



http://www.cdhd.wa.gov

September 2014

CHELAN-DOUGLAS PUBLIC HEALTH

Current Conditions of Interest

TO REPORT A NOTIFIABLE CONDITION:

Phone (509) 886-6400

Fax (509) 886-6478

After hours call:

(509) 886-6499

"Always Working for a Safer and Healthier Community"

Ebola Outbreak Resources

 [CDC Ebola Web Pages](#)

- **Ebola Virus Disease Information for Clinicians in U.S. Healthcare Settings**

<http://www.cdc.gov/vhf/ebola/hcp/clinician-information-us-healthcare-settings.html>

- **Interim Guidance for Emergency Medical Services (EMS) Systems and 9-1-1 Public Safety Answering Points**

<http://www.cdc.gov/vhf/ebola/hcp/interim-guidance-emergency-medical-services-systems-911-public-safety-answering-points-management-patients-known-suspected-united-states.html>

- **Guidance for Safe Handling of Human Remains of Ebola Patients in U. S. Hospitals and Mortuaries**

<http://www.cdc.gov/vhf/ebola/hcp/guidance-safe-handling-human-remains-ebola-patients-us-hospitals-mortuaries.html>

- **Case Definition for Ebola Virus Disease (EVD)**

<http://www.cdc.gov/vhf/ebola/hcp/case-definition.html>

- **Interim Guidance for Monitoring and Movement of Persons with Ebola Virus Disease Exposure**

<http://www.cdc.gov/vhf/ebola/hcp/monitoring-and-movement-of-persons-with-exposure.html>

- **Factsheet: Interim Guidance for Specimen Collection, Transport, Testing, and Submission for Patients with Suspected Infection with Ebola Virus Disease**

<http://www.cdc.gov/vhf/ebola/pdf/ebola-lab-guidance.pdf>

- **Interim Guidance for Environmental Infection Control in Hospitals for Ebola Virus**

<http://www.cdc.gov/vhf/ebola/hcp/environmental-infection-control-in-hospitals.html>

- **Sequence for Putting On and Removing Personal Protective Equipment (PPE)**

<http://www.cdc.gov/vhf/ebola/pdf/ppe-poster.pdf>

- **Advice for Colleges, Universities, and Students about Ebola in West Africa**

<http://wwwnc.cdc.gov/travel/page/advice-for-colleges-universities-and-students-about-ebola-in-west-africa>

The 2014 Ebola outbreak is one of the largest Ebola outbreaks in history and the first in West Africa. It is affecting four countries in West Africa: Guinea, Liberia, Nigeria, and Sierra Leone, but does not pose a significant risk to the U.S.



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Around Region 7 (Chelan-Douglas, Kittitas, Grant, Okanogan Co.)

Jackie Dawson, PhD, Region 7 Epidemiologist

Case #1: Young child diagnosed with hemolytic uremic syndrome.

Some kinds of *E. coli* cause disease by making a toxin called Shiga toxin. These bacteria are called "Shiga toxin-producing" *E. coli*, or STEC for short. The most commonly identified STEC in North America is *E. coli* O157:H7. Many other kinds (called serogroups) of STEC cause disease. Other *E. coli* serogroups in the STEC group, including *E. coli* O145, are sometimes called "non-O157 STECs." Around 5–10% of those who are diagnosed with STEC infection develop a potentially life-threatening complication known as hemolytic uremic syndrome (HUS). Clues that a person is developing HUS include decreased frequency of urination, feeling very tired, and losing pink color in cheeks and inside the lower eyelids. Persons with HUS should be hospitalized because their kidneys may stop working and they may develop other serious problems. Most persons with HUS recover within a few weeks, but some suffer permanent damage or die. 150-250 cases of STEC are reported in WA each year. Six to 18 of those cases have been diagnosed with HUS. Sources implicated in WA have included animal exhibits, beef, produce, raw milk and recreational water.

Case #2: Young child diagnosed with Campylobacter after swimming in local pond

Campylobacteriosis is an infectious disease caused by bacteria of the genus *Campylobacter*. Most people who become ill with campylobacteriosis get diarrhea, cramping, abdominal pain, and fever within two to five days after exposure to the organism. The diarrhea may be bloody and can be accompanied by nausea and vomiting. The illness typically lasts about one week. Some infected persons do not have any symptoms. Most cases of campylobacteriosis are associated with eating raw or undercooked poultry meat or from cross-contamination of other foods by these items. Outbreaks of *Campylobacter* have most often been associated with unpasteurized dairy products, poultry, produce and contaminated water. Surface water and mountain streams can become contaminated from infected feces from cows or wild birds. Approximately 1300 cases are reported in WA each year.





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Case #3: Adult with probable bat exposure (puncture marks on chin after waking up from a disturbed sleep) treated with rabies post-exposure prophylaxis. The cabin had a history of bats, but unfortunately, a bat was not available for testing in this case.

The rabies virus is transmitted through saliva or brain/nervous system tissue. You can only get rabies by coming in contact with these specific bodily excretions and tissues. Wash any wounds immediately with soap and water. It's important to remember that rabies is a medical urgency but not an emergency. Postexposure prophylaxis, for previously unvaccinated individuals, consists of a regimen of one dose of immune globulin and four doses of rabies vaccine over a 14-day period. Bats are the only known reservoir for rabies in WA. Rabid bats have been found in our area. The % of wild bats infected with rabies is very low (<1%), however 5-10% of sick and injured bats submitted for testing in WA are rabid. During the past few decades, only a few animal rabies cases have occurred in animals other than bats.

Table 2: Rabid Non-Bat Animals and Rabies Strain Type in Washington, 1986–2010

Year	Animal type (County)	Rabies Strain
2002	Cat (Walla Walla)	Bat-variant
1994	Llama (King)	Bat-variant
1992	Horse (Franklin)	Unknown
1987	Dog (Pierce)*	Unknown: history of bat exposure

* infection was not confirmed at CDC

Resources:

- [Washington State Dept. of Health Shiga-Toxin Producing E. coli](#)
- [Washington State Dept. of Health Campylobacter Guidelines](#)
- [Washington State Dept. of Health Rabies Page](#)
- [Washington State Dept. of Health Rabies Guidelines](#)
- [Washington State Dept. of Health Suspect Rabies Exposure Guidelines](#)
- [Washington State Dept. of Health Suspect Rabies Exposure Reporting Form](#)