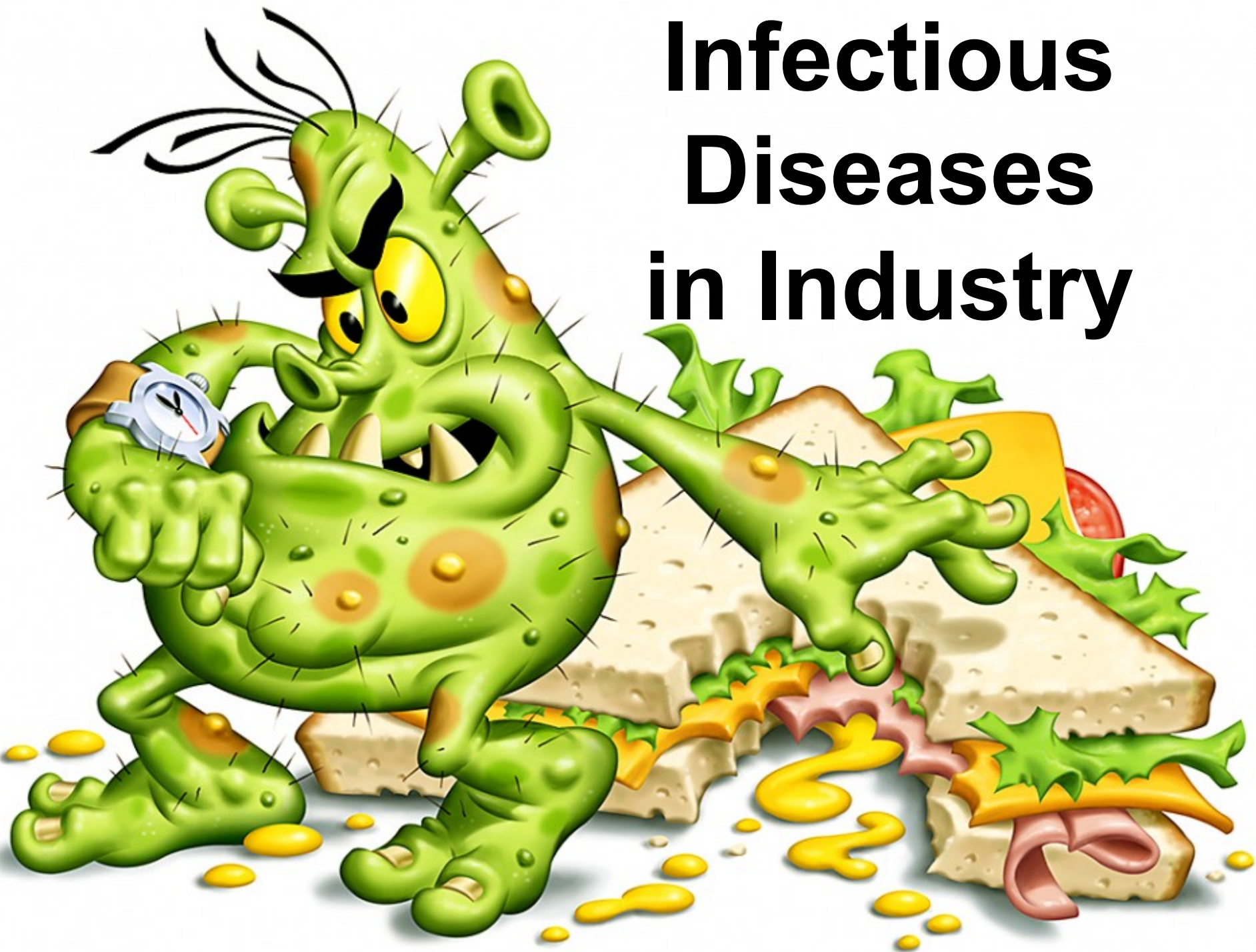


Infectious Diseases in Industry



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Objectives

- Highlight select common communicable diseases in the workplace
- Describe the risk of contagion of those diseases and the route of spread
- Consider methods to limit risk of transmission of those disease
- Add a few surprises

