





### “TB or Not TB?”

Need assistance telling the difference between Latent TB infection (LTBI) and TB disease? Use the chart below for a quick reference tool.

<p><b>Latent TB Infection (LTBI)</b></p> <ul style="list-style-type: none"> <li>◆ Not contagious – cannot spread TB to others</li> <li>◆ No symptoms</li> <li>◆ Do not feel sick</li> <li>◆ Usually have a positive skin test (TST)</li> <li>◆ Normal chest x-ray</li> <li>◆ Negative sputums (if collected)</li> </ul>	<p><b>TB Disease</b></p> <ul style="list-style-type: none"> <li>◆ Symptoms may include:               <ul style="list-style-type: none"> <li>-Severe cough longer than 2 weeks</li> <li>-Pain in the chest</li> <li>-Coughing up blood or sputum/phlegm</li> <li>-Weakness or fatigue</li> <li>-Decreased appetite</li> <li>-Chills</li> <li>-Fever</li> <li>-Weight loss</li> <li>-Night sweats</li> </ul> </li> <li>◆ Can usually spread TB to others</li> <li>◆ Usually have a positive skin test</li> <li>◆ May have abnormal chest x-ray, and/or positive sputum smear or culture</li> <li>◆ Some people may not be contagious</li> </ul>
<p><b>Treatment for LTBI</b></p> <ul style="list-style-type: none"> <li>◆ Usually Isoniazid (INH) for 6-9 months</li> <li>◆ A physician might prescribe other medications</li> <li>◆ Treatment is recommended to help prevent development of TB Disease in the future</li> </ul>	<p><b>Treatment for TB Disease</b></p> <ul style="list-style-type: none"> <li>◆ Usually 4 or more medications including:               <ul style="list-style-type: none"> <li>-Rifampin (Rimactane)</li> <li>-Isoniazid (INH)</li> <li>-Pyrazinamide (PZA)</li> <li>-Ethambutol (Myambutol)</li> <li>-Streptomycin</li> </ul> </li> </ul>
<p>Remember: alcoholic drinks should be avoided while on these medications since they increase the chance of dangerous drug reactions. Discuss all medications you are on with your physician.</p>	
<p>On Dec 10, 2013, the Centers for Disease Control and Prevention released Latent TB Infection (LTBI): Guide for Diagnosis and Treatment mobile application for health care providers. This application serves as a ready and useful reference that highlights the main points of key guidelines for diagnosis and treatment of latent TB infection and includes resources and sample tools. Download it free from the <a href="#">iTunes App Store</a> today!</p>	

### Is it Flu or Cold Symptoms?

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. A common cold rarely has symptoms of fever above 101 degrees Fahrenheit. People with colds are more

likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

The standard flu season runs from fall to spring of the next year. Special tests

must be done within the first few days of illness to determine if a person has the flu. In contrast, there is no available testing for colds.



	Cold	Flu (Influenza)
<b>Complications</b>	Sinus congestion; middle ear infection	Sinusitis, bronchitis, ear infection, pneumonia; can be life-threatening
<b>Prevention</b>	Wash hands often; avoid close contact with anyone with a cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get the annual flu vaccine
<b>Treatment</b>	Decongestants; pain reliever/fever reducer medicines	Decongestants, pain relievers, or fever reducers are available over the counter; over-the-counter cough and cold medicines should not be given to young children; prescription antiviral drugs for flu may be given in some cases; call your medical provider for more information about treatment



## Save the Dates

### Preteen Vaccine Week February 9-15, 2014

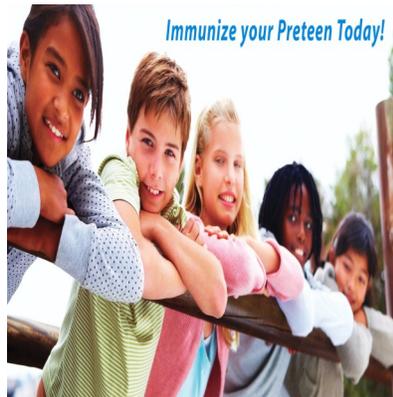
California's preteens include more than one million 11 and 12 year-old boys and girls. Preteen Vaccine Week is a California observance that is observed February 9-15, 2014. The goal of 2014's Preteen Vaccine Week campaign is to raise awareness about California's Tdap requirement for incoming 7th grade students, immunization recommendations for 11-and 12-year-olds, and to promote the preteen doctor visit.

