



Tuscarawas County Health Department

2019 Quarterly Report
to the District Advisory
Council

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2019/2020 Flu Season

What viruses will the 2019-2020 flu vaccines protect against?

There are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses (depending on the vaccine) that research suggests will be most common. For 2019-2020, trivalent (three-component) vaccines are recommended to contain:

A/Brisbane/02/2018 (H1N1)pdm09-like virus
(updated)

A/Kansas/14/2017 (H3N2)-like virus
(updated)

B/Colorado/06/2017-like (Victoria lineage)
virus

Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to contain:

the three recommended viruses above, plus
B/Phuket/3073/2013-like (Yamagata lineage)
virus.

Who Should Get a Flu Shot?

Centers for Disease Control and Prevention's (CDC) vaccine experts are again this year recommending that everyone 6 months and older should get a flu vaccine each year.

While everyone should get a flu vaccine each flu season, the CDC notes it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 65 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- Health care workers
- Household contacts of persons at high risk for complications from the flu

The Tuscarawas County Health Department is offering flu shots Monday – Friday from 8am-4pm. Flu shots are covered 100% by Medicaid, Medicare and most insurance plans. Out of pocket cost is \$40.00 for regular dose and \$65.00 for high dose. No appointment necessary.

**Communicable Disease Cases Reported to the
Tuscarawas County Health Department
2019 Quarter 3: July-September**

	Quarter 3 Cases	YTD Cases
Chlamydia	55	150
Cryptosporidiosis	0	1
Gonorrhea	7	23
Giardiasis	0	1
Campylobacteriosis	1	6
Hepatitis A	2	2
Acute Hepatitis B	1	1
Chronic Hepatitis B	1	1
Acute Hepatitis C	0	2
Chronic Hepatitis C	5	19
CP-CRE	0	1
Strep Pneumonia	0	5
Hospitalized Influenza	0	76
Streptococcal (A)	1	3
Pertussis	1	2
Salmonella	2	12
Haemophilus Influenza	0	1
Lyme Disease	6	10
Shigellosis	0	1
Legionellosis	3	6
Yersiniosis	0	3
Tuberculosis (TB)	0	1
Viral Meningitis	0	1
Rabies in Animals	0	3

** Numbers are subject to change based on case confirmations

Communicable Disease Spotlight
Legionellosis

Legionella bacteria can cause a serious type of pneumonia (lung infection) called Legionnaires' disease. The bacteria can also cause a less serious illness called Pontiac fever. Legionella is a type of bacterium found naturally in freshwater environments, like lakes and streams. It can become a health concern when it grows and spreads in:

- Showerheads and sink faucets
- Cooling towers (structures that contain water and a fan as part of centralized air-cooling systems for building or industrial processes)
- Hot tubs that aren't drained after each use
- Decorative fountains and water features
- Hot water tanks and heaters
- Large plumbing systems
- Home and car air-conditioning units do not use water to cool the air, so they are not a risk for Legionella growth

How It Spreads

After Legionella grows and multiplies in a building water system, water containing Legionella then has to spread in droplets small enough for people to breathe in. People can get Legionnaires' disease or Pontiac fever when they breathe in small droplets of water in the air that contain the bacteria.

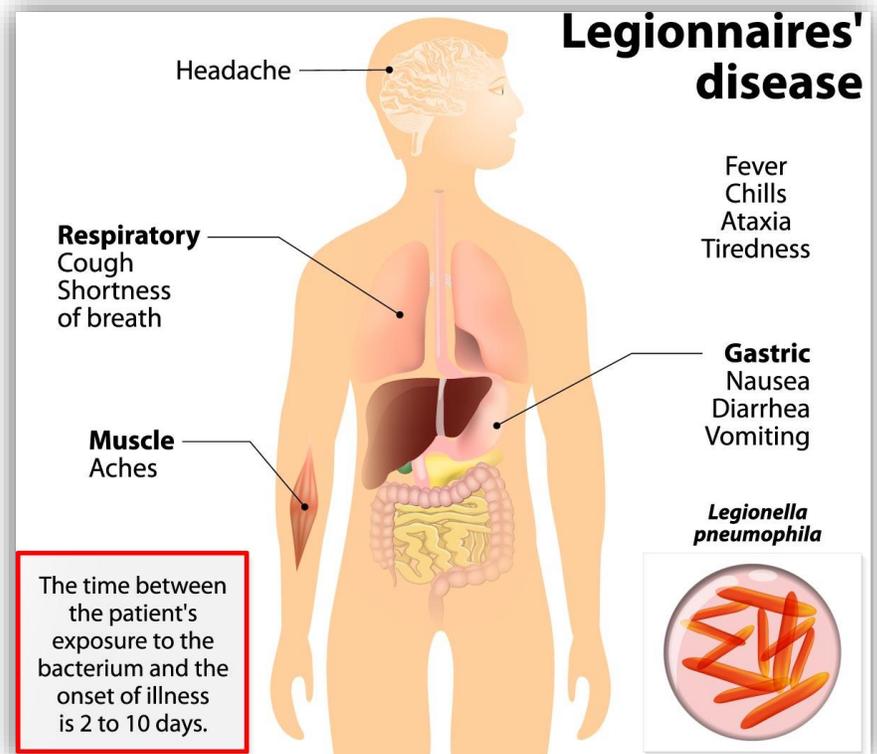
Less commonly, people can get sick by aspiration of drinking water containing Legionella. This happens when water accidentally goes into the lungs while drinking. People at increased risk of aspiration include those with swallowing difficulties.

In general, people do not spread Legionnaires' disease and Pontiac fever to other people. However, this may be possible under rare circumstances.

Signs and Symptoms

- Cough
- Shortness of breath
- Fever
- Muscle aches
- Headaches

Legionnaires' disease can also be associated with other symptoms such as diarrhea, nausea, and confusion. Symptoms usually begin 2 to 10 days after being exposed to the bacteria, but it can take longer so people should watch for symptoms for about 2 weeks after exposure.



Information obtained from:

Centers for Disease Control and Prevention

Reminder: Septic System Operation and Maintenance Permits

Systems in Tuscarawas County that CURRENTLY require an operation permit

- Systems with pretreatment
- Systems with micro-dosing
- Systems utilizing surface application of pretreated water
- Any system required by law to maintain a service contract

All other systems types will need a permit beginning in 2020. More information to come...



What if homeowners do not comply with operation permits?

Failure to comply may result in:

- Penalty fee
- Sampling fee
- Inspection from TCHD
- Further enforcement as deemed necessary by the Board of Health

If you have questions please contact the Environmental Health Division at (330) 343-5550

Septic System Do's and Don'ts

Protect It and Inspect It:

Do:

- Have your system inspected (in general) every three years by a licensed contractor and have the tank pumped, when necessary, generally every three to five years.

Think at the Sink:

Don't:

- Pour cooking grease or oil down the sink or toilet.
- Rinse coffee grounds into the sink.
- Pour household chemicals down the sink or flush them.

Do:

- Eliminate or limit the use of a garbage disposal.
- Properly dispose of coffee grounds & food.
- Put grease in a container to harden before discarding in the trash.