Diseases and Conditions Reported During July 16 - 29, 2023:

This report is a weekly snapshot of communicable diseases reported in El Paso County, as well as a report of disease trends and local health alerts. El Paso County Public Health’s Communicable Disease Program partners with the medical community and the public to limit and stop the spread of diseases in our community.

Reportable Diseases and Conditions:

- 23 Animal Bites – 16 pediatric, 7 adults; 4 recommended to receive rabies post exposure prophylaxis (PEP)
- 12 Campylobacter – 5 pediatric; 7 adult
- 1 Cyclospora – adult
- 1 Encephalitis, other – pediatric
- 1 Pertussis – adult
- 4 Salmonella – 1 pediatric; 3 adult
- 2 Shigelllosis – adults
- 2 Shiga Toxin Producing E. coli (STEC) - adults
- 1 Streptococcus pneumoniae, invasive – adult
- 2 Vibriosis – adults
- 1 West Nile Virus – adult

Additional reports:

- Animals positive for rabies 2023 Year to Date- 1 (bat)
- Outbreaks reported—1 gastrointestinal illness outbreak of unknown etiology associated with a child care facility
- Number of foodborne illness complaints – 6 complaints about different retail food establishments

For a list of Reportable Disease and Conditions and instructions on how to report, use this link.

Health News: Increase in Campylobacter

- Campylobacter infection is the most common bacterial cause of diarrheal illness in the United States, estimated to affect 1.5 million U.S residents every year. Many cases of Campylobacter infection go undiagnosed or underreported.
- People with Campylobacter infection usually have diarrhea (often bloody), fever, and stomach cramps. Nausea and vomiting may accompany the diarrhea. Symptoms usually start two to five days after infection and last about one week. Most people recover from Campylobacter infection without antibiotic treatment.
- Common causes of campylobacter gastroenteritis are consumption of raw or undercooked poultry, raw milk, untreated water, and contaminated fruits and vegetables. People may also become sick by handling backyard poultry or animals with diarrhea caused by campylobacter infection.
- Cases of Campylobacter are reported year-round but are more common in the summer months compared to winter.
- El Paso County is experiencing higher than normal reported cases of Campylobacter compared to previous years. From 2017-2022, El Paso County averaged 94 reported cases per year. In 2023, there have already been 115 reported cases.
- Between 2017-2022, the average number of cases reported in the month of July was 14. In July of 2023, 35 cases were reported.
- In El Paso County, there is no known active outbreak associated with the current increase of Campylobacter infections.

How to Prevent Campylobacter Infection

- Frequently wash your hands thoroughly with soap and water:
  - Before, during, and after preparing food
  - Before eating food
  - After using the toilet
  - After changing diapers
  - After touching animals or their food or poop
- Keep raw poultry away from other foods. Use separate cutting boards and clean them properly.
- Cook food to the right temperature. All poultry and foods containing poultry, such as sausages and casseroles, should be cooked to reach a minimum internal temperature of 165°F.

Questions? Please Contact:

El Paso County Public Health CD/TB Program
Hours: M-F, 7:30 a.m. - 4:30 p.m.
(719) 578-3220; after-hours emergency: (719) 235-2278
Colorado Department of Public Health and Environment
(303) 692-2700; after-hours emergency: (303) 370-9395
www.elpasocountyhealth.org
Reportable Diseases and Conditions List