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**SUMMARY: Week 34 (August 25) – Week 46 (November 17)**
This report includes total weekly counts of ED and urgent care visits in Oregon and counts for asthma-like complaints, hypothermia and frost bite related visits, visits for carbon monoxide exposure, and visits for nausea, vomiting and diarrhea.

**WHAT ARE YOU SEEING?**
- Increases for hypothermia and frost bite visits
- No increases for total visits, asthma-like visits, carbon monoxide, or nausea, vomiting and diarrhea

Fall and winter hazard-related visits can be associated with outdoor conditions, extreme weather events, or recreational activities. The charts below show visit counts matching each query. See the left sidebar for more information on how to read the charts.

**TOTAL VISITS QUERY**

In this chart, we see that total visits are not currently above expected levels.

Counts are reported by CDC MMWR weeks, which begin on a Sunday and always end on Saturday. In 2018 and 2019, examples include:

- Week 44, Nov 3
- Week 48, Dec 1
- Week 1, Jan 5
- Week 5, Feb 2
- Week 8, Feb 23

**TOTAL VISITS QUERY** includes all visits to EDs and participating urgent care centers across the state. This query shows the total burden to the Oregon healthcare system and provides context for the queries and syndromes shown below.
FINDINGS
In this chart, we see that visits for asthma-like complaints are not currently above expected levels. Winter hazards such as poor air quality, smoke from wood stoves, and air inversions can exacerbate asthma. Avoid outdoor activities when air quality is unhealthy.
HOW TO READ THESE CHARTS
Counts are reported by CDC MMWR week, which begin on a Sunday and always end on Saturday. In 2018 and 2019, examples include:
- Week 44, Nov 3
- Week 48, Dec 1
- Week 1, Jan 5
- Week 5, Feb 2
- Week 8, Feb 23

CARBON MONOXIDE (CO) EXPOSURE QUERY looks for the codes for the “toxic effect of carbon monoxide” (ICD-9 code 986 and ICD-10 code T58) and words related to unintentional, non-fire related CO poisoning.

NAUSEA, VOMITING, AND DIARRHEA SUBSYNDROME looks for hundreds of free text terms related to GI illness. Importantly, this syndrome does not look for diagnosis codes.

SYNDROMIC SURVEILLANCE FOR PUBLIC HEALTH ACTION
Local and tribal health departments and participating healthcare facilities may request access to Oregon ESSENCE to produce these types of reports for their jurisdictions. Visit our website to learn more:
www.healthoregon.org/essence

CARBON MONOXIDE (CO) EXPOSURE QUERY FINDINGS
In this chart, we see that visits for carbon monoxide exposure are not currently above expected levels. CO exposure is preventable. Make sure to check your CO detector regularly or install one if you don’t have one. Have your furnace inspected yearly. Only use portable generators outside, more than 20 feet away from your home, doors, and windows, and never inside. Signs of CO exposure include headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. If poisoning is suspected, seek fresh air and medical attention.

NAUSEA, VOMITING, AND DIARRHEA SUBSYNDROME FINDINGS
In this chart, we see that visits for nausea, vomiting, and diarrhea are not currently above expected levels. An increase in gastrointestinal visits could indicate that an infectious disease is widely circulating.
**VISIT INFORMATION** is collected from EDs and urgent care centers across the state. Currently, all 59 eligible hospitals are sending ED data every day for syndromic surveillance. Some urgent care centers are currently reporting, and we are in the process of onboarding more.

**SEASONAL HAZARDS** for fall and winter include air inversions, windstorms, and winter storms, which can bring cold temperatures, wintry precipitation, and cause extensive damage, including the loss of electricity, slippery surfaces, and flooding throughout the Pacific Northwest.

**MONITORING** Oregon ESSENCE provides key information on population health during seasonal hazard events. ESSENCE users can now reproduce these queries themselves and look at regional health effects not captured in the statewide view by following instructions posted at [www.healthoregon.org/essence](http://www.healthoregon.org/essence).

**ENVIRONMENTAL DATA** are now available in Oregon ESSENCE. Weather station data (temperature, precipitation, and wind speed) are from the National Weather Service. Air quality station data (PM 2.5 and ozone) are from EPA/Air Now.

**OREGON PUBLIC HEALTH DIVISION**
- Acute & Communicable Disease Prevention
- Injury & Violence Prevention

**SYNDROMIC SURVEILLANCE** is the near real-time monitoring of key health indicators in emergency department (ED) and urgent care visits. Oregon’s syndromic surveillance project (Oregon ESSENCE) tracks the number of visits for specific patient symptoms using chief complaints (what the patient says is the reason for their visit) and discharge diagnosis codes. We look at symptoms associated with known health effects of seasonal hazards.

**SIMILAR SYMPTOMS** are grouped together into “syndrome” categories. For example, “wheezing” and “difficulty breathing” are grouped into the asthma-like query. By comparing the counts we see against those we would expect to see, we can identify trends in visits.

**HEALTH EFFECTS OF FALL AND WINTER HAZARDS**

<table>
<thead>
<tr>
<th>Hazard</th>
<th>Health Effect</th>
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| Cold Temperatures & wintry precipitation | - Hypothermia  
- Frostbite |
| Windstorms and Power Outage | - Carbon monoxide exposure from grill or generator use near or inside the home  
- Stomach illnesses due to unrefrigerated food |
| Air Inversions and Poor Air Quality | - Exacerbated respiratory conditions, such as asthma |

**SYNDROMIC COVERAGE** by county is detailed in the map below.