

Cook County Department of Public Health Quarterly COVID-19 and Infectious Disease Report

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Measles Update



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Measles

2024 Cases per County

JURISDICTION	↑	NUMBER OF CASES
Chicago		58
DuPage		1
Lake		1
Suburban Cook		2
Will		2

Last Updated: 4/15/2024

*Current case count for 2024. Subject to change.



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Source: [Measles \(illinois.gov\)](https://www.illinois.gov)

Outbreak Detected



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Measles

Multi-disciplinary response

- Case investigation, monitoring, and contact tracing
 - CCDPH investigated more than 250 potentially exposed contacts
- Quarantine and Isolation guidance
- Technical Assistance to medical providers
- Community vaccinations by Public Health nurses
- Community Health Workers supporting affected residents with resources/referrals, wrap-around services



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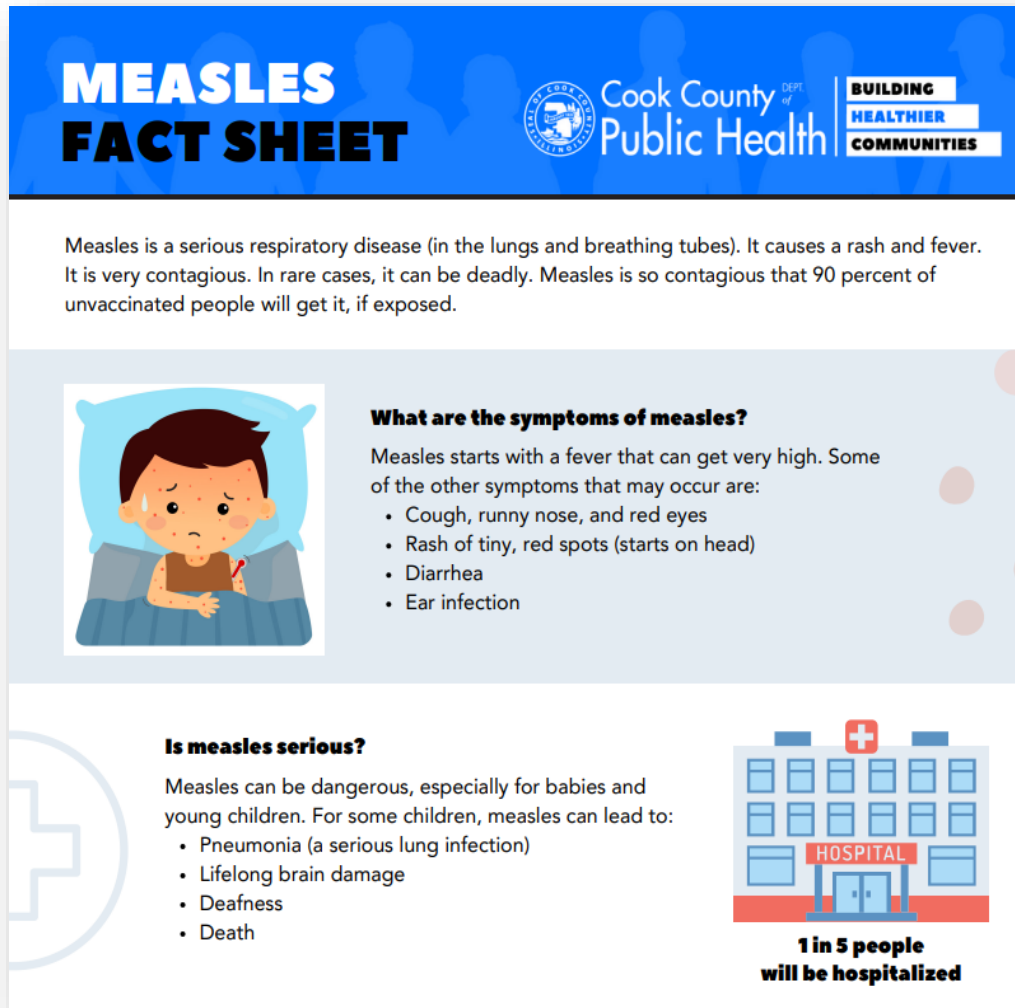


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Measles Fact Sheets

Now available in 5 languages:



MEASLES FACT SHEET

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Measles is a serious respiratory disease (in the lungs and breathing tubes). It causes a rash and fever. It is very contagious. In rare cases, it can be deadly. Measles is so contagious that 90 percent of unvaccinated people will get it, if exposed.

