



Clayton County Board of Health Epidemiology Newsletter January - March 2018

INTRODUCTION

It has been a very “BUSY” 1st quarter in 2018 for all CCBOH staff. 😊 The epidemiology department has stayed on top of disease surveillance, monitoring the health of Clayton County residents throughout this time.

As we celebrated National Public Health Week from April 2 - 6, the focus remained on our collective effort to prevent disease and injury, promote health and well-being, and prepare to respond to any outbreaks or disasters.

QUARTER IN REVIEW

- The department received and worked on (some ongoing) approximately 570 reportable infections in the first quarter of 2018. Approximately 190 were general notifiables and 380 Sexually Transmitted Infections (STIs).
- A total of 18 incidents of animal bites were reported this quarter. Prophylaxis was recommended for the victims involved as needed.
- There is an opioid abuse epidemic in Georgia and throughout the entire country. Opioid drugs can lead to accidental overdose with permanent organ damage or death.

To get more information on opioid overdose, please visit:
<https://dph.georgia.gov/EmergencyHelpforOpioidOverdoses>
- As we enjoy springtime weather and approach the summer months, rapid notification and response to communicable diseases is important.

Remember to report any illness or symptoms to your primary care provider or go to an urgent care facility as soon as possible.

DID YOU KNOW...

- April is STD Awareness Month. The number of reported cases are still at an all time high. It is important to stay informed and know all the facts.
 - To learn more, please visit:
[HTTPS://WWW.CDC.GOV/FEATURES/STDARENESS/INDEX.HTML](https://www.cdc.gov/features/STDawareness/index.html)
- Are you getting enough sleep? We often cut back on sleep for various reasons: work, family demands, or just to watch a good TV show. According to the CDC, not getting enough sleep increases our risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and premature death.
 - Here is a breakdown of recommended hours of sleep per day by age group

Age Group		Rec. hours/day
Infant	4-12 Months	12 -16 hours
Toddler	1-2 years	11-14 hours
Pre-school	3-5 years	10-13 hours
School Age	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours
Adult	18-60 years	7+ hours

For more information on how to improve sleep habits and sleep quality, please visit:

[HTTPS://WWW.CDC.GOV/FEATURES/SLEEP/INDEX.HTML](https://www.cdc.gov/features/sleep/index.html)



**Have questions? Call the Epidemiology department
678-832-7193 or 770-656-1714.**

References: www.sendss.state.ga.us; www.cdc.gov; www.dph.georgia.gov; [https://www.hhs.gov](http://www.hhs.gov)

