

ZOONEWS FOR KITSAP VETS

A seasonal report on zoonotic disease trends and news of interest

Winter 2013

PREPAREDNESS IN THE NEW YEAR from Beth Lipton, DVM MPH

In this issue of ZOONEWS we look at some of our best preparedness strategies—prevention through vaccination and infection control. We're also sending you a "Catastrophe Calendar" from the American Public Health Association. The calendar is part of the "Get Ready" campaign that highlights simple emergency preparedness tips. The calendar should especially appeal to cat and other animal lovers. (Rumor has it that a dog equivalent will be ready for 2014). For more preparedness tips go to:

www.aphagetready.org



PARVOVIRUS OUTBREAKS—VACCINATION IS THE KEY

In late 2012 local news reported on parvovirus outbreaks in dog parks in Everett and Mukilteo.



The outbreaks resulted in a temporary closing of the parks. In the Tri-City area an animal shelter experienced a recent parvovirus outbreak and had to quarantine a significant number of dogs. These incidents remind us that we need to educate dog owners about the importance of timely vaccination. Parvovirus is always in the environment with outbreaks occurring periodically. The best protection is vaccination. Remind your clients with new puppies not to expose them to public areas until their vaccination series is

complete. Also, clients should keep their dogs out of kennels and boarding facilities where parvovirus has been recently present.

NOTIFIABLE NEWS

Human suspected exposures to rabies accounted for the only significant 2012 reports of notifiable disease cases in Kitsap County. Across the country West Nile Virus activity increased but only 4 human cases and 1 animal case (not including mosquitoes) were reported in Washington State. No cases were reported in Kitsap County. For more information on West Nile Virus across the country go to: www.cdc.gov/ncidod/dvbid/westnile/index.htm

Table 1. Selected Notifiable Conditions (# of cases)

	Kitsap County		Washington	
	3-year average 09-11	2012	3-year average 09-11	2012
Human Cases:				
Brucellosis	0	0	1	0
Cryptococcus gattii	0	0	4	5
Hantavirus pulmonary syndrome	0	0	2	2
Leptospirosis	0	0	0.3	1
Lyme disease	1.3	0	17	14
Plague	0	0	0	0
Psittacosis	0	0	0	0
Q Fever	0	0	4	3
Tularemia	0	0	4	5
Rabies suspected exposures	5	9	188	243
West Nile Virus	0	0	26	4
Animal Surveillance:				
Positive rabies (only bats tested)	0.3	0	13	9
Cryptococcus gattii	0	0	9	9
West Nile Virus: mammals	0	0	24	1
West Nile Virus: birds	0	0	8	0
West Nile Virus: mosquitoes	0	0	95	5

Note: 2012 cases are preliminary and case counts may change as reports are finalized.



KITSAP PUBLIC
HEALTH DISTRICT

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REPORT NOTIFIABLE CONDITIONS TO KITSAP PUBLIC HEALTH 24/7

During business hours call 360-337-5235.
After hours call 1-360-415-2005 or 911.

VACCINES MAKE A DIFFERENCE . . . PROTECTING PETS AND PEOPLE!

Flu Shots - There's still time: Influenza activity in Washington State increased significantly during the last week of December and remains elevated. Emergency room visits for influenza-like illness (ILI) greatly exceed the baseline in western Washington. During the past month influenza A (H3) viruses accounted for nearly all influenza viruses detected in lab specimens tested by World Health Organization (WHO) Collaborating Labs in our state. CDC continues to recommend influenza vaccination for people who have not yet been vaccinated this season. Also, people who get influenza and are at high risk of complications should start on antiviral treatment as early as possible. People at high risk for developing influenza-related complications include: children younger than five, but especially children younger than two; adults 65+; pregnant women; and those with chronic medical conditions or weakened immune systems. Make sure you're vaccinated against the flu virus and encourage all of your staff to get flu shots too!

To prevent the spread of flu, remind your staff to:

- Wash their hands often.
- Avoid touching the eyes, nose or mouth.
- Cover their sneeze or cough with a tissue or their sleeve.
- If they're sick, have them stay home for at least 24 hours after a fever is gone without the help of a fever-reducing medicine. Keep away from others as much as possible.

Tetanus in Tdap - three in one: As veterinary staff, you know the importance of being up-to-date on your tetanus vaccine. Consider getting the Tdap—tetanus, pertussis and diphtheria—all in one when you're due for a booster. Pertussis (whooping cough) activity in people reached epidemic levels in Washington State during 2012. Washington State pertussis cases in 2012 totaled 4,783, a five-fold increase over the number of cases in 2011. About 90 of those cases occurred in Kitsap County. Infants under the age of one and pregnant women are at increased risk for serious complications. Timely vaccination of all children, and booster doses for adolescents and adults, are the most effective strategies to interrupt pertussis transmission in the community and to protect infants who are most at risk for severe disease. Children under the age of seven should complete a five-dose series of DTaP vaccination. Adolescents age 11-12 should get a Tdap booster vaccine. Additionally, all women who are 20 or more weeks pregnant and anyone who may expose an infant should get a Tdap booster. For veterinary personnel, the Tdap also provides needed tetanus protection. Speak with your healthcare provider about your vaccination status and get up-to-date if needed!

BETTER HEALTH THROUGH OUR PETS

More than one-half of all U.S. households have a pet. Many organizations, including the American Veterinary Medical Association and the National Institutes of Health, support the health benefits of owning a pet.



Potential health benefits of pets include:

- decreased blood pressure, cholesterol and triglyceride levels;
- decreased feelings of loneliness;
- increased opportunities for socialization;
- increased opportunities for exercise and outdoor activities.

People and their pets both need physical activity to prevent obesity. Recent reports suggest that up to 40% of dogs are overweight or obese and, in Kitsap County, 63% of adults are overweight or obese.

Listen to and share with your clients this podcast about exercising with your pet:

www.avmamedia.org/display.asp?sid=106&NAME=Exercising_With_Your_Pet

INFECTION CONTROL— THERE'S NEVER ENOUGH!

Good infection control practices in your office protect your staff, your patients and your clients. Survey your staff and ask:

- ☐ Who wipes down door handles and equipment and how often?
- ☐ How good are they at washing hands before and after patients?
- ☐ Do they wear gloves and other personal protective equipment when appropriate?
- ☐ Do they eat or drink in animal handling areas?

For an easy to use Model Infection Control Plan for Veterinary Practices template go to:

www.nasphv.org/documentsCompendia.html