



# Public Health Update

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## Mosquito-borne diseases

Maine CDC has confirmed the presence of Eastern Equine Encephalitis (EEE) in more than 20 mosquito pools and has reported the death of a pheasant and two horses from EEE. In addition, one mosquito pool has tested positive for West Nile virus (WNV), the first WNV positive this year. More information is available in the press release at <http://go.usa.gov/Dn9R>

Maine CDC will update information on mosquito-borne disease surveillance in the state every Monday through September at <http://go.usa.gov/jt6R>

EEE and WNV are viruses transmitted through the bite of an infected mosquito. Maine CDC recommends the following preventative measures to protect against mosquito-borne illnesses:

- Use an Environmental Protection Agency-approved repellent when outdoors, especially around dawn and dusk. Always follow the instructions on the product's label;
- Wear protective clothing when outdoors, including long-sleeved shirts, pants and socks;
- Keep window and door screens down to keep mosquitoes out of the home;
- Limit time outdoors at dawn and dusk when many species of mosquitoes are most active;
- Remove containers holding water in and around the home, as water can attract mosquitoes.

Information on pesticides and repellents is available at the Maine Board of Pesticides Control website at: <http://go.usa.gov/jt6F>

## Successful anti-smoking campaign

An estimated 1.6 million smokers attempted to quit smoking because of the US CDC "Tips From Former Smokers" national ad campaign, according to a study published recently in *The Lancet*.

The study surveyed thousands of adult smokers and nonsmokers before and after the campaign. Results showed that more than 200,000 Americans quit smoking immediately following the three-month campaign, of which more than 100,000 will likely quit smoking permanently.

For more information, visit the campaign website at <http://www.cdc.gov/tobacco/campaign/tips/>

## Tick-borne diseases

Babesiosis, is a parasitic infection transmitted the same tick that carries Lyme disease, is an emerging infection in Maine. A total of 28 cases of babesiosis have been reported since January, compared to a total of 10 cases in all of 2012. Most infections occur in the summer and fall months, so the number of 2013 cases is expected to rise.

Other diseases are also carried by ticks in Maine, including anaplasmosis and Lyme disease.

### For more information:

- Info on tick-borne diseases: <http://go.usa.gov/jtFJ>
- To order tick educational materials: <http://go.usa.gov/jtMY>
- Aug. 15 health alert on babesiosis: <http://go.usa.gov/jtMB>
- May 30 health alert on Lyme disease: <http://go.usa.gov/bnhR>

## Pertussis (whooping cough)

Pertussis (whooping cough) is a cyclical disease that continues to affect a significant number of Maine residents. There have been 262 reported cases of pertussis so far this year in Maine. This is less than the 522 reported cases for the same period last year, but is more than the five-year median. Oxford county has the highest rate of pertussis in the state, and the majority of cases have occurred in people ages 7-19.

Maine CDC encourages providers continue to test and treat patients. DTaP vaccine is recommended for all infants and children. Tdap vaccine is recommended for all preteens, teens, and adults.

For more guidance and information, visit <http://go.usa.gov/dCO> or see the update on statewide pertussis from July 30 at <http://go.usa.gov/jdfe>

## Preterm birth rate

The Association of State and Territorial Health Officers (ASTHO) and the March of Dimes formed a partnership last year aimed at preventing preterm birth and infant mortality. During this campaign, states with a preterm birth rate of 9.6% or less by 2020 or sooner will be awarded the Franklin Delano Roosevelt Prematurity Campaign Leadership award.

Maine was one of four states to be recognized this year, along with New Hampshire, Vermont, and Oregon. Based on 2011 data, Maine has a preterm birth rate of 9.6%. This is the result of work by Maine's obstetrical care providers, the Perinatal Education Outreach and Consultation Program at Maine Medical Center (supported by a Maine CDC maternal child health contract), hospitals, and the March of Dimes educating pregnant women and families about premature birth, its risk factors, and signs and symptoms of premature labor and the need to seek treatment right away.

## Flu

Weekly updates on flu activity will resume in October. Maine CDC reminds everyone to take everyday preventive measures against the flu:

- Wash your hands frequently
- Cough and sneeze into your elbow or shoulder
- Stay home when you feel sick
- Get vaccinated

US CDC has published a summary of the recommendations of the Advisory Committee on Immunization Practices (ACIP) for the 2013-2014 flu season at <http://go.usa.gov/jdfB>

The Vaccine Information Statements (VIS) for this coming season's vaccines are available at <http://go.usa.gov/jdAC>

## Prescription monitoring program

Maine's Prescription Monitoring Program (PMP) is a tool created to prevent and detect prescription drug misuse and diversion, as well as enable a better coordination of care. The program maintains a database of all transactions for schedule II, III and IV controlled substances dispensed in the s. The database is available online to prescribers and dispensers for free. Anyone with a DEA number is encouraged to register to request patient reports. These patient reports, and the automatically sent threshold reports, enhance the ability of health care providers to coordinate care. Clinicians can use the program to check the history of a new patient and to monitor ongoing treatment. For more information, go to <http://go.usa.gov/DnVe>

## Upcoming events

- Maine CDC's 2013 Division of Infectious Disease Conference will be held from **8:15 a.m. to 4:15 p.m. Nov. 13** at the Augusta Civic Center. The conference website is now live at <http://www.cvent.com/d/pcqy5p>. The website includes a summary, agenda, conference brochure, information about fees, and the link to register.

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You may subscribe to these updates for free through an RSS feed at <http://go.usa.gov/G6u>. In Internet Explorer and Firefox, you will be prompted to Subscribe to the Feed and then select the folder where feeds are stored.

**For clinical consultation and outbreak management guidance, call Maine CDC's toll-free 24-hour phone line:**  
1-800-821-5821

**For questions and potential exposure to poison, call the Poison Center's 24-hour phone line:** 1-800-222-1222