

BUG BULLETIN

THE LATEST INFORMATION ABOUT HEALTH PROTECTION
IN WESTERN SYDNEY LOCAL HEALTH DISTRICT

THE BUG BULLETIN IS NOW AVAILABLE
AS A DIGITAL NEWSLETTER AND WILL NO
LONGER BE AVAILABLE IN HARDCOPY.

If you would like to subscribe to the mailing list, please email
WSLHD-CentreForPopulationHealth@health.nsw.gov.au

Communicable Diseases

GASTRO, FOOD SAFETY & TRAVEL VACCINATION



Foodborne or related illness is a common yet preventable public health problem. All food businesses in NSW need to meet regulated food standards. Businesses in some sectors need to also meet requirements of a regulated Food Safety Scheme (FSS). Raw foods of animal origin are the most likely to be contaminated; raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish. However fruits and vegetables consumed raw can also be implicated in foodborne illnesses due to their contact with animal waste. (Ref. NSW Food Authority) [NSW Food Authority](http://www.foodauthority.nsw.gov.au)

Patients usually present with a combination of abdominal pain, abdominal distension, vomiting, diarrhoea and fever. If the illness is suspected to be food related or related to recent overseas travel we recommend a faecal specimen be collected for bacterial and viral testing.

If your patient(s) presents with gastro symptoms following a commercially catered event where 2 or more people have become ill, please notify the Public Health Unit on 9840 3603.

All travellers regardless of age should have had all vaccinations recommended in the NSW Immunisation schedule as well as any destination specific vaccines prior to their departure. (Ref. Smartraveller Site) [Smartraveller Site](http://www.smartraveller.gov.au)



For more information visit: <http://www.foodauthority.nsw.gov.au/fp/summer-eating>

Centre for Population Health

Parramatta Office
Gungurra (Building 68)
Cumberland Campus

Locked Bag 7118
Parramatta BC, NSW 2124

Phone (02) 9840 3603

Fax (02) 9840 3608

Email WSLHD-CentreForPopulationHealth@health.nsw.gov.au

Director, Centre for Population Health
A/Prof Stephen Corbett



If you have any suggestions or stories to share please contact the ID team on
02 9840 3603

Environmental Health

GET YOUR PATIENTS READY FOR SUMMER

Beat the Heat

Babies, children, the elderly, people who have a chronic illness or people who live alone or are socially isolated are at a higher risk of heat illness during [hot weather](#). Heat-related illness includes dehydration, heat stroke, heat cramps, heat exhaustion and worsening of existing medical conditions.

More information on the health effects of severe heat illness is available from NSW Health [Information for health professionals - Beat the Heat](#)

During extremely hot weather, a person can dehydrate or overheat more easily. This summer it is important to remind your patients to keep cool and have a plan to ["Beat the Heat"](#).

Make sure you and your practice stay cool this summer!

Educate your patients to stay healthy in the heat:

1. Drink plenty of water - even if you do not feel thirsty and avoid alcoholic, hot or sugary drinks as they can make dehydration worse.
2. Keep the body cool and keep the house cool
3. Look out for people at risk and take care of others
4. Have a plan, be prepared and know who to contact if help is needed.



Fight the Bite

Recent flooding and heavy rain in western and south western NSW has resulted in stagnant water in the area with increased numbers of mosquitos. Mosquitos in these areas have been detected carrying Ross River virus and Barmah Forest virus infections.

Consider arbovirus infections in patients living in or travelling to these flood affected areas, who present with compatible symptoms.

Reinforce mosquito prevention messages to patients and their families, especially when travelling within NSW, interstate or overseas.

Prevention advice:

- i. Take extra precautions when travelling or camping in areas with a higher risk of mosquito-borne diseases, and during dawn and dusk when biting mosquitos are most active.
- ii. Wear loose, long and light coloured clothing.
- iii. Wear a mosquito repellent that contains Diethyltoluamide (DEET) or Picaridin. Apply to any exposed skin and always follow label instructions carefully.
- iv. Eliminate mosquito breeding grounds around the home by removing standing water in places such as ponds, clogged rain gutters, flower pots, plant saucers, garden equipment and cans. Also ensure windows and doors are fitted with fly screens.



Further information for GPs can be found at <http://www.health.nsw.gov.au/Infectious/alerts/Documents/2016/GP-arbovirus-update-25Nov2016.pdf>

Immunisation

1. NSW Vaccine Centre

Christmas Vaccine Deliveries:

Vaccine orders should be submitted by 4pm Tuesday 20th December for delivery Thursday 22nd December.

Routine deliveries will recommence from Tuesday 3rd January 2017.

Urgent enquiries – please contact the State Vaccine Centre (1300 656 132) or your local public health unit (1300 066 055).

2. Useful resources on NSW Immunisation Program website:

<http://www.health.nsw.gov.au/immunisation/Pages/immunisation-providers.aspx>

- Vaccine Management & Storage Self-Audit
- Cold Chain Management – PPT
- Cold Chain Breaches – PPT

3. Submitting vaccinations to the Australian Immunisation Register (AIR)

Reminder to submit all vaccines given onto the AIR including influenza and Zostavax.



Wishing you a wonderful and joyous festive season and a Happy New Year

from the Western Sydney Public Health Unit