What are the symptoms of measles?

Measles starts with a fever that can get very high. Some of the other symptoms that may occur are:

- Cough, runny nose, and red eyes
- Rash of tiny, red spots (starts on head)
- Diarrhea
- Ear infection

Is measles serious?

Measles can be dangerous, especially for babies and young children. For some children, measles can lead to:

- Pneumonia (a serious lung infection)
- Lifelong brain damage
- Deafness
- Death

1 in 5 people will be hospitalized



English



Spanish



Arabic



Polish



Simplified Chinese



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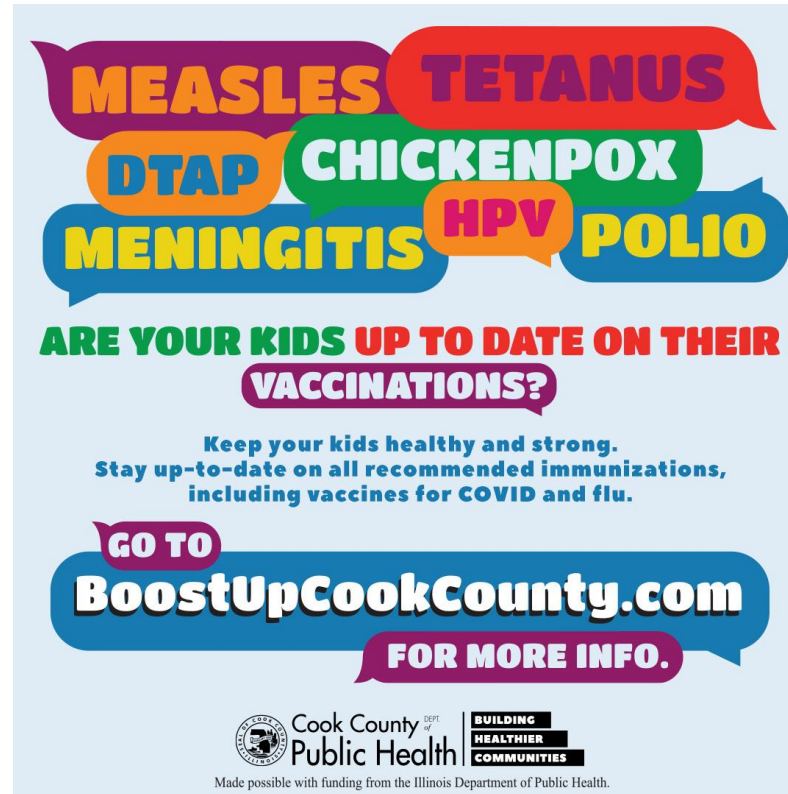
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www.cookcountypublichealth.org

Social Media Post

Immunization Awareness

Scan the below QR code or website link to download the social media graphic at right:



Suggested social media post text:

Cook County health officials are strongly encouraging all suburban Cook County residents to stay up to date on all recommended vaccinations, including for #measles. Illinois residents can check their immunization records using the Illinois Department of Public Health's online [Vax Verify](#) portal. #BoostUpCookCounty #OneCookCounty



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COVID-19

Data & changes in isolation guidance



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COVID-19

Data for week ending 3/30/24

- COVID-19 activity is currently **low**
- Deaths, hospitalizations and emergency department visits have decreased since last report
- Total cases: 739,132
- Deaths: 7,504

