



NEWS

Frank Bryant, Jr. MD, FAAFP
Chairman
Texas Board of Health

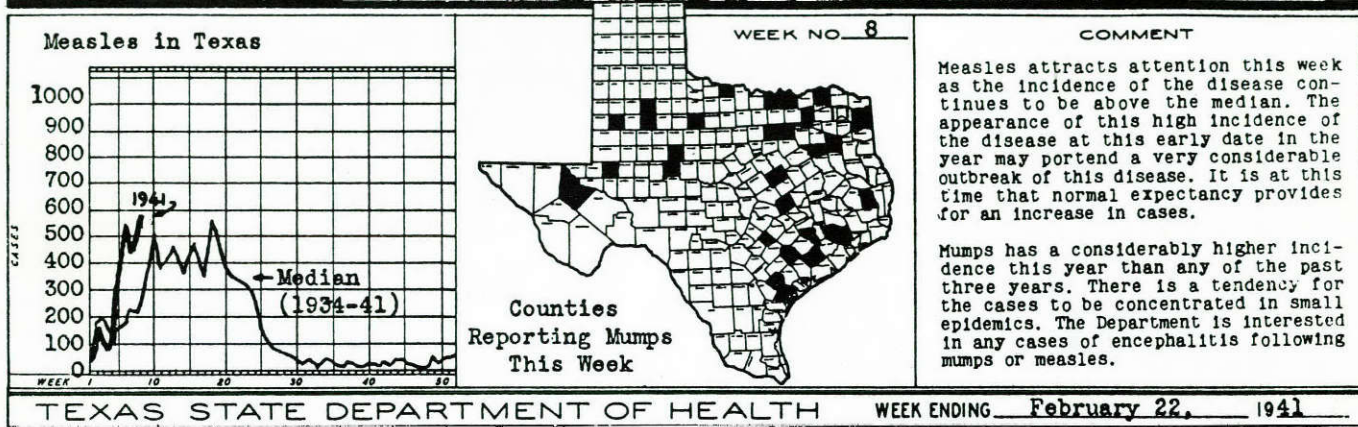
Robert Bernstein, MD, FACP
Commissioner

contents:

- Bicyclists Urged to Wear Helmets
- Vaccine-Preventable Disease Update
- Monthly Statistical Summary
- A Word About Easter Eggs

**Bureau of Disease Control and Epidemiology,
1100 West 49th Street, Austin, Texas 78756 (512-458-7455)**

TEXAS MORBIDITY *this* WEEK



BICYCLISTS URGED TO WEAR HELMETS

According to the US Consumer Product Safety Commission (CPSC), each year about 1,200 bicyclists are killed, and more than half a million bicycle-related injuries are treated in hospital emergency rooms. About one third of these deaths and two thirds of the injuries involve schoolage children under the age of 15. Three fourths of the deaths are due to head trauma, and about one third of the injuries are to the head or face. It is estimated that helmets are now worn by fewer than one out of 10 bicyclists. Some of these deaths and injuries could have been prevented if the rider had been wearing a helmet.

The purpose of a helmet is to absorb the energy of an impact to minimize or prevent a head injury. Crushable, expanded polystyrene foam generally is used for this purpose. Many helmets also have a hard outer shell which can provide additional protection to the head in the event of a collision with a sharp object.

A bicycle helmet should have a snug but comfortable fit on the rider's head. Some helmets are available with several different thicknesses of internal padding to custom fit the helmet to the user. If a parent is buying a helmet for a child, the CPSC recommends that the child accompany the parent so that the helmet can be tested for a good fit.

For a helmet to provide protection during impact, it must have a chin strap and buckle that will stay securely fastened. No combination of twisting and pulling should remove the helmet from the head or loosen the buckle on the strap. Children should be instructed to always wear the helmet with the chin strap firmly buckled while bicycling.

There are two nationally recognized voluntary safety standards for bicycle helmets sold in the US. Both of these safety standards contain requirements for the helmet features discussed above. When purchasing a helmet, consumers are urged to examine the helmet and accompanying instructions and safety literature carefully. The CPSC recommends that bicyclists consider wearing only those helmets that are labeled as conforming to the voluntary standards. The CPSC is currently evaluating bicycle helmet safety standards to determine if their effectiveness can be increased.

The CPSC's 1974 bicycle regulations require reflectors on the pedals and on the front and rear of the bicycle and spoke-mounted reflectors or reflective tire sidewalls or wheel rims. Other safety precautions for higher visibility and for dusk and night bicycling include the installation and use of front and rear lights on the bicycle and clothing with reflective tape or markings.