Influenza



Influenza is leading infectious disease killer in the US with 35-40,000 deaths per year

Influenza

**Flu is NOT vomiting and
diarrhea!**

Symptoms of Influenza

Central

- Headache

Systemic

- Fever (usually high)

Nasopharynx

- Runny or stuffy nose
- Sore throat
- Aches

Muscular

- (Extreme) tiredness

Respiratory

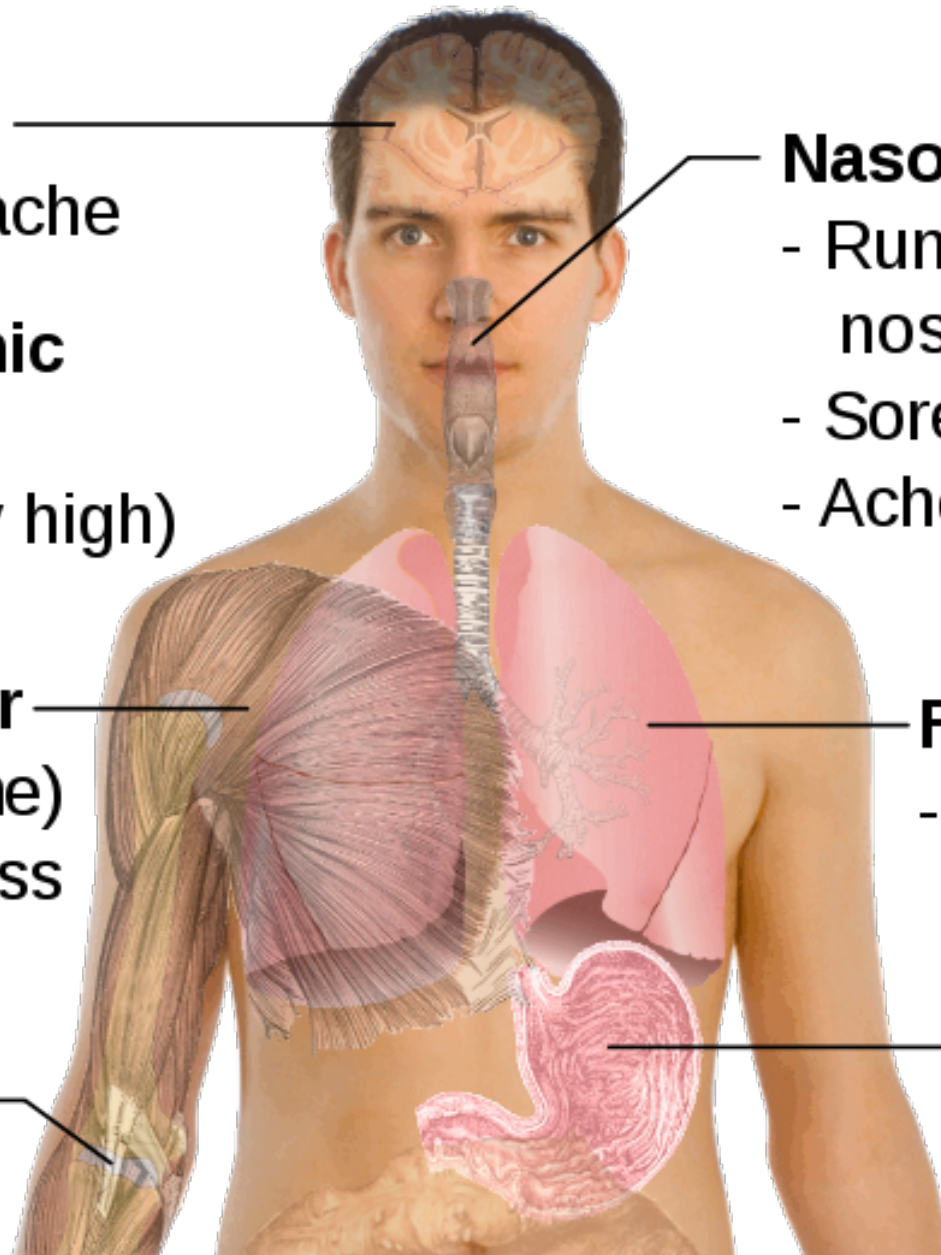
- Coughing

Joints

- Aches

Gastric

- Vomiting



Influenza

- Contagious for 1 day prior to symptoms and up to 5 days after illness begins
- Spread by respiratory droplets and direct contact
- Prevent by cleaning surfaces and 5 foot distance
- Anti-influenza medications can prevent onset of illness after exposure



Vaccination

- Reduces the risk of infection and symptoms
- Reduces the risk of spreading the flu
- Reduces the risk of dangerous complications of influenza
- Influenza vaccination of healthy working adults saves \$47 per person annually in health care costs and sick days

**YOU CANNOT GET
FLU FROM THE FLU
SHOT!!**

Complications



“Ringworm”



Tinia corporis

Tinea pedis

Tinia capitus







Source: *Pediatr Nurs* © 2007 Jannetti Publications, Inc.



Ringworm

- **Acquired by direct or indirect contact with lesions or pets**
- **Contagious as long as lesions are present**
- **Not contagious 24 hours after treatment**

The background of the slide is a microscopic image showing numerous red, oval-shaped bacteria, likely Staphylococcus aureus, against a dark background. The bacteria are densely packed and appear to be in various stages of division or movement.

