

**FDOH  
IN  
FLAGLER  
COUNTY**

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**To report diseases  
or request information week-  
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(386) 437-7350 x 7101**

**After hours reporting:  
(386) 986-7749  
Epidemiology fax:  
(386) 437-8207**

Flagler County Health Department Epidemiology depends on the timely reporting of reportable diseases from our area providers to prevent the spread of communicable diseases. **We would like to extend our thanks to all of our health partners for their efforts in this venture.**

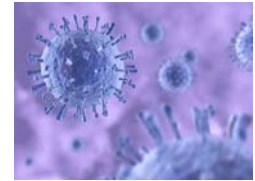
# EPI-GRAM



WINTER 2016

**Tis the Season!:**

**Preventing Illness in the community**



**Flu season** is well upon us and we have been diligently tracking levels throughout the state. As it stands, levels of influenza remain low throughout. With A (H3) being the predominately circulating strain.

Because levels remain low, there is still ample time to vaccinate individuals. Vaccination should continue to be encouraged for all those 6 months and older throughout the season.

**At this time**, only injectable flu vaccines (flu shots) should be used due to a lack in efficacy of previously used nasal flu mists.

Influenza levels in Florida remain below the national baseline, though influenza and influenza-like-

illness activity have been increasing. Because the timing and severity of influenza seasons are unpredictable it is important to encourage patients to receive their flu vaccination as soon as possible in order to lessen the impact of the season's peak.

**Share Memories, Not Disease!**

With the Holidays quickly approaching and meals shared with family and friends abound, it is important to encourage and remember proper food preparation techniques.

Group meals are often a great vehicle for the spread of enteric diseases. Encouraging patient handwashing, temperature monitoring, and re-

frigeration of leftovers can help greatly in mitigating gastrointestinal disease post-holidays. Chicken is recommended to be cooked until an internal temperature of 165° F while pork should be cooked to 145° F. While whole cuts of beef are safe to consume rare (so long as the meat has not been punctured prior to cooking,) ground beef should be cooked to 160° F. These temps should remain for 15 seconds.

**Salmonella Serotyping**

Florida remains #1 in terms of numbers of salmonellosis cases. As of Oct 1st all salmonella cultures will be forwarded to the state laboratories to be serotyped in order to more effectively track the spread and circulation of varying strains.

Disease	Flagler County	St. John's County	Volusia County
Campylobacteriosis	33	70	72
Cryptosporidiosis	8	12	18
STEC Infection	1	12	13
Giardiasis	6	12	23
Salmonellosis	17	101	125
Zika Virus Disease, Non-Congenital	2	4	12