

# 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

## September 2009 Topics

- Influenza H1N1 Update
- West Nile Surveillance
- Confirmed Brucellosis Case Identified in North Dakota
- New Disease Control Employee



### Influenza H1N1 Update

The North Dakota Department of Health (NDDoH) continues to monitor influenza infections in the state. As of Oct. 14, 2009, 563 laboratory identified influenza cases had been reported from 31 counties. Of the 563 cases, 110 have been confirmed as 2009 H1N1 influenza cases. The median age of all reported influenza cases is 15 years (2009 H1N1 median age is 15 years), and the ages have ranged from 1 month to 82 years. Of the 563 influenza reports, 287 reports included hospitalization data, of which 26 cases required hospitalization.

| 2009 Influenza H1N1 Confirmed Case Summary |    |                 |       |                         |       |
|--|----|-----------------|-------|-------------------------|-------|
| Total Cases                                |    | Age Information |       | Influenza Virus Strains |       |
|  |    | Range           | Cases | Type                    | Cases |
| Gender                                     |    | <10             | 14    | A, Novel H1N1           | 44    |
| Female                                     | 62 | 10-19           | 42    | A, H1                   | 0     |
| Male                                       | 44 | 20-29           | 26    | A, H3                   | 1     |
|  |    | 30-39           | 11    | A, Unspecified          | 105   |
| Hospitalized                               | 5  | 40-49           | 9     | B                       | 3     |
|  |    | 50-59           | 3     | Unknown                 | 1     |
| Deaths                                     | 0  | 60 and over     | 1     |                         |       |

There are many measures people can use to protect their health and others this influenza season. The best way to prevent becoming infected and spreading influenza is to get vaccinated every year. Additional ways to help reduce the spread of influenza are to wash your hands frequently, avoid close contact with those who are ill, cover your coughs and sneezes, throw your tissues in the trash and stay home when you are sick.

For more information about influenza, visit the NDDoH website at [www.ndflu.com](http://www.ndflu.com).

### **Influenza Website**

The NDDoH influenza website has information regarding both seasonal and H1N1 influenza. Some topics on the website include:

- North Dakota influenza statistics.
- Fact sheets and other influenza materials.
- Educational material order forms.
- Flu shot clinic locator.
- Vaccine information.
- Testing and reporting information.

Check out the NDDoH website at [www.ndflu.com](http://www.ndflu.com) for the latest information about influenza. If you have additional questions, please contact the NDDoH at 701.328.2378 or 800.472.2180.

### **H1N1 Vaccine Update**

The first doses of the H1N1 vaccine will be available in North Dakota the week of Oct. 5, 2009. The state will receive an initial supply of 4,000 doses in the form of a nasal spray called FluMist. This initial shipment of FluMist vaccine will be given to health-care workers in North Dakota.

The FluMist vaccine cannot be given to young children, pregnant women, people with certain chronic health conditions or those older than 50. Health-care workers are at high risk of being exposed to the virus and have the potential to expose patients who are at high risk for complications because of medical conditions. This will help ensure that doctors and nurses remain on the job to care for others.

Further vaccination efforts are designed to help reduce the impact and spread of novel H1N1. The Advisory Committee on Immunization Practices (ACIP) recommended the vaccination efforts focus on five key populations:

- Pregnant women.
- Household contacts and caregivers for children younger than 6 months.
- Health-care and emergency medical services personnel.
- All people ages 6 months through 24 years.
- People ages 25 through 64 who have health conditions associated with higher risk of medical complications from influenza.

The committee further recommended that once the demand for vaccine for these prioritized groups has been met, programs and providers should begin vaccinating everyone ages 25 through 64 and adults 65 and older.

For more information about novel H1N1, visit [www.ndflu.com](http://www.ndflu.com) or call the NDDoH at 800.472.2180 or 701.328.2378. Questions regarding laboratory testing may be directed to the Division of Laboratory Services at 701.328.6272.

