

PUBLIC HEALTH NEWSLETTER



Josephine County Public Health

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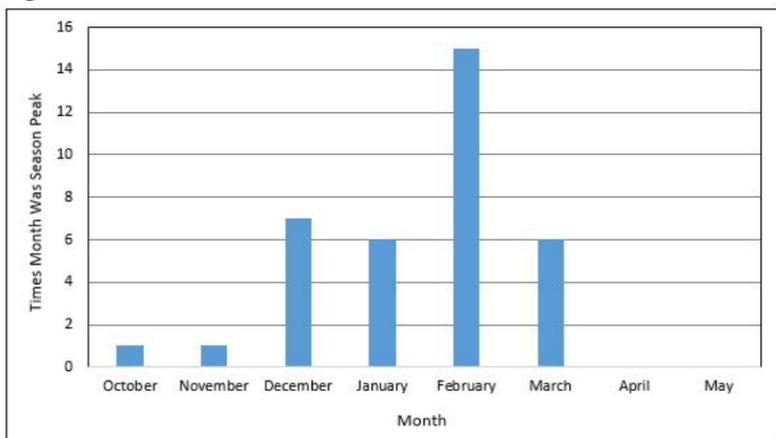
8:00 am - 4:30 pm M-Th (Closed 12-12:30 for lunch),
Closed Fridays

WIC: 8:00-5:45 M-Th (Closed for lunch 12:00-
1:00pm), 8:00-11:45 Fri



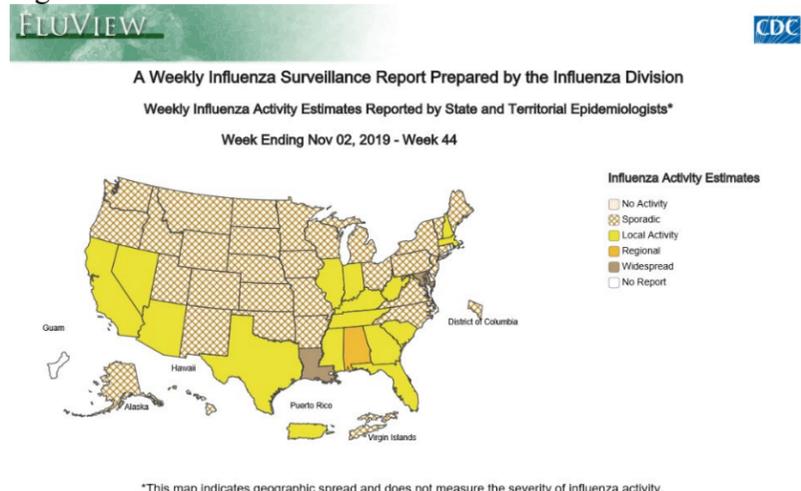
Entering Peak Flu Season

Figure 1.



The figure above shows peak flu activity in the United States by month for the 1982-1983 through 2017-2018 flu seasons. During this 36-year period, flu activity most often peaked in February (15 seasons), followed by December (7 seasons), January (6 seasons) and March (6 seasons).

Figure 2.



1According to the CDC, while seasonal influenza (Flu) viruses can be found year round, flu viruses are most common during the fall and winter months. The exact months vary, but flu virus activity peaks during the months of December through February and can last as late as May (figure 1).

2Flu signs and symptoms come on suddenly. People who are sick with flu often show some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

3CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications. While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common. Three component vaccines contain an H3N2, an H1N1, and a B virus. Four component vaccines have an additional B virus component. Flu vaccines can reduce flu illnesses, doctors' visits, and missed work and

school due to flu, as well as prevent flu-related hospitalizations.

Vaccinations of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older.

4If you get flu, antiviral drugs may be a treatment option. When used for treatment, antiviral drugs can lessen symptoms and shorten the time you are sick by 1 or 2 days. They also can prevent serious flu complications, like pneumonia. For people at high risk of serious flu complications, treatment with antiviral drugs can mean the difference between milder or more serious illness possibly resulting in a hospital stay.

Check with your doctor promptly if you are at high risk of serious flu complications and if you get flu-like symptoms.

TUBERCULOSIS

Too many people in our country still suffer from tuberculosis (TB)

9,029 TB cases reported in the U.S. in 2018

5 Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. If not treated properly, TB disease can be fatal. 6 Some people develop TB disease soon after becoming infected (within weeks) before their immune system can fight the TB bacteria. Other people may get sick years later, when their immune system becomes weak for another reason. For persons whose immune systems are weak, especially those with HIV infection, the risk of developing TB disease is much higher than for persons with normal immune systems. Generally, persons at high risk of developing TB disease fall into two categories:

- Persons who have been recently infected with TB bacteria to include:
 - Close contacts of a person with infectious TB disease
 - Persons who have immigrated from areas of the world with high rates of TB
 - Children less than 5 years of age who have a positive TB test
 - Groups with high rates of TB transmission, such as homeless persons, injection drug users, and persons with HIV infection
 - Persons who work or reside with people who are at high risk for TB in facilities or institutions such as hospitals, homeless shelters, correctional facilities, nursing homes, and residential homes for those with HIV
- Persons with medical conditions that weaken the immune system, especially people with any of these conditions:
 - HIV infection
 - Substance abuse
 - Silicosis
 - Diabetes mellitus
 - Severe kidney disease
 - Low body weight
 - Organ transplants
 - Head and neck cancer
 - Medical treatments such as corticosteroids
 - Specialized treatment for rheumatoid arthritis or Crohn’s disease

Josephine County had 0 cases of TB reported, while Oregon state had 81 cases reported in 2018.