For the week ending Mar 30, 2024:*

Low

Activity Level for COVID-19

0.69%

Percent of ED Visits with COVID-19



1.9

Hospital Admissions per 100,000



0.4%

Percent of Deaths Associated with COVID-19



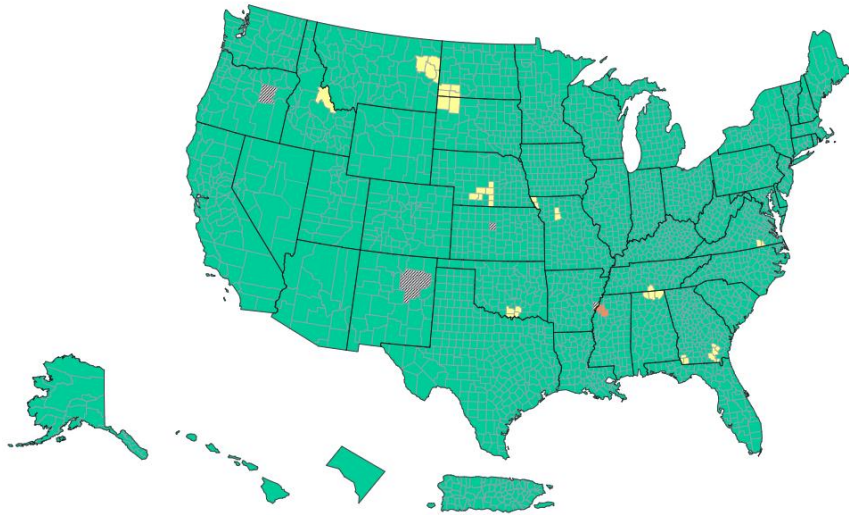
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Hospital Admissions by County, US



COVID-19 hospital admissions levels in U.S. by county
Based on new COVID-19 hospital admissions per 100,000 population

	Total	Percent	% Change
≥ 20.0	3	0.09%	0.03%
10.0 - 19.9	40	1.24%	-0.4%
<10.0	3173	98.66%	0.4%



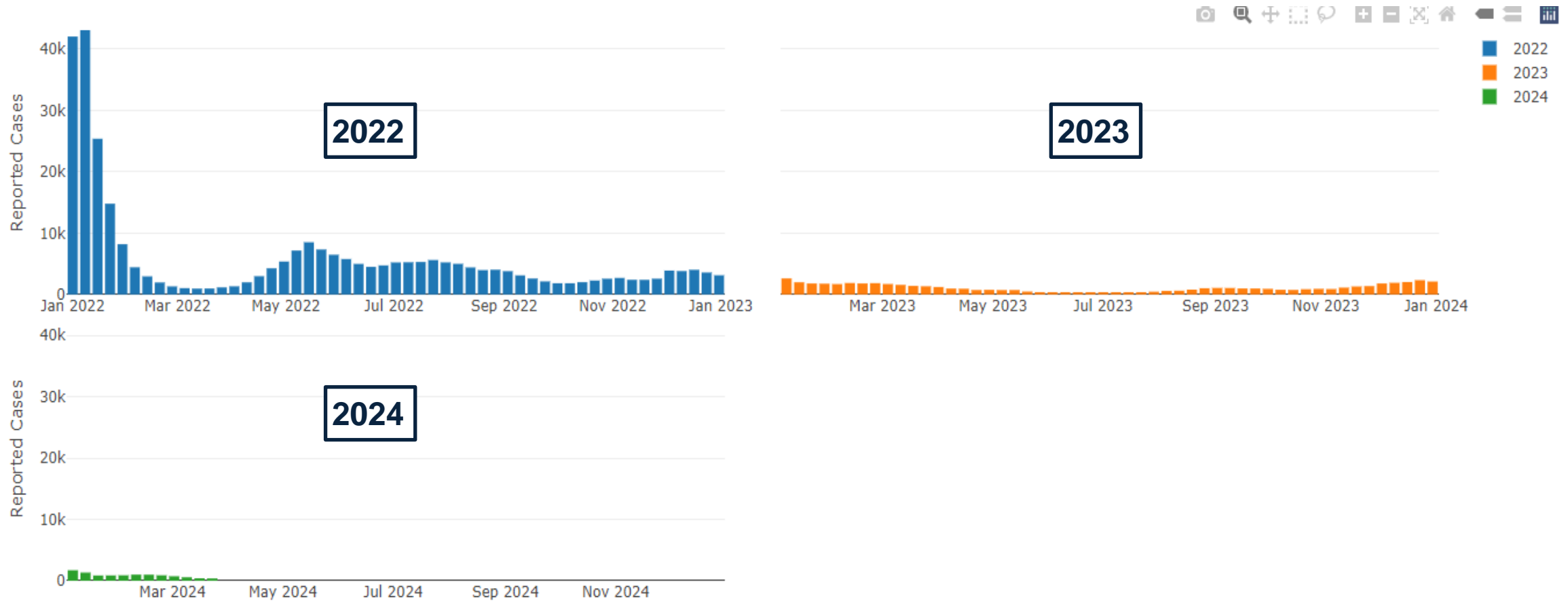
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COVID-19 Weekly Case Counts, Suburban Cook County



