

# Communicable Disease Newsletter

## Joplin/Jasper County

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July-September 2017

### Crypto

*Cryptosporidium* is a microscopic parasite that causes the diarrheal disease cryptosporidiosis. Both the parasite and the disease are commonly known as "Crypto."

There are many species of *Cryptosporidium* that infect animals, some of which also infect humans. The parasite is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it very tolerant to chlorine disinfection.

While this parasite can be spread in several different ways, water (drinking water and recreational water) is the most common way to spread the parasite. *Cryptosporidium* is a leading cause of waterborne disease among humans in the United States.

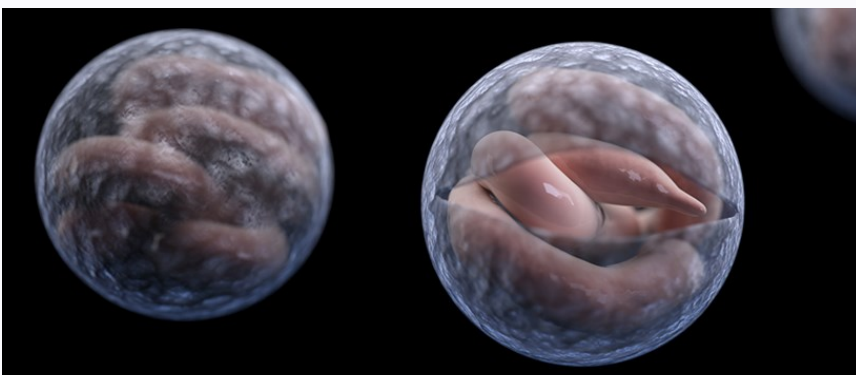
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### Did You Know?

*You share the water—and the germs in it—with every person who enters the pool. If one person infected with crypto has diarrhea in the water, the water can be contaminated with tens or hundreds of millions of germs.*

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Source: [CDC](#)

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## What is Cryptosporidiosis?

Cryptosporidiosis is a disease that causes watery diarrhea. It is caused by microscopic germs—parasites called *Cryptosporidium*. *Cryptosporidium*, or "Crypto" for short, can be found in water, food, soil or on surfaces or dirty hands that have been contaminated with the feces of humans or animals infected with the parasite. During 2001–2010, Crypto was the leading cause of waterborne disease outbreaks, linked to recreational water in the United States. The parasite is found in every region of the United States and throughout the world.

## How is Crypto Spread?

Crypto lives in the gut of infected humans or animals. An infected person or animal sheds Crypto parasites in their poop. An infected person can shed 10,000,000 to 100,000,000 Crypto germs in a single bowel movement. Shedding of Crypto in poop begins when symptoms like diarrhea begin and can last for weeks after symptoms stop. Swallowing as few as 10 Crypto germs can cause infection. Crypto can be spread by:

- Swallowing recreational water (for example, the water in swimming pools, fountains, lakes, rivers) contaminated with Crypto
- Drinking untreated water from a lake or river that is contaminated with Crypto
- Swallowing water, ice, or beverages contaminated with poop from infected humans or animals
- Eating undercooked food or drinking unpasteurized/raw apple cider or milk that gets contaminated with Crypto
- Touching your mouth with contaminated hands (touching objects or surfaces contaminated by infected persons or touching an infected animal)
- Exposure to poop from an infected person through oral-anal sexual contact

Crypto is **not** spread through contact with blood.

## What are the Symptoms?

Symptoms of Crypto generally begin 2 to 10 days (average 7 days) after becoming infected with the parasite. Symptoms include:

- Watery diarrhea
- Stomach cramps or pain
- Dehydration
- Nausea
- Vomiting
- Fever
- Weight loss

Symptoms usually last about 1 to 2 weeks (with a range of a few days to 4 or more weeks) in people with healthy immune systems.

The most common symptom of cryptosporidiosis is **watery diarrhea**. Some people with Crypto will have no symptoms at all.

Source: [CDC](#)

## How is it Treated?

Most people with healthy immune systems will recover from cryptosporidiosis without treatment. The following actions may help relieve symptoms. Individuals who have health concerns should talk to their healthcare provider.

- Drink plenty of fluids to remain well hydrated and avoid dehydration. Serious health problems can occur if the body does not maintain proper fluid levels. For some people, diarrhea can be severe resulting in hospitalization due to dehydration.
- Maintain a well-balanced diet. Doing so may help speed recovery.
- Avoid beverages that contain caffeine, such as tea, coffee, and many soft drinks.
- Avoid alcohol, as it can lead to dehydration.

