

What's Going Around: A Communicable Disease Report

Diseases and conditions reported during July 30 - Aug.12, 2023:

This report is a bi-monthly 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 (EPCPH) Communicable Disease Program partners with the medical community and the public to limit and reduce the spread of diseases in our community.

Reportable diseases and conditions:

- 13 animal bites – 8 pediatric, 5 adults; 3 recommended to receive rabies post-exposure prophylaxis (PEP)
- 9 Campylobacteriosis - 3 pediatric, 6 adults
- 3 Carbapenem-Resistant Enterobacterales (CRE) - 3 adults
- 2 Carbapenem-Resistant Pseudomonas Aeruginosa (CRPA) - 2 adults
- 266 COVID-19 – 34 pediatric, 232 adults
- 1 Cryptosporidiosis – pediatric
- 3 Giardiasis – 1 pediatric, 2 adults
- 1 Group A Strep, invasive – adult
- 1 Haemophilus influenzae – adult
- 2 Legionellosis- 2 adults
- 3 Pertussis – 3 adults
- 3 Salmonellosis – 1 pediatric, 2 adults
- 1 Shigellosis – adult
- 1 Shiga toxin producing E. coli (STEC) - 1 pediatric
- 1 Streptococcus pneumoniae, invasive – adult
- 2 West Nile virus – 2 adults

Additional reports:

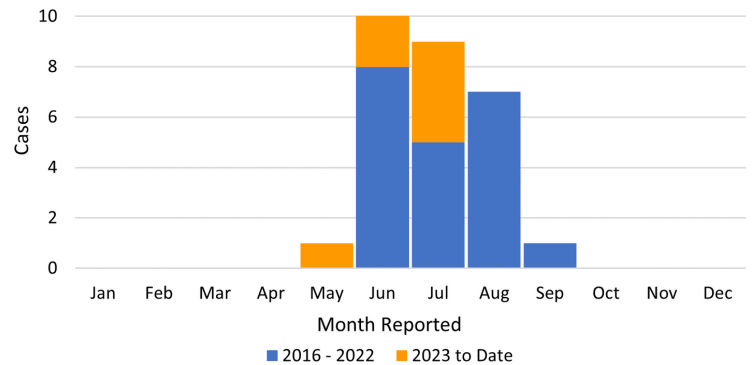
- Animals positive for rabies 2023, year to date: 1 (bat)
- Outbreaks reported—1 gastrointestinal illness outbreak of unknown etiology associated with a retail food establishment

For a list of reportable diseases and conditions and instructions on how to report, use this [link](#).

Health news: increase in Cyclospora

- Cyclosporiasis is an intestinal infection caused by the parasite *Cyclospora cayetanensis*.
- People infected with Cyclospora typically experience watery diarrhea. They may also experience loss of appetite, cramping, bloating, increased gas, nausea, and fatigue. Symptoms usually start within two weeks after eating food contaminated with the parasite.
- If left untreated, symptoms may get better for a while and then return, and this pattern may repeat. The recommended treatment is a combination of antibiotics prescribed by a physician.
- Cyclospora is most commonly spread by people consuming food or water that was contaminated with the parasite. It is generally not passed directly from one person to another.
- Cases of Cyclospora are more common in the summer compared to winter. Many cases of Cyclospora are attributed to travel to tropical or subtropical countries where the disease is endemic.
- Previous U.S. outbreaks of Cyclospora have been linked to various types of fresh produce, including lettuce, basil, cilantro, raspberries, and snow peas.
- The Colorado Department of Public Health and Environment is currently investigating an outbreak of Cyclospora on the Western Slope associated with a restaurant. As of July 31, 2023, the outbreak involves 151 cases (137 confirmed, 14 probable). About 92 percent of cases report eating at the implicated restaurant.
- El Paso County is experiencing higher than normal rates of Cyclospora this summer compared to previous years. However, thus far only one El Paso case of Cyclospora is attributed to the larger outbreak on the Western Slope.
- From 2017-2022, El Paso County averaged six cases of Cyclospora a year. There have been eight cases reported in 2023.

**Number of Reported Cyclospora Cases by Month
El Paso County, 2016 - 2023 To Date**



How to prevent Cyclospora infection

- Wash hands with soap and warm water before and after handling or preparing fruits and vegetables.
- Wash cutting boards, dishes, utensils, and counter tops with soap and hot water between the preparation of raw meat, poultry, and seafood products and the preparation of fruits and vegetables that will not be cooked.
- Wash all fruits and vegetables thoroughly under running water before eating, cutting, or cooking. Fruits and vegetables that are labeled "prewashed" do not need to be washed again at home. Scrub firm fruits and vegetables, such as melons and cucumbers, with a clean produce brush.
- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within two hours. Store fruits and vegetables away from raw meat, poultry, and seafood.
- Of note: exposure to contaminated produce is a significant risk factor for cyclosporiasis. Washing all product prior to consumption is a general recommendation to reduce exposure to many pathogens. However, washing produce will reduce, but not necessarily eliminate, Cyclospora parasite from the product.

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