

# Central Oregon Public Health Quarterly

Communicable Disease Update for Crook, Deschutes, and Jefferson Counties  
January 2023: Quarter 4

24/7 Communicable Disease reporting lines:

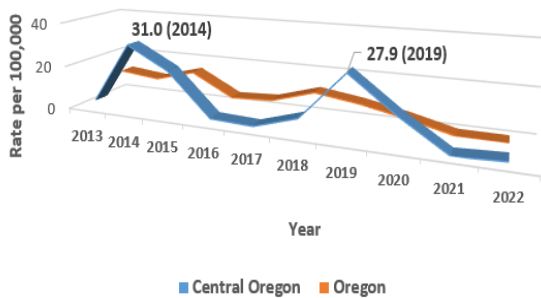
Crook County: 541-447-5165

Deschutes County: 541-322-7418

Jefferson County: 541-475-4456

## Pertussis in Central Oregon

Pertussis Rates in Central OR & Statewide (2013-2022\*)



### What is Pertussis (aka 'Whooping' or '100 Days' Cough)?

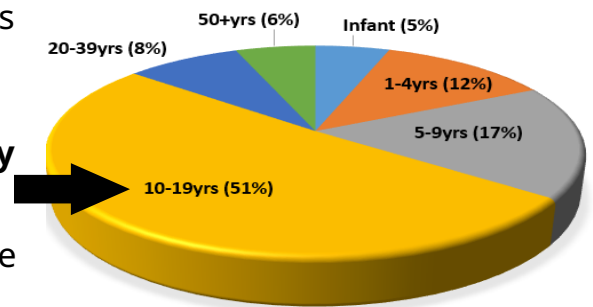
- A highly contagious **bacterial disease**; symptoms similar to the common cold (e.g. runny nose, low-grade fever), but followed with a cough (**sounding like a 'whoop'**) lasting **2-3 months**
- Severe **coughing 'fits'** often occur {more **common at night**} & may be followed by episodes of vomiting
- **Prevention:** Mainly by vaccination (started at 8 weeks of age), but **3+ doses** are needed to build up protection...then **boosters** to maintain protection
- **Guidelines for Pregnant Women:** Vaccination in the **3rd trimester of each pregnancy**, regardless of the last time she had the vaccine



### Ages Impacted:

- While all age groups are susceptible to *Pertussis*, a higher proportion of **children, especially 10-19yr. olds** in Central OR are impacted (see figure to right)

PERTUSSIS BY AGE, TRI-COUNTY REGION (2012-2022\*)

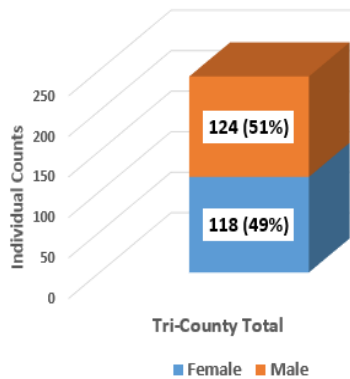


### Rates:

- While rates of *Pertussis* have generally been low in OR & Central OR the past 9 yrs, two noted spikes occurred in Central OR in **2014 (31 cases per 100,000)** & **2019 (28 per 100,000)** (see fig. above)

\*As of 12/02/2022

Pertussis by Sex, Tri-County Region [2012-2022\*]



Pertussis by Race/Ethnicity, Tri-County Region (2012-2022\*)

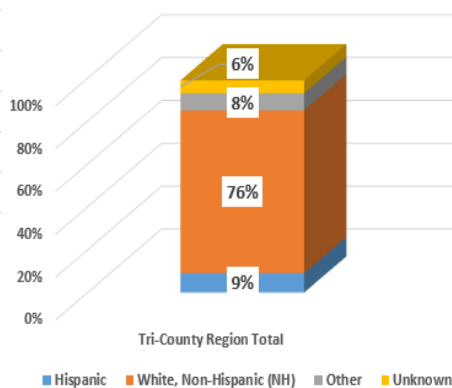


Figure (right): *Bordetella pertussis* ([source: CDC](https://www.cdc.gov/media/releases/2012/s0911-pertussis.html))