Figure 3.

County	Population*	Cases	Rate**
Baker	16,765	0	0.0
Benton	93,590	2	2.1
Clackamas	419,425	4	1.0
Clatsop	39,200	0	0.0
Columbia	51,900	0	0.0
Coos	63,275	2	3.2
Crook	22,710	0	0.0
Curry	22,915	0	0.0
Deschutes	188,980	0	0.0
Douglas	111,735	0	0.0
Gilliam	1,985	0	0.0
Grant	7,400	0	0.0
Harney	7,380	0	0.0
Hood River	25,310	0	0.0
Jackson	219,200	1	0.5
Jefferson	23,560	0	0.0
Josephine	86,395	0	0.0
Klamath	67,960	0	0.0
Lake	8,115	0	0.0
Lane	375,120	3	0.8
Lincoln	48,210	0	0.0
Linn	125,575	0	0.0
Malheur	31,925	0	0.0
Marion	344,035	20	5.8
Morrow	11,885	0	0.0
Multnomah	813,300	27	3.3
Polk	82,100	1	1.2
Sherman	1,785	0	0.0
Tillamook	26,395	0	0.0
Umatilla	80,765	0	0.0
Union	26,885	1	3.7
Wallowa	7,175	1	13.9
Wasco	27,200	0	0.0
Washington	606,280	18	3.0
Wheeler	1,450	0	0.0
Yamhill	107,415	1	0.9
Oregon Total†	4,195,300	81	1.9
U.S. Total‡	327,167,434	9,029	2.8

* Population estimates obtained from the Population Research Center, Portland State University.
 † Certified Population Estimates for Oregon and Its Counties, July 1, 2018. Release date: 12/17/2018.
 ** Rate per 100,000 population
 Caution should be used in interpretation of rates in counties with <5 cases, as rates may be unstable.
 ‡ US population estimate source: <https://www2.census.gov/programs-surveys/popest/tables/2010-2018/naGonai/totals/na-est2018-01.xlsx>

NOTE: This annual report is released in March of the following year after the final TB case counts are reported to the Center for Disease Control & Prevention (CDC)
 Analysis date: 3/19/2019

Signs & Symptoms

7 TB bacteria spread through the air from one person to another. The TB bacteria are put into the air when a person with TB disease of the lungs or throat coughs, speaks, or sings. People nearby may breathe in these bacteria and become infected. Symptoms of TB disease depend on where in the body the TB bacteria are growing. TB bacteria usually grow in the lungs (pulmonary TB). TB disease in the lungs may cause the following symptoms:

- A bad cough that lasts 3 weeks or longer
- Pain in the chest
- Coughing up blood or sputum (phlegm from deep inside the lungs)

Other symptoms* of TB disease are:

- Weakness or fatigue
- Weight loss
- No appetite
- Chills
- Fever
- Sweating at night

*Symptoms of TB disease in other parts of the body depend on the area affected.

TB is NOT spread by:

- Shaking someone’s hand
- Sharing food or drink
- Touching bed linens or toilet seats
- Sharing toothbrushes
- Kissing

People with TB disease are most likely to spread it to people they spend time with every day. This includes family members, friends, and coworkers or schoolmates.

People who have latent TB infection (LTBI) do not feel sick, do not have any symptoms, and cannot spread TB to others.

If you think you have been exposed to someone with TB disease, you should contact your doctor or Josephine County Public Health Department about getting a TB skin test or a special TB blood test. Be sure to tell the doctor or nurse when you spent time with the person who has TB disease.

References & Figures

1. <https://www.cdc.gov/flu/about/season/flu-season.htm>
2. <https://www.cdc.gov/flu/symptoms/index.html>
3. <https://www.cdc.gov/flu/prevent/prevention.htm>
4. <https://www.cdc.gov/flu/treatment/index.html>
5. <https://www.cdc.gov/tb/topic/basics/default.htm>
6. <https://www.cdc.gov/tb/topic/basics/risk.htm>
7. <https://www.cdc.gov/tb/topic/basics/signsandsymptoms.htm>

Figure 1. <https://www.cdc.gov/flu/about/season/flu-season.htm>

Figure 2. <https://www.cdc.gov/flu/weekly/usmap.htm>

Figure 3. <https://www.oregon.gov/PH/DISEASECONDITIONS/COMMUNICABLEDISEASE/TUBERCULOSIS/Documents/data/Risk%20Assessment202018.pdf>