COVID – Changes in isolation guidance

Respiratory Virus Guidance Snapshot

Core prevention strategies



Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*

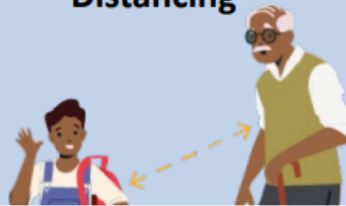


Additional prevention strategies

Masks



Distancing



Tests



***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

Long COVID



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Long COVID – Definition

e.g., Long-haul, Post-COVID conditions (PCC), Post Acute Syndrome (PASC)

- **Chronic disease** with dozens of symptoms affecting **multiple organ systems**
- Defined as the occurrence of new, returning, or ongoing health problems **4 or more weeks** after an initial infection
- 2 in 5 present symptoms after 90 days



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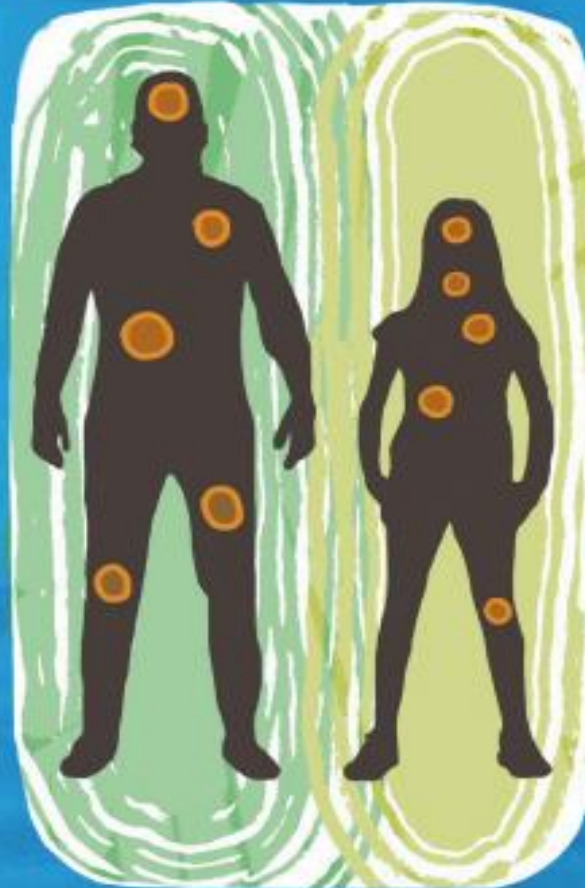
Common Long Covid Symptoms