### Sex Differences:

- A slightly higher number of males in Central OR are impacted by *Pertussis* (**51%**) compared to females (**49%**)

### Race/Ethnic Differences:

- The majority of cases of *Pertussis* in Central OR are white (non-Hispanic) (**76%**), followed by Hispanics (**9%**) and 'Other' race/ethnicity groups (fig. to left)

\*As of 12/02/2022



### Pertussis Awareness

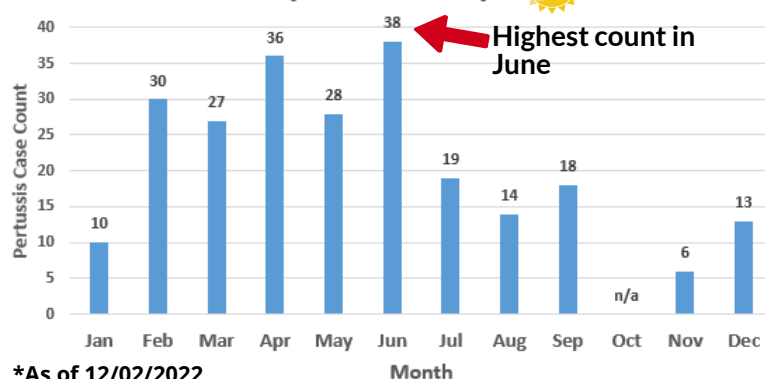
- **16 million people** affected worldwide & **200,000 (US)** yearly
- *Pertussis* fatal in **~0.5% of US infants (<1 yr of age)\***
- In Central OR, the **highest # of cases occur during spring & peak early summer (Feb-June)** (see fig. to right)

Note: *Pertussis* is spread through **airborne droplets & close contact** with infected respiratory secretions

Figure above from: <https://www.Shutterstock.com>

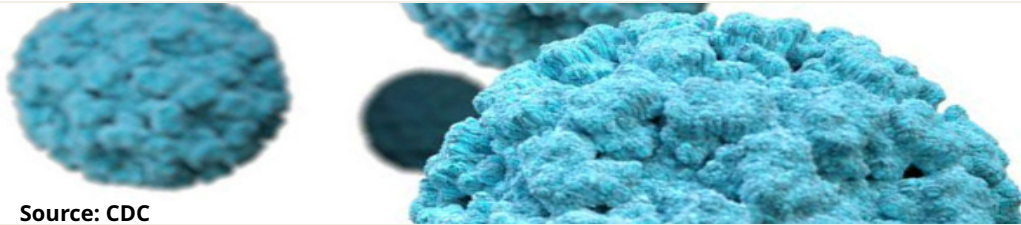
\*<https://pubmed.ncbi.nlm.nih.gov/25243777/>

Pertussis Tri-County Region by Month (2012-2022\*)



\*As of 12/02/2022

# Norovirus in Central Oregon

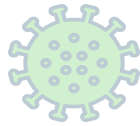


Source: CDC

Norovirus (aka 'winter vomiting disease') is the most common cause for gastroenteritis

## What are symptoms of norovirus?

- Non-bloody diarrhea
- Vomiting
- Stomach Pain



## Did you know?

- Symptoms develop 12-48 hrs after exposure
- You can contact norovirus illness multiple times in life (as there are numerous types of noroviruses)
- A person with norovirus illness can **shed billions of norovirus particles** & only a few particles (5+)\* are needed to cause sickness