Over-the-counter anti-diarrheal medicine might help slow down diarrhea, but a healthcare provider should be consulted before such medicine is taken.

**Table 1, Communicable Diseases Reported  
Joplin City/Jasper County  
2016 and 2017 (January 1-September 30)**

	Joplin City		Jasper County	
	2016	2017	2016	2017
Anaplasma Phagocytophilum	3	1	5	3
Campylobacteriosis	13	13	34	26
Coccidioidomycosis	1	0	1	1
Cryptosporidiosis	5	5	6	2
E. Coli Shiga Toxin Positive	0	0	2	2
E. Coli O157 H7	2	0	0	4
Ehrlichia Chaffeensis	8	5	6	9
Haemophilus Influenzae, Invasive	0	0	0	4
Hemolytic Uremic Syndrome	0	0	2	1
Hepatitis A Acute	0	1	0	1
Hepatitis B	8	8	3	5
Hepatitis B (Pregnancy) Prenatal	3	1	1	1
Hepatitis B Acute	3	5	3	2
Hepatitis B Chronic Infection	7	7	3	4
Hepatitis C	1	9	6	3
Hepatitis C Chronic Infection	75	78	22	42
Legionellosis	3	1	7	5
Lyme	5	1	0	2
MOTT	10	15	5	4
Mumps	0	6	0	9
Pertussis	0	1	4	2
Rocky Mountain Spotted Fever	7	5	9	13
Salmonellosis	6	8	16	15
Shigellosis	0	3	1	0
Strep Disease, Group A Invasive	2	0	1	2
Strep Pneumoniae Invasive	0	5	1	4
TB Disease	4	2	1	2
TB Infection	28	23	33	17
Varicella	7	6	6	8
<b>Total Cases Per Year</b>	<b>201</b>	<b>209</b>	<b>178</b>	<b>193</b>

Key

2017 more than 2016	
2017 less than 2016	

Source: DHSS

Source: [CDC](#)

**Table 2,  
Sexually Transmitted Diseases  
Jasper County January-May 2017**

	2017
<b>Chlamydia</b>	415
<b>Gonorrhea</b>	104
<b>Syphilis</b>	3
<b>Total</b>	522

*Jasper County* has had a total of 522 sexually transmitted disease (STD) cases from January to September 2017. The majority of STD cases seen were positive for chlamydia, followed by gonorrhea and syphilis respectively. Data for STD count is tracked by the Missouri Department of Health and Senior Services and is subject to change as reports are collected.

Source: DHSS

**HELP INTERRUPT THE STEADY CLIMB OF STDs WITH THESE THREE STEPS:**

**TALK** 

Talk openly about STDs with your partners & healthcare providers.

**TEST** 

Get tested. It's the only way to know if you have an STD.

**TREAT** 

If you have an STD, work with your provider to get the right medicine.



Source: [CDC](#)

## **Flu Season is Coming**

**Be prepared for this year's flu season by getting vaccinated!**

### **JOPLIN CITY HEALTH DEPARTMENT**

Residents in the City of Joplin now have another option for vaccinations! Fees for these vaccinations are dependent upon insurance coverages and will be processed through a program called Vaxcare. This program allows the Joplin City Health Department to accommodate all residents, children and adults. Staff will obtain insurance information and check for eligibility. The Department has flu vaccine for all ages, 6 months and older, including that for pregnant women. Many insurances pay no co-pay. Uninsured children and adults may qualify for flu vaccinations with a \$10 co-pay. Active Medicaid children pay no co-pay. Appointments are needed. To schedule call: (417) 623-6122 ext. 266, 257, or 254.

### **JASPER COUNTY HEALTH DEPARTMENT**

Jasper County Health Department also has flu vaccinations available through the Vaxcare program. Those who qualify for VFC or Adult 317 vaccine are not charged a \$10 co-pay. Please call (417) 358-3111 or (877) 879-9131 to schedule an appointment.

- Vaccines for 6 months-35 months of age is \$32.00/dose—Pediatric Quadrivalent Vaccine
- Vaccines for 36 months-64 years of age is \$32.00/dose—Quadrivalent Vaccine
- Vaccine for 65 years of age and above is \$56.00/dose—This is the High Dose Vaccine
- Pneumonia Vaccine: Pneumovax 23 is \$97.00/dose and Prevnar 13 is \$183.00/dose

### **Contact Us:**

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[www.joplinhealthdepartment.org](http://www.joplinhealthdepartment.org)  
 Like Us on Facebook:  
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