

# Hawaii Epi Bulletin

HAWAII STATE DEPARTMENT OF HEALTH  
DISEASE OUTBREAK CONTROL DIVISION

Winter 2017/18

## Do You Have a Kit?

Hawaii is susceptible to many types of natural disasters, and its isolation makes us even more vulnerable. If disaster strikes, whether it is a tsunami, hurricane, or any other severe event, we may not have access to food, water, or electricity for an undetermined amount of time while the state is recovering. There are many things everyone should do to prepare before disaster strikes, one of the most important is making sure you have an emergency kit already in place.

An emergency kit has all of the necessary items for during or after an emergency. This includes food, water, medications, and other vital necessities. It is recommended to have enough supplies for yourself and your family to last for at least 14 days. The Hawaii Department of Health's guide, "Take 10" can help make sure your emergency kit contains all the essential items you need in case of an emergency.

Make sure to have the kit assembled ahead of time and in an easily accessible location. Additionally, maintain your kit by checking it every six months and replace items with a limited shelf life when needed (batteries, medications, etc.).

Take 10

<b>1 Water</b> <b>Bottled water.</b> One gallon per person, per day, for at least 14 days, for drinking and sanitation. <ul style="list-style-type: none"> <li>Keep the water in a cool, dark place and change to a fresh supply every six months.</li> <li>For example, a family of 3 should have at least 42 gallons of water on hand. 1 gallon x 3 people x 14 days = 42 gallons.</li> </ul>	<b>5 Health &amp; Medical Supplies</b> <b>Have at least a week's worth of any prescription medicines you're taking.</b> <ul style="list-style-type: none"> <li>Be sure to replace medications that expire.</li> <li>Have two weeks' supply of health supplies you typically need (e.g., contact lens cleaner).</li> <li>Don't forget medical devices like inhalers, CPAP machines, etc.</li> </ul>	<b>8 First Aid &amp; Safety Supplies</b> <b>Basics such as antiseptic, gloves, bandages, and non-prescription medicines (e.g., aspirin).</b> <ul style="list-style-type: none"> <li>Make or buy a pre-made first-aid kit (available at most pharmacies or grocery stores)</li> <li>Multipurpose tool (e.g., Swiss Army knife)</li> <li>Sunscreen and mosquito repellent</li> </ul>
<b>2 Food</b> <b>Nonperishable food.</b> A supply of at least 14 days of food per person. <ul style="list-style-type: none"> <li>Ready-to-eat canned meat, fruit, and vegetables.</li> <li>Powdered milk and soup</li> <li>Crackers, granola, trail mix</li> <li>Manual can opener</li> <li>Basic utensils to prepare and eat food</li> </ul>	<b>6 Clothes</b> <b>Collect one change of clothes and footwear per person.</b> <ul style="list-style-type: none"> <li>Consider packing blankets, rain gear, and outerwear in case of inclement weather.</li> <li>If you wear glasses, consider packing a spare pair.</li> </ul>	<b>9 Cash &amp; Documents</b> <b>Important documents plus enough money</b> (in small bills) to purchase extra food, water, or other items, for at least 14 days. Store these items in a waterproof pouch. <ul style="list-style-type: none"> <li>Identification</li> <li>Insurance cards</li> <li>Contact list (doctors, family, etc.)</li> <li>Immunization records &amp; medical history</li> <li>Bank account info</li> </ul>
<b>3 Radio &amp; Flashlight</b> <b>Keep a flashlight and a radio</b> for listening to news and weather. <ul style="list-style-type: none"> <li>Consider buying a crank-operated or solar-powered radio.</li> <li>Some radios double as flashlights and have USB outlets for recharging handheld devices</li> <li>Don't forget extra batteries!</li> </ul>	<b>7 Hygiene &amp; Personal Care Items</b> <b>Basics like soap, toilet paper, toothpaste and toothbrush.</b> <ul style="list-style-type: none"> <li>Moist towelettes can be useful for quick sanitation.</li> <li>Garbage bags and plastic ties for sanitary disposal</li> <li>Feminine supplies and personal hygiene items</li> </ul>	<b>10 Supplies for Unique Needs</b> <b>Remember</b> to plan for family members with unique needs. <ul style="list-style-type: none"> <li>Infants/toddlers – diapers, formula, bottles, wipes, toys/comfort items</li> <li>Elderly or those with special needs – hearing aid, wheelchair, eyeglasses, etc.</li> <li>Books, games, puzzles, cards, other activities</li> <li>Pets – food and water, leashes, carriers</li> </ul>
<b>4 Electronics</b> <ul style="list-style-type: none"> <li>Cell phones with chargers</li> <li>Laptop or tablet</li> <li>Solar chargers</li> </ul>		

For more information and other preparedness tips, go [here](#).