***Staphylococcal* “staph” skin infections**

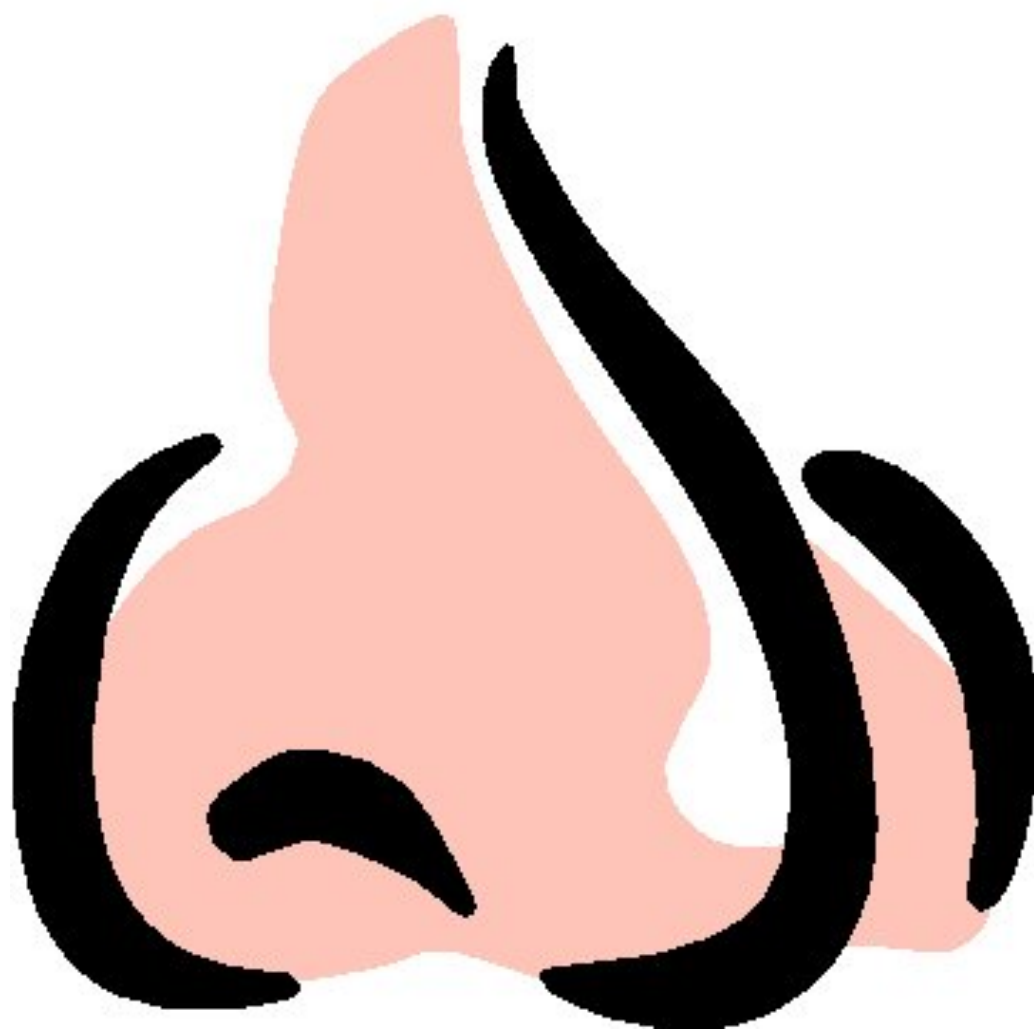
Let's start with the easy one



Impetigo

Cellulitis





MRSA

A microscopic image showing several Staphylococcus aureus bacteria. The bacteria are spherical (cocci) and arranged in clusters. They have a thick, multi-layered cell wall that appears as a bright, textured outer ring. The interior of the cells is a deep red color, indicating the presence of a nucleus or other internal structures. The background is a dark, mottled grey.

**Methicillin-resistant
Staphylococcus Aureus**

**MRSA WAS FIRST
ISOLATED IN THE US
IN 1968.**

**BY 2003, IT
ACCOUNTED FOR
60% OF ALL STAPH
ISOLATES IN ICUs**

Looks like a spider bite





Photo Credit: Gregory Moran, M.D.





