



Communicable Diseases Quarterly Report

Quarter 4: October 1 - December 31, 2019

Department of Public Health

	2018 Cases		2019 Cases	
	QTR 4	YTD	QTR 4	YTD
Sexually Transmitted Diseases				
AIDS	11	44	<10	42
Chlamydia	1737	7170	1770	7307
Gonococcal Infection	590	2296	616	2440
HIV	26	109	15	105
Syphilis-Total	264	1215	275	1140

Vaccine Preventable Diseases				
Hepatitis A	<10	<10	<10	<10
Hepatitis B (Acute)	<10	<10	<10	<10
Hepatitis B (Chronic)	48	157	33	157
Meningococcal disease	0	<10	0	0
Mumps	<10	<10	<10	<10
Pertussis	25	84	<10	89

Food Borne Diseases				
Campylobacteriosis	72	290	45	316
Shiga Toxigenic E. Coli	18	51	<10	58
Giardia	<10	31	<10	29
Salmonellosis	49	174	32	161
Shigellosis	31	77	10	67

Vector Borne & Zoonotic Diseases				
Lyme Disease	0	<10	0	<10
Malaria	0	0	0	<10
West Nile Virus	<10	15	<10	51
Zika Virus	0	0	0	0

Selected Communicable Diseases				
Coccidioidomycosis	199	633	224	658
Hepatitis C (Chronic)	194	735	165	759
Legionellosis	<10	13	<10	16
Meningitis	18	68	25	66
Tuberculosis	10	47	14	38

Definitions:

- **Communicable disease** – a disease which can be transmitted directly or indirectly by a living organism or by a non-living object or substance. Examples include: from an infected person to another person who is susceptible; from an object (sheets, clothing, telephone handset, drinking glass) that may harbor germs to a susceptible person.
- **Reportable disease** – in compliance with federal and state health code, certain diseases must be reported when a confirmed or suspect diagnosis is made on a secured and standardized form. <https://www.cdc.gov/nndss/conditions/notifiable/2019/> for more information.

Spotlight: Valley Fever

Coccidioidomycosis also known as Cocci or Valley Fever is a soil fungus that causes disease in humans and some animals. In the United States, it is found in the Southwest region and Central Washington State. People are exposed to Valley Fever when they inhale airborne fungal spores into their lungs. It cannot be spread from the lungs of an infected person to a healthy individual.

Anyone who lives or travels to areas where Valley Fever is endemic risks getting a Valley Fever infection. Research shows adults over age 60, people with weakened immune systems, pregnant women, diabetics and people who are Black or Filipino have the highest risk of infection.

The fungus typically infects the lungs, but can also spread to other areas of the body. Most people who breathe in Valley Fever spores do not get sick, and those who become ill usually get better on their own. About 5-10% of people who get sick with Valley Fever develop a severe infection. Valley Fever symptoms are similar to influenza and can include: fatigue, cough, fever, breathlessness, headache, night sweats, muscle/joint pain and rash.

In 2018, there were 15611 cases of Valley Fever reported in the United States and 48% of these cases came from California. In the same year, Fresno County reported 633 cases of Valley Fever representing 8.4% of the 7515 cases reported in California.

Currently there is no vaccine for Valley Fever and the best way to avoid becoming ill is by limiting exposure. People who visit or live in areas where Valley Fever is endemic should avoid spending time outside when it is dusty or windy. People should also limit activities that involve close contact with dirt or dust such as digging or gardening. If working with soil is necessary, an N95 respirator should be worn to protect against the inhalation of fungal spores.

References

Centers for Disease Control and Prevention (2020). Valley Fever. Retrieved from: <https://www.cdc.gov/fungal/diseases/coccidioidomycosis/index.html>
California Department of Public Health (2020). Valley Fever. Retrieved from: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Coccidioidomycosis.aspx>

Reportable Diseases in Fresno County:

A selection of Reportable Diseases appears in this Quarterly Report. Reportable disease information is compiled by number of cases and includes confirmed, probable and suspect classifications.

In the tables to the left, numbers of cases for each disease are listed for the current and previous year and corresponding

Helpful Links for Disease Rates

Centers for Disease Control and Prevention (CDC):

www.cdc.gov/datastatistics

California Department of Public Health (CDPH):

<https://www.cdph.ca.gov>

Fresno County Department of Public Health:

<http://www.co.fresno.ca.us/departments/public-health>