On May 15, 1989, the National Highway Traffic Safety Administration (NHTSA) and the CPSC signed a Memorandum of Understanding to improve the safety of bicyclists. NHTSA states that many bicycle-car crashes can be avoided by applying the rules of the road and by increasing the attentiveness of cyclists and motorists. Bicyclists have a legal right to share the road, but they are often not noticed in traffic. Drivers should always keep an eye out for bicyclists,

especially when turning, merging, changing lanes, or entering intersections. In turn, bicyclists should obey traffic signs and follow traffic rules.

NHTSA is distributing a bicycle safety information sheet for parents of school-age children. For a copy, write to: US Department of Transportation, National Highway Traffic Safety Administration, 400 7th Street, SW, Washington, DC 20590.

* * *

A WORD ABOUT EASTER EGGS

Hard-cooked eggs that are to be hidden for an egg hunt must be prepared with care to prevent cracking the shells. They should be hidden in places that are protected from dirt, pets, and other sources of bacteria. The total time for hiding and hunting the eggs must not be more than 2 hours. The found eggs must be re-refrigerated until they are eaten.

Hard-cooked eggs will eventually spoil if not refrigerated and should not be eaten if they are exposed to room temperatures for more than 2 hours. Since cooking will remove some of the protective oil coating that processors have sprayed on the shells, bacteria can enter the egg through the pores or cracks in the shells.

* * *

VACCINE-PREVENTABLE DISEASE UPDATE PROVISIONAL DATA

CONFIRMED AND SUSPECTED MEASLES

County	Latest Rash Onset	# Cases	Affected Population
Andrews	01/10/90	1	Adult
Bastrop	02/13/90	1	Pre-school
Baylor	02/12/90	1	Adult
Bowie	02/23/90	1	Pre-school
Brazos	02/14/90	6	Pre-school, Adult, College
Cameron	02/20/90	44	All age groups
Collin	02/15/90	8	All age groups
Cooke	01/03/90	1	Pre-school
Dallas	02/19/90	778	All age groups
Dawson	01/15/90	2	Pre-school
Denton	02/19/90	31	All age groups
Ector	01/15/90	1	Pre-school
El Paso	02/21/90	121	All age groups
Ellis	02/13/90	7	All age groups
Erath	02/11/90	10 *	Pre-school, College
Franklin	02/19/90	1	
Gaines	02/03/90	2	Pre-school
Grayson	02/17/90	74 *	College
Gregg	02/23/90	2	
Grimes	02/14/90	5	Pre-school, School-age
Guadalupe	01/14/90	1	School-age
Harris	02/12/90	18	All age groups
Hill	02/14/90	8	All age groups
Howard	12/16/89	1	School age
Hunt	02/13/90	5	All age groups
Hutchinson	01/26/90	1	Pre-school
Jasper	01/15/90	1 **	Pre-school
Jefferson	02/22/90	1	School age
Johnson	02/14/90	4	School-age, College
Karnes	01/08/90	1	Pre-school
Kaufman	02/14/90	5	All age groups
Knox	01/13/90	1	Pre-school
Lampasas	02/01/90	1	Pre-school
LaSalle	02/19/90	2	Pre-school
Maverick	02/12/90	2	Pre-school, School-age
McLennan	02/16/90	4	All age groups
Midland	02/06/90	1	Pre-school
Montgomery	01/17/90	1	School-age
Morris	02/23/90	10	
Nueces	01/30/90	2	Pre-school, School-age
Palo Pinto	02/14/90	4	All age groups
Parker	02/05/90	4	Pre-school, College
Reagan	12/28/89	2	Pre-school
Reeves	02/01/90	1	School-age
Rockwall	02/14/90	2	Pre-school
Smith	02/19/90	1	
Sutton	02/01/90	1	Adult

CONFIRMED AND SUSPECTED MEASLES

County	Latest Rash Onset	# Cases	Affected Population
Taylor	02/01/90	1	College
Titus	02/23/90	20	All age groups
Tom Green	02/01/90	5	All age groups
Travis	02/25/90	15	All age groups
Upshur	02/21/90	1	Pre-school
Uvalde	01/31/90	1	Pre-school
Val Verde	11/19/89	2	Pre-school
Van Zandt	01/06/90	1	Adult
Webb	02/22/90	170	All age groups
Wharton	02/20/90	2 **	Adult
Willacy	02/15/90	1	Pre-school
Wood	02/18/90	3	All age groups
Young	01/16/90	1	College
Zapata	02/20/90	1	Pre-school

Total 1,406
*Cases occurring mainly in the college population
**Possible importation from Mexico

CONFIRMED RUBELLA

County	Latest Rash Onset	# Cases	Affected Population
Nueces	01/15/90	1	Pre-school
Runnels	01/10/90	1	School-age
Tarrant	01/15/90	3 *	Adult
Val Verde	01/08/90	1	Pre-school

