



# CHICKAHOMINY HEALTH NEWS

## NEWSWORTHY

### NATION/STATE

#### Women's Health Week

May 11-17

This week always begins on Mother's Day each year. Visit the CDC website for more information: <http://www.cdc.gov/women/nwhw/>



#### Recreational Water Illness Prevention Week

May 19-25

This is the fourth annual national observance of waterborne illness during the week preceding Memorial Day. See our spotlight section in this newsletter for specific information on a common waterborne parasite, *Cryptosporidium parvum*. You can also go to the CDC website for more information:

[CDC Healthyswimming rwi\\_prevention\\_week](http://www.cdc.gov/healthyswimming/rwi_prevention_week)

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## SPOTLIGHT: CRYPTOSPORIDIOSIS

Cryptosporidiosis is a condition caused by infection of *Cryptosporidium parvum*, a hearty intestinal parasite that is commonly found in unsafe water sources and can occasionally infect swimming pools or hot tubs.

In 1993, cryptosporidiosis was the cause of a large waterborne diarrheal illness in Milwaukee, WI. *Cryptosporidium* gets into surface water sources such as rivers and lakes in the stool (feces) of infected animals or people. Municipal water from treatment plants that get their water from these surface water sources can contain *Cryptosporidium* oocysts (the egg-like form of the parasite). Filtration treatment will usually remove

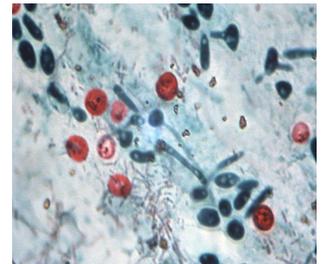
*Cryptosporidium* oocysts. Chlorination by itself is not effective. All Virginia localities that use surface water sources provide filtration treatment.

If water contamination does occur, humans (and animals) can become infected by swallowing the oocysts. The incubation period is typically two to ten days following ingestion.

Symptoms can include watery diarrhea and abdominal cramping with possible vomiting and low grade fever and may last from two to four weeks. Most people, however, do not have symptoms. Immune-compromised persons are at highest risk of severe diarrhea and possible liver or gall bladder

disease. Treatment is supportive to symptoms, especially dehydration due to diarrhea.

If you suspect a waterborne illness of any known (or unknown) cause, please contact the health department immediately, preferably by telephone.



Source: <http://phil.cdc.gov/phil/details.asp>

## COMMUNICABLE DISEASE

### What we are seeing in

#### Chickahominy:

##### Apr '08 Reported Diseases

- 3 cases of Chickenpox
- 1 suspect Mumps case in a 10-year old boy
- 1 confirmed pertussis case in a 10-year old girl
- 1 case of Salmonellosis in a 4-month old boy
- 5 cases of invasive MRSA
- 1 bacterial meningitis in a 18-year old boy
- Large norovirus outbreak

### Norovirus, the "stomach bug"

A recent outbreak of gastroenteritis was phoned into the Hanover Health Department in late April, with an initial report of over 50 ill persons. Over the next few days, 100-plus employees of a local business reported symptoms of illness compatible with viral gastroenteritis. Stool samples were collected from several of the ill persons, all of which tested positive for norovirus by PCR.

An epidemiologic investigation is still ongoing to explore possible sources. In this case, it was very important that someone called early on so that further illness spread was greatly reduced.

#### Quick norovirus facts

Norovirus is a highly contagious organism that is spread through the fecal-oral route by two primary means: 1) person-to-person transmission and 2) a common foodborne, waterborne, or environmental exposure. Improper handwashing after toilet use can accelerate the fecal-oral route of transmission.

Norovirus symptoms commonly range from watery diarrhea and/or vomiting, with nausea, low-grade fever, chills, headache, excessive sweating, and/or stomach cramps, typically lasting 24-48 hours.

Person sick with norovirus infection are contagious as soon as they start to feel ill for at least 3 days following complete recovery. Proper handwashing is key!