

# The Pump Handle The Pump Handle



**"I had an interview with the Board of Guardians of St. James's parish, on the evening of Thursday, 7th September, and represented the above circumstances to them. In consequence of what I said, the handle of the pump was removed on the following day."**

John Snow, 1855

## March 2016 Topics

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- New Disease Control Employee!



### **Continuing Education Units Available**

The North Dakota Department of Health (NDDoH) Division of Disease Control hosted an online Disease 101 Conference in December, 2015. This conference included fourteen presentations. Each presentation was approved for continuing education by the North Dakota Board of Nursing (NDBON) and the North Dakota Board of Clinical Laboratory Practice (NDBCLP). A total of 12.0 contact hours are available from the NDBON and each session was awarded 0.1 CEU from the NDBCLP. After viewing a presentation, there is a post-test that needs to be completed to earn the continuing education credits. The recorded presentations, approved continuing education hours per session, and presentation post-tests can be found at [www.ndhealth.gov/disease/Conference](http://www.ndhealth.gov/disease/Conference).

The presentations available highlight several different topics from the NDDoH Division of Disease Control. The topics include viral hepatitis, health care associated infections, enterics, tuberculosis, zoonotic diseases, sexually transmitted diseases, vaccine preventable disease, rabies, and emerging infections. Also worth Continuing Education Units are five presentations by Masters of Public Health (MPH) students about infectious disease projects they worked on during 2015. Individuals may view each of these presentations and receive their continuing education credits until December, 2016.

If you have any questions on the presentations or the available credits, please contact Sarah Weninger at [sweninger@nd.gov](mailto:sweninger@nd.gov) or 701.328.2378.



### **Mumps Outbreak Update**

Reports of mumps cases in North Dakota have continued to rise. As of April 20, 2016, there have been a total of 27 cases; 6 confirmed cases, 2 probable cases, and 19 suspect cases. The majority of cases have remained in adults, with only 3 cases reported in children younger than 18. Most cases were reported out of Ward County (16 cases) followed by Burleigh County (3 cases). All confirmed cases have been in adults and five of the confirmed cases have been in Ward County. One confirmed case was in McHenry County. For more information on the number of cases in North Dakota, please visit our website at: <http://www.ndhealth.gov/Immunize/Disease/Mumps>.

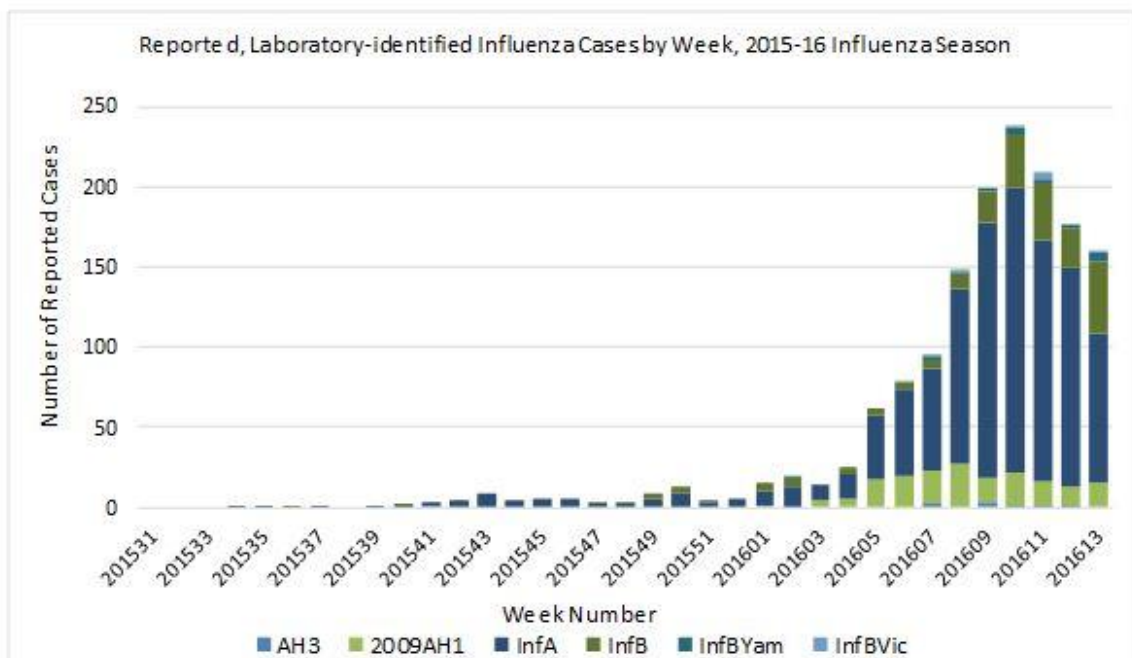
Mumps causes parotitis (swelling under the ears or jaw on one or both sides of the face), fever, headache, earache, and muscle or joint pain. Mumps may also lead to painful swelling of the testicles in men, and swelling of the ovaries in women, causing abdominal pain. Mumps is caused by a virus found in fluids of the mouth and nose. The virus may be spread by coughing, sneezing, talking, or by sharing objects such as water bottles and eating utensils.

The best way to prevent mumps is to be vaccinated with two doses of the Measles, Mumps, Rubella (MMR) vaccine, which protects against measles, mumps and rubella. Children should receive one dose at 12 to 15 months of age, and a second dose at 4 to 6 years of age. Adults born before 1957 are generally considered immune to mumps because of the high rate of infection during that time. All health care workers, regardless of their date of birth, are recommended to either have two doses of MMR vaccine or laboratory proof of immunity to measles, mumps, and rubella. Good hygiene habits should also be utilized to prevent the transmission of mumps.



### **2015-16 Seasonal Influenza Update**

Influenza activity was widespread through the month of March, with a total of 1,516 laboratory-identified cases reported to the NDDoH through April 2, 2016 for the 2015-16 season. This season's predominant circulating strain has been the Influenza A 2009 H1N1 strain. Influenza A H3N2 has also circulated in low numbers, as well as both influenza B lineages: B Yamagata and



B Victoria. The peak for this season occurred the week of March 6<sup>th</sup> (week 10), with 238 cases reported that week. This season has been a comparatively mild season: for the 2014-15 season, 973 cases were reported to the NDDoH during the peak week. Seasonal influenza activity in North Dakota typically circulates through May.



**New Disease Control Employee!**

★ **Name:** Shelby Loberg

**Title:** HIV, STD, and Hepatitis Surveillance Coordinator

**Education Background:** I received my undergraduate degree in genetics from University of Minnesota, and after working in clinical labs in Minneapolis for five years, I returned to graduate school. I am now a PhD candidate at the University of Minnesota with a focus in disease ecology and a minor in public health.

**Past Experience:** In North Dakota, I have worked for US Geological Survey and Valley City State University, where I taught microbiology and GIS for a semester.

**Family/Hobbies:** Outside of work and school my hobbies include volleyball, bike rides, and camping. I've enjoyed exploring the North Country Trail and other hiking paths in North Dakota with my husband Jim.



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