## Tuberculosis Branch HAR Revisions

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Hawaii Department of Health (DOH) will be moving to a risk-based screening process. Persons with TB risks will need testing, and those with TB symptoms will need testing and a chest x-ray. When testing is indicated, interferon-gamma release assay (IGRA) testing, or any future FDA approved and CDC recommended test, will be acceptable. However, IGRA tests are not presently approved for children under age 5 years. DOH will only be offering the TB skin test for clearance purposes.

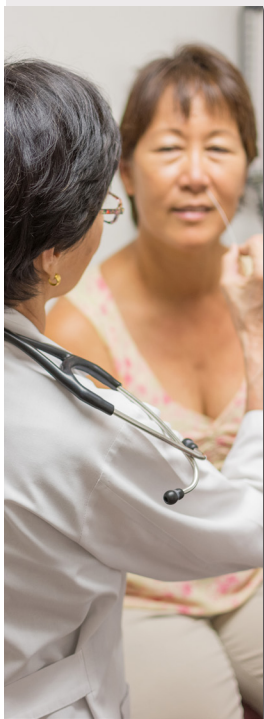
A medical advisory will be sent when the Governor approves this rule change. More information about the rule and the necessary instructions and forms can be found on [DOH's website](#).

You can also contact the TB Branch Chief, Dr. Elizabeth MacNeill at [elizabeth.macneill@doh.hawaii.gov](mailto:elizabeth.macneill@doh.hawaii.gov) or by calling (808) 832-5707 if you have any questions or concerns.

This timely report of surveillance and laboratory activities from the Disease Outbreak Control Division of the Hawaii State Department of Health contains information on investigations in progress and/or diagnoses that may not yet be confirmed. The **Hawaii Epi Bulletin** is intended primarily for the use of the public health professionals, should be considered privileged, and should **NOT** be distributed further.

## Seasonal Influenza

*The Coordinator's Corner*  
Influenza Surveillance and Response



Influenza (flu) can cause mild to severe illness that can result in hospitalization or death. Some people, such as older adults, young children, pregnant women, and people with certain chronic diseases are at a higher risk of developing serious complications from the flu.

Hawaii is currently in the midst of a very active flu season. So far this season, the majority of this activity has been caused by influenza A H3N2 which historically tends to be associated with more severe illness.

The best way to prevent the flu is to get vaccinated every year. The Centers for Disease Control and Prevention (CDC) recommends everyone ages 6 months and older should get a vaccine by the end of October but it is never too late to get vaccinated, as influenza circulates in Hawaii all year long.

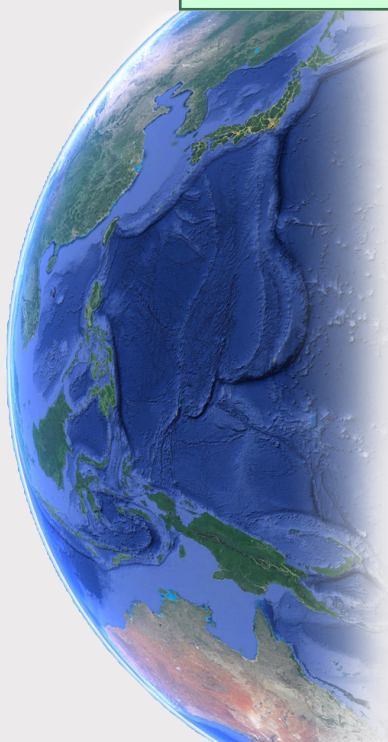
### Reduce the risk of getting the flu through daily preventative actions.