ADULTS

- Extreme tiredness
- Shortness of breath
- Chest pain or tightness
- Memory or concentration problems
- Difficulty sleeping
- Fast heart rate or palpitations
- Joint or muscle pain
- Upset stomach or pain
- Changes to smell or taste
- Headaches or dizziness
- Anxiety or depression

Source: NHS



CHILDREN

- Extreme tiredness
- Dizziness
- Rashes
- Brain fog
- Headaches
- Chest pain
- Stomach pain or upset
- Sore throat
- Mood changes
- Joint or muscle pain or swelling
- Sickness or nausea

Source:

Centers for Disease Control and Prevention



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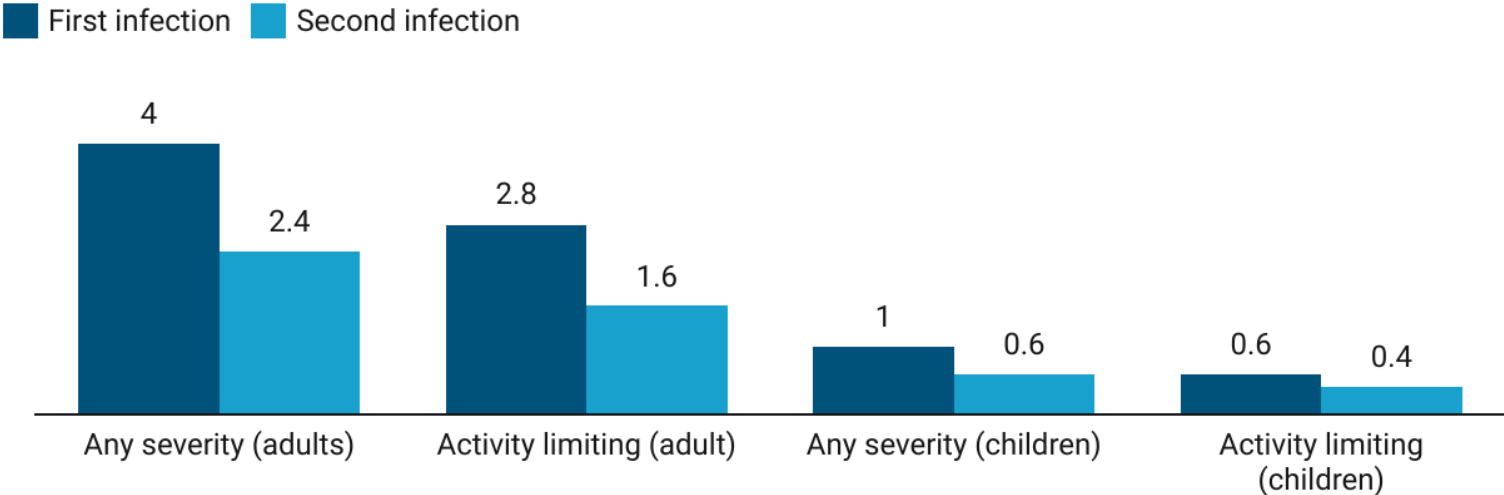
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Long COVID – Burden