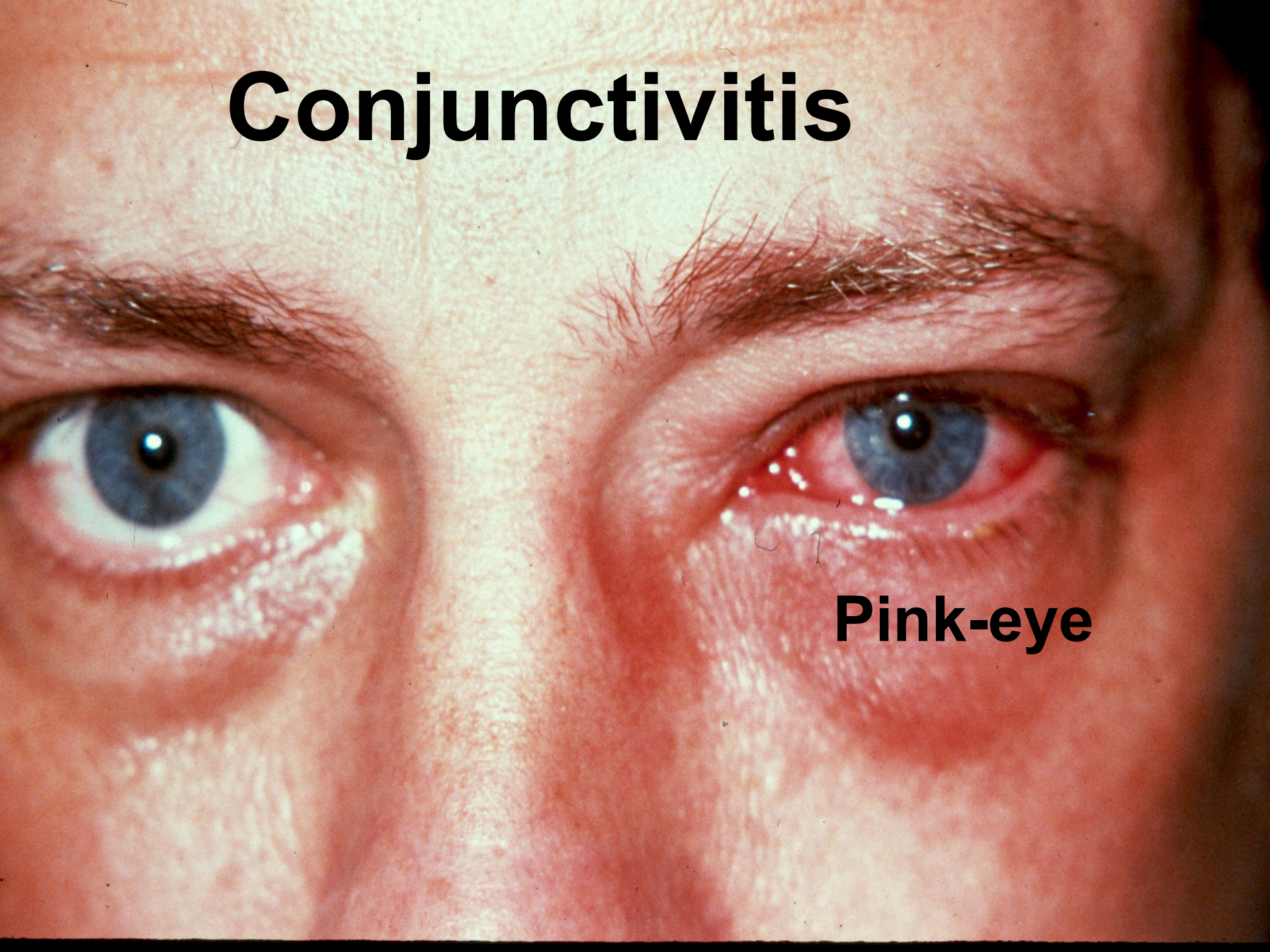


MRSA

- Does not respond to usual antibiotics previously used to treat staphylococcus
- Certain antibiotics continue to be effective
- Spread by direct contact
- Contagious until 24 hours after treatment started.
- Pus is contagious—keep covered until lesions dry



Conjunctivitis



Pink-eye

Conjunctivitis

- Highly contagious—up to 75% of those exposed will get it
- Acquired through direct and indirect contact
- Treatment
- Contagious until 24 hours after treatment starts

Varicella







Chicken Pox and Shingles

- Acquired through direct and indirect contact and respiratory droplets
- Contagious 1-2 days prior to rash then 6 days after rash or until lesions crusted
- Keep shingles rash covered in workplace to prevent transmission
- Consider varicella vaccine



Strep Throat

A close-up photograph of a human throat. The tonsils are visible and appear red and inflamed. There are numerous small, white, pus-like spots scattered across the red surface of the tonsils and the surrounding pharyngeal tissue. The uvula is visible at the bottom center of the frame.

