

DATE: November 9, 2023

TO: Douglas County Health Care Providers

FROM: Lindsay Huse, MPH, DNP, RN, Director, Douglas County Health Department

SUBJECT: Westview YMCA daycare exposures to a case of active tuberculosis

This memo is to inform you that the Douglas County Health Department (DCHD) will be declaring a Public Health Emergency today, November 9, 2023, and is investigating a case of active, smear-positive, pulmonary tuberculosis (TB) in a member of Westview YMCA in the daycare. We are providing this information to you because it is possible you will get questions from parents or others.

Douglas County Health Department has conducted a thorough investigation to determine the patient's infectious period and is working closely with YMCA staff to directly notify staff and parents of children who had close contact exposure. Staff and parents of children who were at daycare during the infectious period will receive a letter indicating whether they've been identified as a close contact or not. Testing is ONLY indicated for individuals with close contact exposure. Douglas County Health Department is coordinating testing and treatment for all identified close contact exposures; however, we realize a patient might prefer to get this care from their primary care provider.

Any staff or children exposed between May 21, 2023, and August 20, 2023, should be screened for TB now. Any staff or children exposed between August 21, 2023, and October 30, 2023, should be screened for TB now AND 8–10 weeks after their most recent exposure. Children four years of age and younger who were exposed between August 21, 2023, and October 30, 2023, should additionally receive a chest x-ray and window prophylaxis as soon as possible.

If you have questions, please call Douglas County Health Department at 402-444-7214.

Parents/guardians were sent a letter from the YMCA on Thursday, November 9, 2023.

A parent informational meeting will take place at Westview YMCA on Thursday, November 9, 2023, at 6:30pm.

General Information about Tuberculosis: Prolonged or repeated exposure to an infectious case may lead to infection. The incubation period from exposure to demonstrable primary lesion or significant tuberculin reaction is approximately 2–10 weeks. Risk of progression to active TB (5-10% of those exposed) is greatest within one to two years after infection. The risk of progression to active TB among younger children is higher. Latent (asymptomatic) infection (LTBI) can last a lifetime, but reactivation can occur after many years if untreated (5% of those with LTBI). Symptoms of TB include productive cough, fever, and weight loss. Occasionally, patients may present with hemoptysis or chest pain. Other systemic symptoms include anorexia, fatigue, or night sweats.

The risk of acquiring TB depends on several factors, such as extent of disease in the source patient, duration of exposure, and ventilation. TB bacilli become aerosolized when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These bacilli can float in the air for several hours, depending on the environment. Persons who breathe air containing these TB bacilli can become infected. Transmission has been documented in association with patients who have TB lung disease, and bacteria seen or cultured in sputum. Persons who become infected usually have been exposed for several hours (or days) in poorly ventilated or crowded environments. Immunocompromised persons are at higher risk for disease once infected.