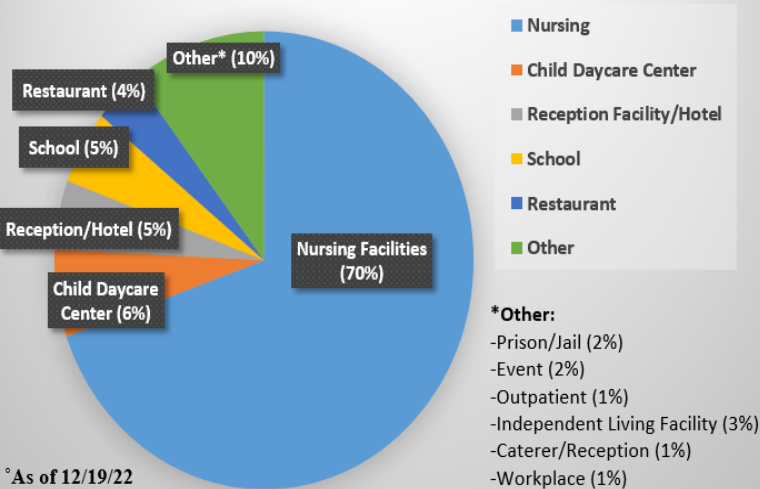
\*Leon, Juan (2008). Immunity Against Mucosal Pathogens. Springer. p. 232. ISBN 978-1-4020-8412-6

## How do you contract norovirus?

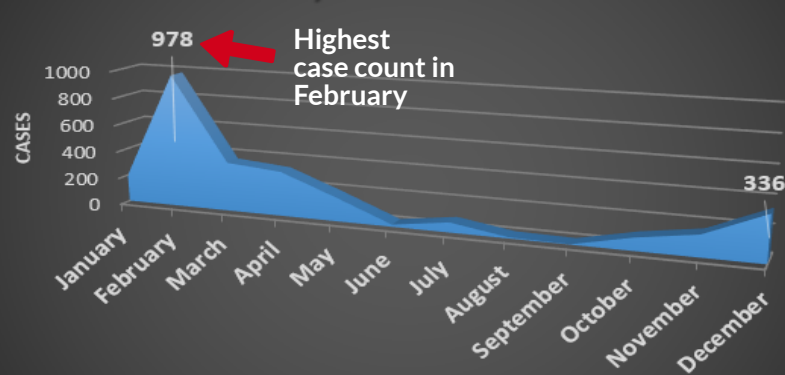
- Direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces



## Tri-County Norovirus Outbreaks by Location, 2012-2022\*



## Tri-County Norovirus Outbreaks by Year, 2012-2022\*



Note: Cases include both confirmed & presumptive



## What to know about Noro



### Who is at highest risk?

#### Individuals

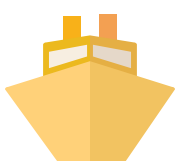
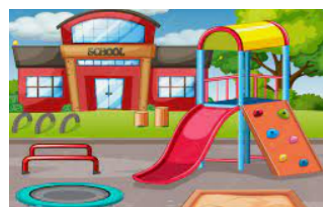


- Children
- Elderly
- Those with other medical conditions

#### Facilities



- Healthcare centers
- Daycare centers
- Schools
- Long term care facilities
- Cruises



### Is it Noro? ...what to look for:

- Sudden onset of **severe vomiting & diarrhea** (~12-48hrs after exposure)
- **Rapid resolution**; symptoms generally lasting 1-3 days (similar to food poisoning)
- Residing in a **communal living** or other **crowded area** (e.g. nursing home; daycare; cruise)



### If you have Noro ...\*

- **Avoid contact** with others during illness & 3 days following symptoms
- Stay home
- **Avoid handling food & other items** used by other people
- **Dispose of vomit & stool carefully** (e.g. wear gloves)
- Wash contaminated clothes

\*[Mayo Clinic Guidelines](#)

### Preventing Noro

Note: While there is no vaccine or treatment for 'noro,' there are ways to prevent (see below):

- ★ Wash hands properly with **soap & water for 20+ seconds** (especially after changing diapers; preparing food; & before eating/drinking)



- ★ Disinfect surfaces that might be contaminated: **Wear gloves & use a disinfectant effective** against noroviruses (e.g. chlorine bleach)



- ★ Be food aware:
  - Wash fruits & veggies before consuming
  - Cook meats thoroughly
  - Use **caution when traveling** to high risk 'noro' areas (consider eating only cooked foods)