Total 6
*All cases have occurred in females of child-bearing age

CONFIRMED PERTUSSIS

County	Latest Rash Onset	# Cases	Affected Population
Bexar	12/26/89	1	Pre-school
Collin	01/15/90	1	Pre-school
Floyd	01/25/90	1	Pre-school
Midland	01/10/90	1	Pre-school
Val Verde	01/30/90	1	Pre-school

Total 5

MONTHLY SUMMARY OF REPORTABLE DISEASES IN TEXAS

(Counties listed below reflect only those with populations of 190,000 or more, based on 1989 population estimates.)

Cumulative through: JANUARY, 1990

County	Amebiasis	Campylobacteriosis	Chickenpox	Encephalitis	H. influenzae Infections	Hepatitis A	Hepatitis B	Hepatitis NA-NB	Influenza	Measles	Meningococcal Infections	Aseptic Meningitis	Mumps	Pertussis	Rubella	Salmonella	Shigella
BEXAR	0	0	0	0	1	3	3	0	0	0	0	0	0	0	0	0	0
BRAZORIA	0	0	8	0	0	0	1	0	14	0	0	0	0	0	0	0	0
CAMERON	1	0	8	0	2	1	1	0	109	0	0	0	0	0	0	2	0
COLLIN	0	0	56	0	0	0	0	0	258	0	0	0	0	0	0	0	0
DALLAS	0	3	0	0	4	14	6	0	14	2	4	1	1	0	0	2	1
DENTON	0	0	1	0	0	0	0	0	11	0	1	0	0	0	0	0	3
EL PASO	0	0	28	0	0	14	7	0	1	21	0	1	0	0	0	0	1
FORT BEND	0	0	1	0	0	0	0	0	25	0	0	0	0	0	0	0	0
GALVESTON	0	0	28	0	0	3	2	0	6	0	0	0	0	0	0	0	1
HARRIS	0	1	134	0	2	4	3	0	124450	0	0	2	6	0	0	0	3
HIDALGO	0	0	40	0	0	0	0	0	12	0	0	0	0	0	0	0	1
JEFFERSON	0	0	0	0	5	1	2	0	269	0	0	0	0	0	0	0	0
LUBBOCK	0	0	0	0	2	2	0	0	58	0	0	0	0	0	0	0	5
MCLENNAN	0	0	38	0	1	2	0	0	2674	0	0	1	2	0	0	2	1
MONTGOMERY	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0	1
NUECES	0	0	21	0	1	5	0	0	1587	0	0	0	0	0	0	2	2
TARRANT	0	0	12	0	0	0	0	0	124	4	1	0	0	0	0	1	0
TRAVIS	0	0	0	0	0	0	1	0	1736	0	0	1	0	0	0	0	1
All Other Counties	3	2	383	0	24	33	15	1	12976	12	2	3	14	0	0	10	10
Cumulative TX 1990	4	6	758	0	42	82	41	1	144324	39	8	9	25	0	0	22	27
Cumulative TX 1989	14	54	1085	5	76	373	171	12	7145	708	16	24	84	11	7	142	129

1990 CUMULATIVE TOTALS FOR OTHER REPORTABLE DISEASES:

Acute Occ. Pesticide Poisoning	0	Coccidioidomycosis	1	Histoplasmosis	0	Psittacosis	0	Toxic Shock Syndrom	0
Anthrax	0	Dengue	0	Legionellosis	0	Q Fever	0	Trichinosis	0
Asbestosis *	4	Diphtheria	0	Leptospirosis	0	Rabies	0	Tuberculosis	118
Botulism	0	+ Elevated Blood Lead Levels	3	Listeria Infections	0	Reye Syndrome	0	Tularemia	0
Brucellosis	0	Bonorrhoea	2437	Lyme Disease	0	Rocky Mt Spotted Fever	0	Typhoid	1
Chlamydia trachomatis	821	Hansen's Disease	5	Malaria	0	Silicosis *	0	Typhus, Murine	1
Cholera	0	Hepatitis D (Delta Agent)	0	Plague	0	Syphilis (P&S)	142	Vibrio Infections	0
		Hepatitis type unspecified	18	Polioyelitis	0	Tetanus	0	Yellow Fever	0

* Blood lead level >40ug/dl in persons 15 years of age or older; summarized by date of blood lead test.