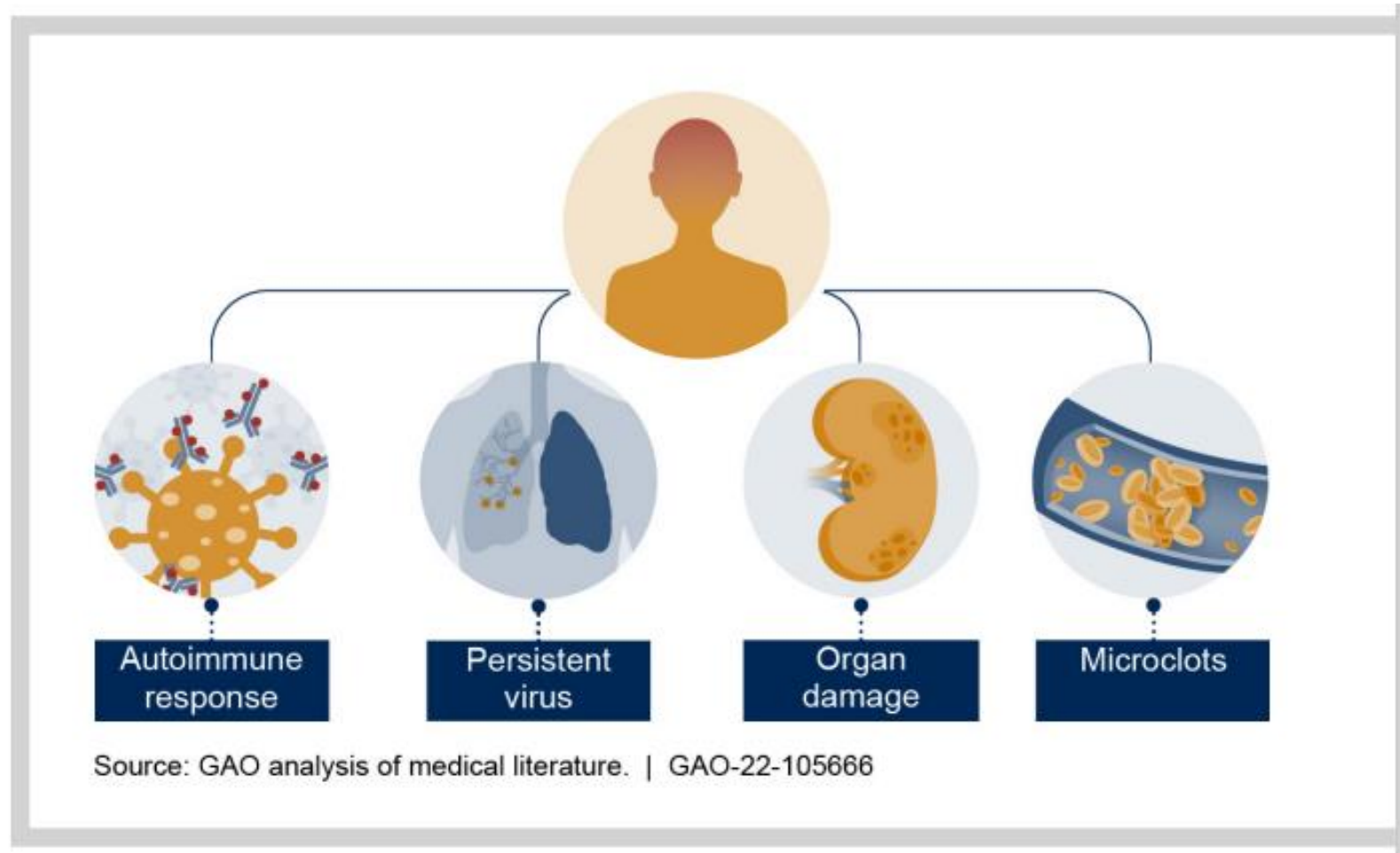
- Occurs in at least **10%** of COVID infections
- At least **65 million individuals** worldwide are estimated to have long COVID
- More common with **first infection**

% Long COVID-19, by number of infections



Long COVID – Possible Causes

Risk, cause, and effects not fully understood



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Long COVID – Potential Risk Factors

- Diabetes – bidirectional relationship
- Asthma
 - Association between those with asthma and long COVID after 28 days; high percentages of long COVID among those with asthma
- Autoimmune disorders
 - Emerging theory that long COVID is related to autoimmunity
 - More autoimmune disorders in women; 4x more likely to have long COVID
- Latinx heritage



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Long COVID - Duration and Treatment

- Symptoms decrease in severity over time
- Metformin reduces risk of long COVID if taken within 4 days of symptoms
- Paxlovid (anti-viral treatment) reduces incidence by 25%
- Pilot studies and trials in process



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Thank you



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