

# CHICKAHOMINY HEALTH NEWS



Serving the counties of Charles City, Goochland, Hanover, and New Kent

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## NEWSWORTHY

### NATION/STATE

#### Measles February-April '09

As you may have heard, they have been several cases of measles emerging in the national capital region over the last couple of months. This includes one case in northern Virginia. Please take the time to ensure that you and your staff have full immunity from measles through prior documentation of active immunization or through previous exposure. Please report any suspected cases (this can simply include fever with rash) of measles to the local health department as soon as possible.

May 18-24 is Recreational Water Illness Prevention Week. CDC's goal is to "highlight the importance of healthy swimming, healthy swimming behaviors, and recreational water illness prevention. This will be done by emphasizing operation and prevention tips for pool operators and pool patrons to ensure a healthy swimming experience."



Next week is National Infant Immunization Week!

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## SPOTLIGHT: GIARDIASIS

Giardiasis is a gastrointestinal illness caused by parasitic infection of the protozoan, *Giardia lamblia*. Infection occurs by ingestion of cysts found in contaminated water or food. Person-to-person transmission can also occur via the fecal-oral route. Cysts can persist in the environment for several months and are resistant to standard concentrations of chlorine.

Giardiasis symptoms include watery, often severe, diarrhea; abdominal pain; nausea; and vomiting. Diarrhea can last up to 6 weeks for some people. Onset is typically 7-10 days after infection; however, asymptomatic carriers are quite common.

*Giardia lamblia* is distributed

globally and reportedly infects up to 20 percent of the world's population. Susceptibility is universal and repeat infections can occur.

*Giardia* parasites are identified in stool specimens by detection of cysts or trophozoites using light microscopy, or through direct fluorescent antibody (DFA). Alternate methods include antigen testing using enzyme immunoassay (EIA).

Treatment is typically a course of either metronidazole or tinidazole. However, chronic carriers may not have success with these anti-parasitic medications and can still shed the organisms for months.

We have seen five (5) cases of giardiasis so far this year, in which three were imported from another state or country. This is compared to ten (10) last year (our 5-year average is 8.6/year). The district rates for giardiasis are slightly higher than the state rates for 2007 (8.4 vs. 7.6 infections per 100,000 persons, respectively).

Reports of giardiasis are usually received from laboratories, but please report suspected outbreaks (two or more cases within the same incubation period).

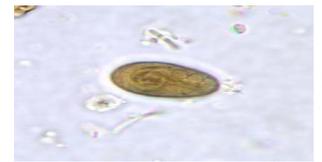


Image from CDC's Public Health Image Library (PHIL)

## COMMUNICABLE DISEASE

### What we are seeing in Chickahominy: Feb-Mar 2009

- 1 *Haemophilus influenzae* invasive infection in a 1 year old male
- 2 Giardiasis cases (ages 4 and 57)
- 2 pertussis infections (ages 2 and 8)
- 1 mumps infection in a 37 year old female
- 3 MRSA invasive infections (ages 27-77)
- 5 positive rabies (animals)

### Chickahominy positive rapid influenza tests comparing two flu seasons