TEXAS DEPARTMENT OF HEALTH
 TEXAS AIDS CASES: SURVEILLANCE REPORT
 Case Count by Residence and Year of Diagnosis
 February 16, 1990

COUNTY	1980-1985		1986		1987		1988		1989		1990		CUMULATIVE	
	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths
Bell	3	3	4	2	3	2	2	2	5	0	0	0	17	9
Bexar	53	50	56	49	115	86	177	72	200	38	0	0	601	295
Bowie	1	1	2	2	6	4	10	8	5	4	0	0	24	19
Braxoria	8	8	10	8	11	4	11	6	11	2	0	0	51	28
Brasos	10	10	5	4	6	6	5	5	6	2	0	0	32	27
Cameron	1	1	5	3	3	3	11	7	13	6	1	1	34	21
Collin	1	1	2	2	5	4	4	3	3	3	0	0	15	13
Dallas	251	240	306	264	501	387	514	282	461	128	16	0	2049	1301
Denton	2	2	6	6	16	14	10	5	12	2	0	0	46	29
Ector	1	1	4	4	4	4	7	1	2	1	2	0	20	11
Ellis	0	0	1	1	7	6	6	4	2	0	0	0	16	11
El Paso	6	6	9	9	19	12	17	8	26	12	0	0	77	47
Fort Bend	10	10	10	9	16	11	6	5	16	3	0	0	58	38
Galveston	11	11	16	15	25	15	23	12	26	9	4	1	105	63
Gregg	2	2	4	3	7	4	1	1	3	0	0	0	17	10
Harris	620	569	631	560	841	628	836	463	622	179	8	0	3558	2399
Hays	3	3	4	4	2	1	2	1	1	1	0	0	12	10
Hidalgo	6	6	0	0	7	4	6	3	14	3	1	0	34	16
Howard	2	2	3	3	1	0	3	3	3	1	0	0	12	9
Jefferson	7	6	8	5	20	13	20	12	10	0	1	0	66	36
Johnson	1	1	1	1	3	1	7	3	2	1	0	0	14	7
Liberty	3	2	3	3	1	0	1	0	3	1	0	0	11	6
Lubbock	4	4	5	4	15	11	7	2	13	2	0	0	44	23
McLennan	2	2	6	5	6	5	3	2	9	3	0	0	26	17
Midland	1	1	0	0	6	4	4	0	2	0	0	0	13	5
Montgomery	5	5	3	2	9	7	13	9	7	4	0	0	37	27
Nueces	6	4	11	9	20	15	14	7	20	10	2	0	73	45
Orange	3	3	4	2	4	4	3	2	3	3	0	0	17	14
Potter	1	0	3	2	5	3	6	4	8	2	1	0	24	11
Smith	3	3	4	1	4	1	4	1	6	4	0	0	21	10
**TDC	8	8	18	10	18	7	24	5	45	4	0	0	113	34
Tarrant	44	37	52	37	130	91	103	45	94	24	7	1	430	235
Taylor	3	3	2	2	2	2	11	6	5	1	0	0	23	14
Tom Green	1	1	2	2	3	3	0	0	4	1	0	0	10	7
Travis	61	51	55	38	107	80	135	69	150	38	0	0	508	276
Walker	3	3	1	1	3	2	2	0	2	0	0	0	11	6
Webb	1	1	4	4	5	2	5	4	1	0	0	0	16	11
Wichita	1	1	2	1	6	6	16	3	10	1	0	0	35	12
Williamson	0	0	3	3	4	3	1	0	6	0	0	0	14	6
All Others	39	34	47	38	98	70	96	43	53	7	2	1	335	193

STATEWIDE	1980-1985		1986		1987		1988		1989		1990		CUMULATIVE	
	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths
	1188	1096	1312	1118	2064	1525	2126	1108	1884	500	45	4	8619	5351
CFR %	CFR%	92	CFR%	85	CFR%	74	CFR%	52	CFR%	27	CFR%	9	CFR%	62

* COUNTIES LISTED INDIVIDUALLY ARE THOSE WITH A CUMULATIVE TOTAL OF 10+
 ** CASES DIAGNOSED WHILE INCARCERATED WITHIN STATEWIDE TEXAS DEPARTMENT OF CORRECTION FACILITIES

TEXAS PREVENTABLE DISEASE NEWS (ISSN 8750-9474) is a free, weekly publication of the Texas Department of Health, 1100 West 49th Street, Austin, TX 78756. Second-class postage paid at Austin, TX. POSTMASTER: Send address changes to TEXAS PREVENTABLE DISEASE NEWS, 1100 West 49th Street, Austin, TX 78756.

TEXAS PREVENTABLE DISEASE NEWS
 Texas Department of Health
 1100 West 49th Street
 Austin, TX 78756

**SECOND CLASS POSTAGE
 PAID AT AUSTIN, TX**

RETURN POSTAGE GUARANTEED

