



Health

Nepean Blue Mountains Local Health District
Western Sydney Local Health District

Bug Bulletin

Communicable Diseases Summary

December 2011

Thank you to all doctors notifying communicable diseases to the Public Health Unit. The list of notifiable diseases for 2011 is on the reverse side of this sheet.

With the holiday season approaching, a reminder about common issues that may cause problems among your patients:

That Christmas chook could make you crook!

Summer can be a wonderful time for holidays, family dinners, picnics, and mass gatherings of friends and relatives. Unfortunately, poorly-prepared or poorly-kept food can result in food poisoning and a miserable outcome for many! The NSW Food Authority website has useful consumer information about keeping food safe. The website is: <http://www.foodauthority.nsw.gov.au/consumers/keeping-food-safe/> The 'summer eating' link can guide consumers to information about topics such as family feasts, picnics, BBQs, ham hints and turkey tips, and hopefully can help people enjoy a healthy and food-safe holiday season.

Having fun in your cozzies? Watch out for those mozzies!

Mosquitoes spread human disease, such as Ross River virus. During this summer holiday season around dusk each day, make sure you take special care to protect yourself, your family and your friends. Most mosquitoes become active around dusk, although some species are active also during the day. The key time to take special care against mosquito bites is just prior to, and for two hours after dusk - the time of day when many people go outside to enjoy the cooler evening temperatures. Cover up as much as possible and use effective repellents or insecticides – see the Repellent Guidelines: http://medent.usyd.edu.au/arbovirus/mosquit/repellent_guidelines_2011.pdf GPs are reminded of the symptoms of Ross River virus: flu-like symptoms that include fever, headache, rash and aches and pains in the muscles and joints.



Swimming pools – know the rules!

Summer is a time when people often taken children to swim in public pools or enrol in lessons. **People who have had diarrhoea within the previous two weeks should not swim in any swimming pool.** Infants who are not toilet-trained are most likely to spread germs in the pool. Parents should make sure their child uses the toilet before entering the pool and babies should wear tight-fitting waterproof pants or swimming nappies at all times.

GPs are reminded that this can be a time when people may present with symptoms of cryptosporidiosis: most common symptoms are watery diarrhoea and stomach cramps. Other symptoms may include fever, nausea, vomiting and loss of appetite. The first signs of illness appear between 1-12 days (average 7 days) after a person becomes infected. A person is most infectious when they have diarrhoea, but the parasite may be excreted for several days after symptoms disappear. Transmission in our area occurs most commonly via swimming pools, but can also be through drinking contaminated water or through person-to-person contact, particularly in families and among small children.



THE PUBLIC HEALTH UNIT STAFF WISH YOU ALL A SAFE AND RELAXING HOLIDAY SEASON AND A VERY HAPPY 2012.

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After hours: telephone Westmead Hospital switch on 9845 5555 and page the Public Health Officer on-call.

NOTIFIABLE CONDITIONS FOR NEPEAN BLUE MOUNTAINS & WESTERN SYDNEY LHDS															
Condition	2010			2011											
	Oct	YTD	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	YTD
Blood Borne Viruses															
Hepatitis B - Newly Acquired	-	3	2	-	-	-	1	-	-	-	-	-	-	-	3
Hepatitis B - Unspecified	63	652	54	67	71	57	44	49	59	59	52	40		552	
Hepatitis C - Newly Acquired	1	2	2	-	-	-	-	-	-	-	-	-		2	
Hepatitis C - Unspecified	44	504	48	30	49	35	28	49	49	49	26	32		395	
Hepatitis D	-	1	-	1	-	-	-	-	1	-	1	-		3	
Enteric Diseases															
Cholera	-	1	-	-	-	-	-	-	-	-	-	-		-	
Cryptosporidiosis	3	46	3	7	7	7	8	1	8	3	1	5		50	
Giardiasis	17	274	19	44	46	29	30	27	27	17	18	14		271	
Haemolytic Uremic Syndrome	-	-	-	-	-	-	-	-	-	-	-	-		-	
Hepatitis A	6	28	5	1	5	2	2	-	-	1	-	2		18	
Hepatitis E	-	-	3	-	2	-	2	-	1	-	1	-		9	
Listeriosis	1	2	1	-	-	-	1	-	-	-	-	1		3	
Rotavirus	68	242	12	11	11	9	8	6	13	9	27	31		137	
STEC/VTEC	-	1	-	-	-	-	-	-	-	-	-	-		-	
Salmonellosis	41	518	84	59	62	36	29	23	28	25	16	22		384	
Shigellosis	-	8	1	3	1	1	1	3	1	2	-	2		15	
Typhoid	-	9	7	4	1	1	1	-	2	-	-	-		16	
Respiratory Diseases															
Influenza	49	336	26	29	46	36	44	143	320	352	144	84		1,224	
Legionellosis	3	24	2	1	4	1	2	-	1	-	3	-		14	
Tuberculosis	7	95	11	12	10	6	6	6	6	2	7	3		69	
Sexually Transmissible Infections															
Chlamydia	183	2,034	240	230	253	187	229	239	238	203	200	203		2,222	
Gonorrhoea	23	197	21	22	28	25	37	22	31	38	39	37		300	
Lymphogranuloma venereum	1	5	1	2	1	-	1	-	2	1	-	-		8	
Syphilis - >2 years/unk. duration	4	50	4	3	4	4	6	4	6	4	4	3		42	
Syphilis - Infectious	-	26	2	2	2	1	3	3	1	2	4	1		21	
Vaccine Preventable Diseases															
Adverse Event Following Immunisation	1	24	-	3	11	7	5	3	-	3	1	1		34	
Haemophilus influenzae type b	-	1	-	-	-	-	-	-	-	-	-	-		-	
Measles	-	1	1	14	11	-	-	-	-	-	-	-		26	
Meningococcal Disease	3	9	-	-	1	1	1	1	2	1	-	2		9	
Mumps	-	4	-	-	4	1	1	1	1	4	-	-		12	
Pertussis	269	1,022	200	193	209	156	196	197	176	308	293	279		2,207	
Pneumococcal Disease (Invasive)	8	58	2	6	3	5	4	11	8	17	8	4		68	
Rubella	-	-	-	-	-	-	-	-	-	-	-	-		-	
Vector Borne Diseases															
Barmah Forest	-	2	2	1	1	-	1	-	-	-	-	-		5	
Chikungunya	-	2	-	-	-	-	-	-	-	-	-	-		-	
Dengue	5	13	5	-	1	-	-	1	-	-	2	2		11	
Malaria	2	21	1	1	3	5	1	3	3	3	3	2		25	
Ross River	1	61	2	-	4	-	1	-	-	-	-	-		7	
Zoonoses															
Leptospirosis	-	-	-	-	-	-	-	-	-	-	-	-		-	
Psittacosis	-	2	2	-	-	1	-	1	1	-	1	1		7	
Q fever	-	5	-	-	-	-	1	-	-	-	-	-		1	
Other Conditions															
CJD (classic)	-	1	-	1	-	-	-	-	-	-	-	-		1	
Chlamydia - Congenital	2	7	1	-	-	1	1	-	-	-	-	-		3	
Lead Poisoning	1	17	1	4	5	3	2	2	1	-	3	-		21	
Syphilis - Congenital	-	-	-	-	1	-	-	-	-	-	-	-		1	

Please note: 2011 data is preliminary and subject to change