'Tis the season

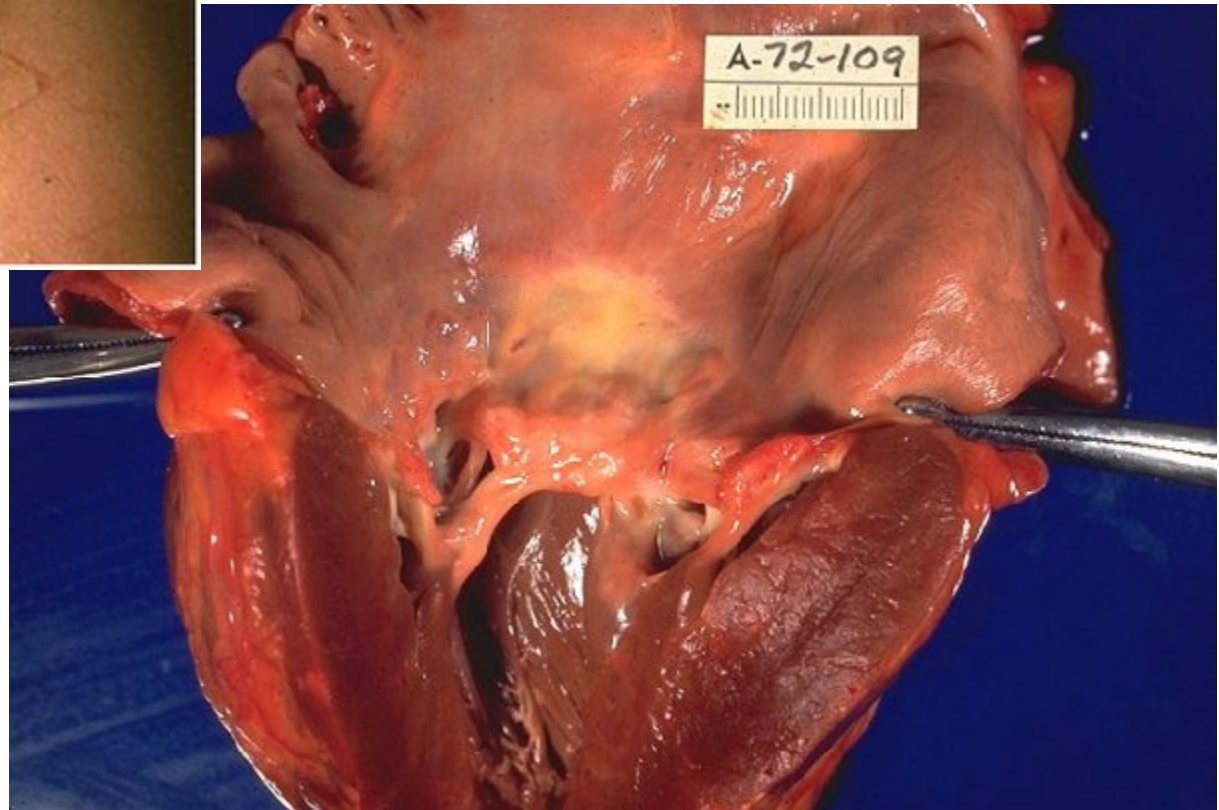


Strep Pharyngitis

- Need to treat with antibiotics to prevent Rheumatic Fever
- Acquired through direct contact with ...snot
- 25% contagious at most
- Contagious until 24 hours after antibiotics started



Rheumatic Fever



The Common Cold



Common Cold

- Sore throat, runny nose, sneezing
- Acquired through direct and indirect contact (dirty tissues) and inhalation of respiratory droplets (Remember 5 ft!)
- Contagious for 24 hours before symptoms appear to 5 days after onset
- No need for isolation

Poison Ivy



A close-up photograph of green, serrated leaves, likely from a plant like kudzu. The leaves show signs of insect damage, including small holes and a larger, irregular brown lesion on the lower left. A large, bold, red text overlay is centered over the image.

