterinarian regularly de-worm their pets and should avoid contact with pet feces. Human infections are rare, but can be severe if the parasites invade the eye (ocular larva migrans), organs (visceral larva migrans) or the brain (neural larva migrans). *Baylisascaris* infection can be prevented by avoiding contact with raccoons and their feces. People should not keep, feed, or adopt wild animals as pets. For ways to discourage raccoons from living in and around the home, visit www.cdc.gov/parasites/baylisascaris/prevent.html.



HANTAVIRUS can cause fatal disease. Each year, one to three WA residents contract hantavirus pulmonary syndrome and about one-third of those die. Last year, two people developed the disease and both died. Deer mice spread the virus through their urine, saliva, and droppings. Humans may be exposed when they breathe contaminated dust after disturbing rodent droppings or nests, or by living or working in rodent-infested areas. While the illness is more common in eastern WA, cases have occurred throughout the state. To help prevent hantavirus, keep rodents out of the home, garage, and other buildings. Avoid sweeping and vacuuming in areas where rodents have been. Spray 10% bleach on rodent-contaminated areas, allowing it to soak in for at least 10 minutes before carefully wiping up and disposing of the mess.



—NEW—

Monthly Notifiable Conditions Report

Want to know the current number of reported notifiable conditions in Region 2 (Kitsap, Clallam and Jefferson Counties)?

Go to www.kitsappublichealth.org. On the main page, look under "Announcements and Alerts" for the Notifiable Conditions Report. The link will take you to a table with case counts for all conditions with at least one case reported this year.