**West Nile Virus Surveillance**

As of Sept. 29, 2009, one human West Nile virus (WNV) infection had been reported to the North Dakota Department of Health (NDDoH). Three hundred forty-five cases have been reported nationwide from 32 states.

| 2009 West Nile Virus Samples and Testing |                              |                                |                                  |
|--|------------------------------|--------------------------------|----------------------------------|
| Beginning: Monday, June 01, 2009         |                              |                                |                                  |
| Through: Tuesday, September 29, 2009     |                              |                                |                                  |
|  | North Dakota Tested to Date* | North Dakota Positive to Date* | Nationwide Positive <sup>Â</sup> |
| Humans                                   | 430                          | 1                              | 345                              |
| Horses                                   | 9                            | 0                              | 153                              |
| Dead Birds                               | 3                            | 0                              | 594                              |
| Mosquito Pools                           | 0                            | 0                              | 5439                             |
| Canines                                  | 0                            | 2                              | 2                                |

\* Results may change pending further investigation  
 Â Confirmed and Probable Cases  
 Â Reported to CDC

At this same time last year, 918 human West Nile virus cases had been reported to the U.S. Centers for Disease Control and Prevention (CDC) from 39 states, including North Dakota. For nationwide WNV data, visit [www.cdc.gov/ncidod/dvbid/westnile/index.htm](http://www.cdc.gov/ncidod/dvbid/westnile/index.htm).

West Nile virus educational materials are still available! Available free of charge are colorful brochures, tribal-specific brochures, posters and a 16-page activity book for kids. Additionally, mosquito repellent towelettes are available for order by city officials and other outdoor event hosts in limited quantities. If you have events planned for this fall or for next summer, contact Michelle or Tracy at 701.328.2378 to see if you qualify for free mosquito repellent towelettes.

Ordering any of the above materials (excluding the towelettes) is free and easy; go to [www.ndhealth.gov/WNV/Materials/](http://www.ndhealth.gov/WNV/Materials/). Additionally, a kid-friendly tick brochure and bookmark have been developed. Call Michelle or Tracy at 701.328.2378 if you have questions or would like to place an order.



### **Confirmed Brucellosis Case Identified in North Dakota**

In September 2009, the NDDoH received results from a confirmed case of brucellosis. This individual had no exposure to animals in the six months prior to diagnosis but did have travel to Asia.

Brucellosis is a zoonotic disease of wild and domestic animals. Disease in humans is a result of contact with infected animals or secretions or by ingesting unpasteurized milk or milk products. Symptoms of brucellosis include fever, night sweats, weakness, malaise, anorexia, weight loss, abdominal pain and headache. Most people become ill within three to four weeks of exposure.

Brucellosis is not common in the United States. Only 100 to 200 cases occur in the U.S. each year. It is more common in countries that do not have good standardized and effective public health and domestic animal health programs. Areas at high risk for brucellosis include the Mediterranean Basin, South and Central America, Eastern Europe, Asia, Africa, the Caribbean and the Middle East.

If you have questions about brucellosis, please contact the NDDoH at 701.328.2378 or 800.472.2180.



### **New Disease Control Employee**

The Division of Disease Control has the pleasure of welcoming Dr. Jennifer Cope to North Dakota. Dr. Cope is an Epidemic Intelligence Service (EIS) officer with CDC. EIS officers have the opportunity to work in state or local health departments or at CDC. EIS officers not only conduct routine research activities that are directly related to fulfilling CDC's mission, but also serve as one of CDC's primary resources for responding to urgent or emergent public health issues. Dr. Cope will be assisting with various projects across all programs in the division. Please help us welcome Dr. Cope to the Division of Disease Control!

**Name:** Jennifer Cope

**Title:** EIS Officer, LT – US Public Health Service

**Education Background:** BS – Microbiology – Penn State University; MD – University of Pittsburgh

**Past Experience:** Internal Medicine Residency – Emory University School of Medicine; Infectious Diseases Fellowship – University of Maryland Medical Center

**Family/Hobbies:** I am married to my husband Jamie. I enjoy cooking, traveling, and biking.

*Contributing authors of The Pump Handle include Abbi Pierce, Michelle Feist, Lindsey VanderBusch, Julie Wagendorf, Kirby Kruger, Tracy Miller and Sarah Weninger. For questions, suggestions or inquiries, or to be removed from the mailing list, please contact Sarah Weninger of the Division of Disease Control at 701.328.2366 or by email at [sweninger@nd.gov](mailto:sweninger@nd.gov).*

*The pump handle picture in the title was obtained from the website [www.ph.ucla.edu/epi/snow.html](http://www.ph.ucla.edu/epi/snow.html).*



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