- Avoid contact with sick people
- Cover your nose and mouth when coughing or sneezing
- Avoid touching your eyes, nose, and mouth
- Wash your hands with soap and water or use an alcohol-based hand rub
- Stay home if you feel sick
- Clean and disinfect surfaces that may be contaminated

If you get the flu, antiviral drugs can be taken to shorten the duration of sickness and prevent serious flu complications. Antiviral flu drugs are most effective when started within two days of getting sick but can still be helpful if started later.

For more information on influenza and additional resources, go [here](#).

## Updates from the Pacific



### Mumps

- Ongoing outbreak in **Vanuatu**. As of January 30, 2018, there have been 250 suspected cases since July 7, 2017. Ninety percent of the cases have been under age 15 years.
- As of January 5, 2018, no new cases of mumps have been reported in **Kosrae, Federated States of Micronesia** since October 23, 2017.

### Measles

- An outbreak is ongoing in **Indonesia's Papua Province**, which has resulted in the death of at least 60 children.

### Dengue

- **Tonga** has reported an increasing number of NS1 positive cases.
- A dengue outbreak was declared in **Fiji** on January 3, 2018 with 426 confirmed cases reported during MMWR weeks 1–4.
- **Samoa** has been having an ongoing dengue serotype-2 outbreak since August 2017. As of December 18, 2017 there have been 2,466 cases.
- **Papua New Guinea** has reported a dengue outbreak of 7 cases, 5 of which have been confirmed.
- Australia and New Zealand have reported imported dengue cases with travel history to various Pacific Island countries and territories, including: **Samoa, Fiji, Papua New Guinea, and Tonga**.

### Diarrhea

- As of January 22, 2018, there have been 561 cases of diarrhea reported from **Kiribati**; the majority of cases are under age 4 years. Six (32%) of 19 specimens were positive for rotavirus.

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## Don't Forget to Get your Flu Vaccination!

Flu season is underway, and a yearly flu vaccine is one of the most important ways to protect yourself against the virus. It's recommended that everyone 6 months or older should get an annual flu vaccine. It's never too late to get one if you haven't already!

Vaccines are available from many locations statewide, including doctor's offices and many pharmacies. You can use our vaccine locator to find one near you!

[Vaccine Locator](#)



### HDOH Hawaii Health Care Provider Disease Reporting Categories

#### Confidential

Infections/diseases which may carry a social stigma are to be reported with extra precautions to assure patient confidentiality. Reports are to be submitted within three working days of diagnosis.

#### Urgent

Diseases or conditions that are suspicious or presenting with novel symptoms that may or may not be part of a known disease or disease complex, labeled "urgent" shall be **reported by telephone as soon as a provisional diagnosis is established.**

The telephone report shall be followed by a written report submitted by mail or fax within three days to the Disease Outbreak Control Division, Disease Investigation Branch on Oahu or to the District Health Office on the neighbor islands.

#### Routine

Diseases labeled "routine" shall be reported by mail, by telephone, or fax to the Disease Outbreak Control division, Disease Investigation Branch on Oahu or to the District Health Office on the neighbor islands.

#### Routine/Enteric (enteric prevention priority)

Diseases labeled "routine—enteric prevention priority" shall be reported by telephone as soon as a working diagnosis is established if the individual case is a food handler, direct care provider, or pre-school-aged child. Otherwise, routine reports may be submitted.

#### Outbreak Reports

Any disease shall be reported by telephone when observed to occur clearly in excess of normal expectancy as determined by the healthcare provider or the Director of Health. The telephone report shall be followed by a written report submitted by mail or fax within three days to the Disease Outbreak Control Division, on Oahu or to the District Health Office on the neighbor islands.

#### HDOH Telephone Numbers

**Oahu (Disease Investigation Branch)**  
(808) 586-4586

**Maui District Health Office**  
(808) 984-8213

**Kauai District Health Office**  
(808) 241-3563

**Big Island DHO (Hilo)**  
(808) 933-0912

**Big Island DHO (Kona)**  
(808) 322-4877

**After hours (Oahu)**  
(808) 566-5049

**After hours (Neighbor islands)**  
(808) 360-2575