**NOT
CONTAGIOUS!**

Virginia Tech Weed I.D. Guide

**AND NOW FOR
SOMETHING
COMPLETELY
DIFFERENT**



Meet Club Drug

MOLLY

THEWATERSHED.COM/BLOG





Krokodil

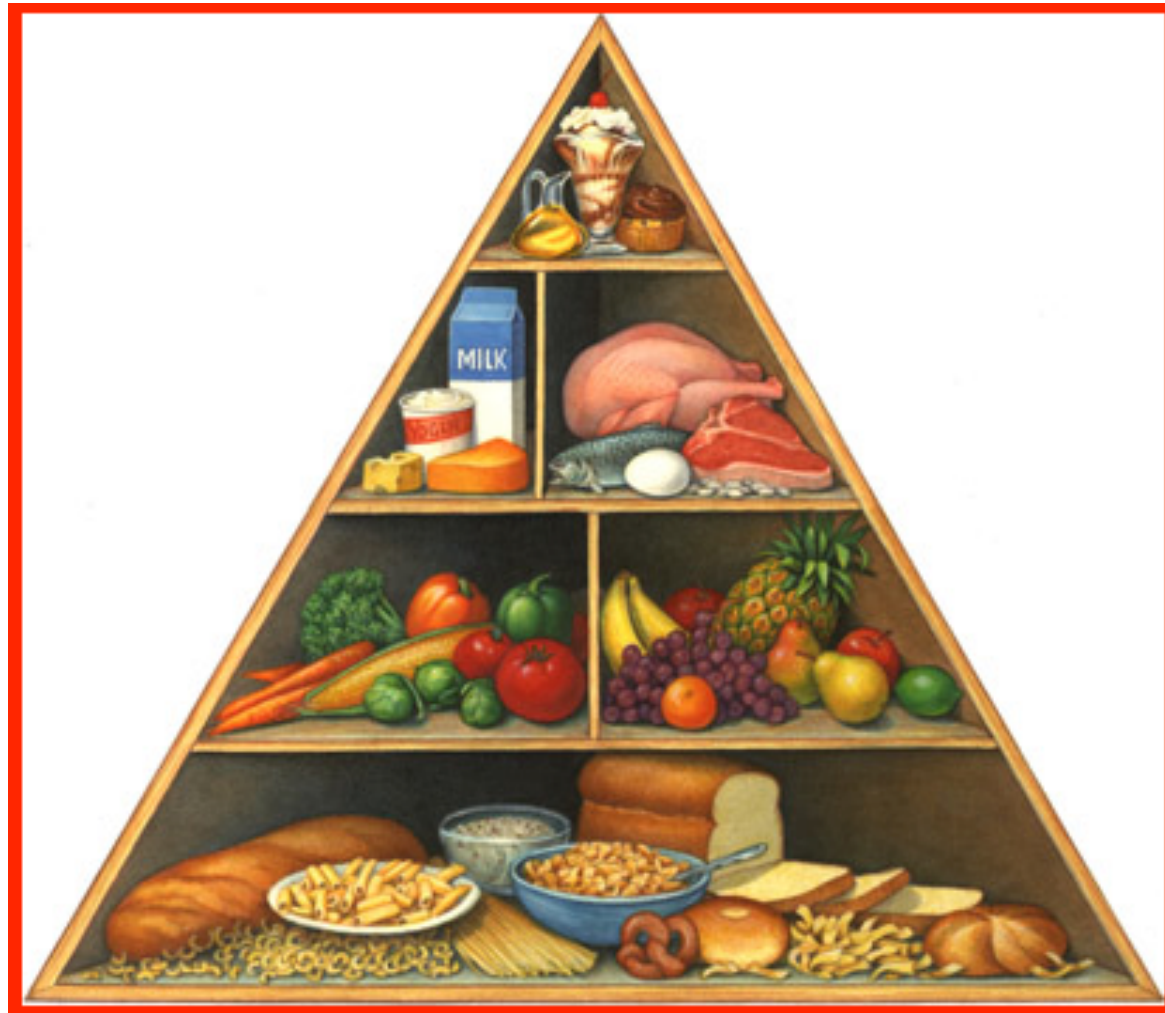




**and now it's time for something
completely different**



Dietary Goals for the US 1977



**Carbohydrates cause
heart attacks**



**But, fats are bad for the heart too,
right?**

A black and white photograph of two Muppet characters. On the left is an older man with white hair and a mustache, looking slightly to the right with a serious expression. On the right is a younger man with dark hair, looking directly at the camera with a serious expression. They are both wearing dark suits. A dark grey rectangular box is overlaid on the lower half of the image, containing white text.

**Having a high fat diet does not
put you at risk of heart disease**

**Having a high
cholesterol
does not
necessarily put
you at risk of
heart disease**



**The average serum cholesterol
in acute MI patients is 104 mg/
dl**



WHICH IS NORMAL!

**The shift to a low fat diet
was one of the most
dangerous conceptual
shifts in public health in
American history**

Gary Taubes
Good Calories, Bad Calories

What to do?





IT'S TIME TO PLAY
SPOT THE LOONEY



**MONTY
PYTHON**
THE MONTY PYTHON MOVIES
A FILM BY MONTY PYTHON