The County welcomes you to attend this free seminar to learn information about new changes and pertinent information about communicable diseases.

Topics Include:

- 2017 ACIP Immunizations
- California School Law
- California Vaccines for Children (VFC) Program & California Immunization Registry (CAIR)
- TB Overview
- STD and Communicable Disease Overview

May 3rd: Rialto & May 10th: Hesperia

To register call: 1-800-722-4794, and ask to speak with a Health Education Specialist.

Provider approved by the California Board of Registered Nursing, Provider #CEP-14226, for 4 contact hours.
STD Awareness Month - April

April is STD Awareness Month and is an opportunity to call attention to dramatic increases in Sexually Transmitted Diseases (STDs) in San Bernardino County. In 2016, the County reported over 15,000 cases of STDs with large increases in gonorrhea and syphilis especially. The large increase in syphilis cases among women has caused a similar increase in infant congenital syphilis cases.

In 2012, one infant congenital syphilis case was reported, in 2015 there were four; however last year, in 2016 20 infants were born with congenital syphilis. Infants born to untreated infected women can be born with low birth weight, birth defects, blindness and hearing loss. They can also be born prematurely or be stillborn. In addition, infected infants will stay in the hospital for 10-14 days to receive treatment.

Many of the women who delivered infected infants had no symptoms and did not know they were infected with syphilis. All pregnant women should be screened for syphilis at their first visit and if positive, promptly treated with Bicillin according to Centers for Disease Control and Prevention (CDC) Guidelines. Women at increased risk, including those with symptoms of syphilis, incomplete or delayed prenatal care, a history of substance abuse, incarceration or homelessness or who have multiple partners should be screened again at the beginning of their third trimester.

In observance of STD Awareness Month, medical providers are reminded that prompt reporting of syphilis and other sexually transmitted infections allow Public Health staff to provide education, ensure treatment of infected individuals and follow up with their contacts. County residents can protect themselves from STDs by abstaining from sex, or using condoms consistently and correctly. It is important to recognize that alcohol and drugs may lower the tendency to use condoms. Many people with STDs do not have symptoms, so it is important to request a screening test at least yearly. Having an STD makes it easier to get HIV, so it is also important to request an HIV test also.

Scabies Prevention and Treatment

Human scabies is an infestation of the skin by the human itch mite (Sarcoptes scabiei var. hominis) that causes a hypersensitive reaction characterized by intense itching and a papular rash. Symptoms usually appear 2-6 weeks after being infected for the first time, in contrast to 1-4 days if an individual previously had scabies. It is typically spread by direct, prolonged, skin-to-skin contact with infected individuals or contaminated fomites (inanimate objects). There are two variations of scabies: (1) Typical Scabies and (2) Crusted Scabies, which is highly contagious and presents with a scaly rash that can easily be misdiagnosed. Housing facilities with close interactions, including: nursing homes, long-term care facilities, and prisons are particularly prone to scabies outbreaks if a resident has crusted scabies.

A case of scabies can be suspected based on history and physical findings, but confirmation with skin scraping is helpful, (though not required), for diagnosis. Scabies is often treated with chemical insecticides called scabicides. The typical topical treatment is 5% permethrin cream that is applied from the neck down and left on for 8-10 hours. It should also be applied under the fingernails/toenails with a brush. In some cases, retreatment after 8-10 days following the first application should be considered to catch newly hatched mites and prevent reinfection. Crusted scabies should be treated with a combination of oral and topical agents, often requiring multiple administrations of both agents. Persons who have had close contact with infected individuals must also be identified for prophylactic treatment to ensure re-infection does not occur. It is common for the itching and rash associated with scabies to continue for a month following treatment, even though the mites have been eliminated.

Other actions to decrease environmental exposure include: washing bedding, towels and clothing in hot water or placing in dryer for 20 minutes on “hot” setting, sealing non-washable items in a plastic bag for one week, and vacuuming carpet and furniture. Close follow-up by a trained professional is also recommended as the individual could become reinfected or develop a superimposed bacterial infected.