

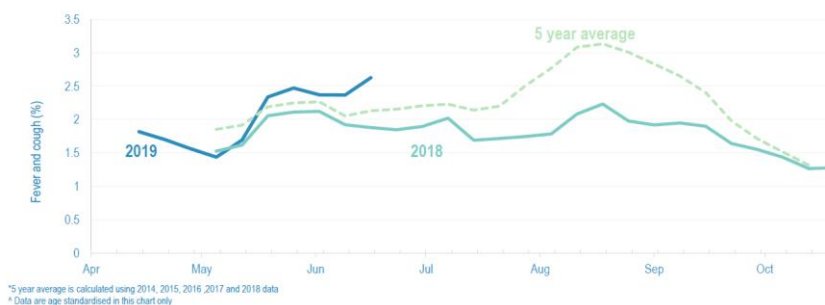
Hunter New England and Central Coast Public Health Units Communicable Diseases Report June 2019

High Influenza activity continues
Decrease in HIV notifications
Hendra virus risk
Newcastle Vaccine Heroes Conference

Influenza: surveillance indicators confirm that NSW has commenced an early influenza season with high activity (Fig 1.). [Antiviral treatment](#) (Tamiflu or Relenza) is recommended for pregnant women with suspected influenza and should be considered for other people with a clinical or laboratory diagnosis of influenza who are at increased risk of influenza complications. Treatment should be started as soon as possible and not delayed for test results. Consider antiviral treatment for other patients with confirmed or suspected influenza if treatment can be started within 48 hours of onset, particularly those who have household contacts at higher risk of influenza complications.

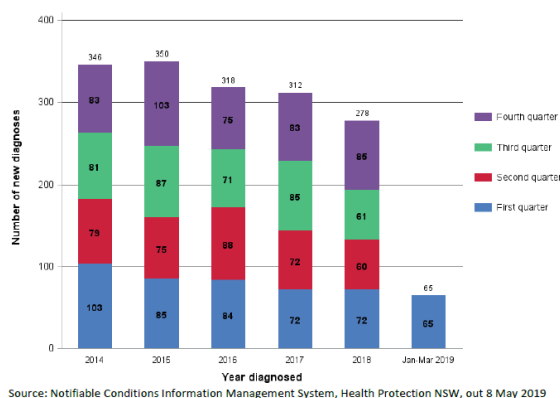
Figure 1. Flutracking data

Flu Symptom Activity:
Fever and cough: 2.7% this week (higher than 5 year average)



Decrease in NSW HIV notifications: 2018 data show the lowest annual number of HIV notifications in NSW since records began (Figure 2.); however, a small cluster of HIV infections has been observed among patients less often considered to be at risk of HIV. These recent infections show a need for health professionals to increase HIV testing among bisexual men and men having sex overseas. These men may not see themselves at risk of HIV and may not feel comfortable seeking an HIV test.

Figure 2. Number of NSW residents with newly diagnosed HIV infection, Jan 2014 – March 2019



Source: Notifiable Conditions Information Management System, Health Protection NSW, out 8 May 2019

Infectious Disease Alerts

- [Salmonella Enteritidis outbreak linked to eggs](#)

Local detection of Hendra virus: a horse on a Hunter Valley farm near Scone recently tested positive for Hendra virus. This is the furthest south in Australia that the virus has been detected and is of particular significance due to the large horse population in the Hunter Valley and likelihood of close contact with people. Horses with Hendra virus disease have mainly been found in Queensland with just a few cases in northern NSW. The virus is thought to spread from flying foxes to horses via contaminated feed or water. It causes a serious disease in horses and can then be passed on to humans. There have been 7 recorded human cases with 4 deaths. The incubation period is generally 5-21 days with initial symptoms including fever, cough, sore throat, headache and tiredness leading to meningitis or encephalitis, convulsions and coma.

Basic prevention measures include:

- Care with personal hygiene around horses (e.g. handwashing, personal protective equipment for any procedures, no smoking/drinking/eating)
- Vigilance for sickness in horses, particularly neurological signs
- Seek veterinary assistance for any sick animals, quarantine if possible, do not touch them
- Consider vaccinating horses against Hendra virus
- Notify authorities (DPI/LLS/public health unit) if concerned
- For more information see [NSW Health](#) or [Department of Primary Industries](#) websites

Immunisation: influenza vaccine is currently available and recommended to reduce influenza risk. Latest information indicates a good match with circulating strains.

Newcastle Vaccine Heroes Conference: Fri 23rd – Sat 24th August

For immunisation providers, doctors, nurses, pharmacists, students. [Information and Registration](#)

The latest immunisation information can be obtained from the HNE's [To the Point Newsletter](#) and the [NSW Health Immunisation](#) website.

Communicable disease notifications

Table 1. Summary of selected notifiable conditions (YTD* by year), 2014 – 11 June 2019

Condition	Hunter New England# (YTD*)				Central Coast# (YTD*)			
	2019	2018	2017	2016	2019	2018	2017	2016
Cryptosporidiosis	58	48	104	61	7	20	30	54
Gonorrhoea	267	267	193	183	98	118	80	49
Syphilis	51	41	32	26	23	10	18	17
Chlamydial Infection	1522	1530	1362	1451	485	472	465	475
Meningococcal Inf'n	2	2	3	4	1	1	1	0
Pertussis	397	294	358	647	54	33	45	266
Ross River Virus	94	95	282	69	25	8	50	8
Salmonellosis	222	209	226	225	66	86	162	93

*YTD, Year to date for each year (reporting delays may result in changes to 2019 figures)

Hunter New England population: 920,000 #Central Coast population: 350,000

Population Health contact details (note, 1300 066 055 will find your local PHU)

Hunter New England: Wallsend Office 4924 6477 - Tamworth Office 6764 8000

Central Coast Public Health Unit: Gosford Office 4320 9730

This [Communicable Disease Report](#) and previous editions are available on the internet

Public Health contact HNELHD-PHEnquiries@hnehealth.nsw.gov.au