ACIP currently recommends that both boys and girls, 11-12 years receive the following vaccines: Tdap (tetanus, diphtheria, whooping cough), HPV (human papillomavirus), Meningococcal and Influenza (flu).

The Tdap vaccine protects against tetanus, diphtheria and pertussis (whooping cough). One dose of Tdap is routinely given at age 11 or 12 years. California Assembly Bill 354 requires that 7th grade students are immunized with Tdap before starting school.

HPV is a common virus in the United States. It is so common that nearly all sexually active men and women get it at some point in their lives, most often in their teens or early 20's. Each year in the United States, there are about 19,000 women and 8,000 men that develop HPV-related cancers. HPV is spread by skin-to-skin contact during any type of sexual activity with another

person. The HPV vaccine is recommended for both boys and girls, 11-12 years because the vaccine works best before infection with the virus. It is recommended that preteens and teens get all 3 doses of the HPV vaccine series long before their first sexual contact. The vaccine prevents HPV infection, it does not cure it.



Meningococcal disease is a rare but serious infection in the blood or areas around the brain and spinal cord. About 10% of teens who get the disease die from it, and another 15% will have long-term disability from it such as: loss of limb(s), deafness, nervous system problems, or brain damage. Meningococcal is spread through close contact, such as kissing, coughing, sharing drinks and lip

balm. One dose of meningococcal vaccine is recommended for all 11-and 12-year-olds. A booster dose is also recommended at age 16 years.

Flu (influenza) is a contagious respiratory illness caused by influenza viruses. Flu can send even healthy kids to the hospital. Preteens should get a flu vaccine as soon as it becomes available in their community.

Some preteens may also need to catch up on other immunizations, including varicella, as many do not have their second dose. Chickenpox is a very contagious disease caused by the varicella virus. It is especially dangerous for adolescents. It can lead to severe skin infections, scars, pneumonia, brain damage, and even death. A total of two doses of the varicella vaccine is recommended for those who have not had chickenpox disease. It is important that preteens are screened for both doses to help ensure proper immunity.

Preteen Vaccine Week promotes the importance of immunizations among preteens and highlights their doctor visit as an opportunity for them to receive vaccines that can protect them from very serious, yet preventable diseases. Be sure to contribute to the cause and screen preteens for all ACIP recommended vaccines.

### 2014 Immunization, TB, STD and Epidemiology Update Seminar

The County of San Bernardino Department of Public Health, Communicable Disease Section would like to invite you to the 2014 Immunization/TB/STD Update seminar, taking place in April and May of 2014.

This year the update will be hosted in two locations, one in the high desert and the other in the San Bernardino area. Information will be provided on the following topics: 2014 ACIP schedule, changes with California School Law, VFC program and eligibility, California Immunization Registry (CAIR), TB, STD

and epidemiology updates and trends.

For more information or to register, please contact the County of San Bernardino Department of Public Health, Communicable Disease Section at (800) 722-4794.

Please share this information with your staff, colleagues, or others who would benefit from this event. We look forward to your attendance.





**Communicable Disease Section**

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Confidential Morbidity Reports (CMRs) can be found on our website and can be faxed to: TB, Epi, STD: (909) 387-6377  
 For HIV CMRs call before faxing.

To report suspect or confirmed cases of TB to the Tuberculosis Control Program, please fill out a TB case/suspect form for your hospitalized or clinic patient and fax to (909) 387-6377. Follow up with a phone call to one of our TB nurses at 1(800) 722-4794.

Events and Observances	
<b>January</b>	Cervical Health Awareness Month
<b>February</b>	National Condom Month International Prenatal Infection Prevention Month National Cancer Prevention Month National Black HIV/AIDS Awareness Day (NBHAAD): February 7 Preteen Vaccine Week: February 9-15 Immunization Update– Moreno Valley: February 20 Immunization Update– Rancho Mirage: February 24
<b>March</b>	National Women & Girls HIV/AIDS Awareness Day: March 10 National Native HIV/AIDS Awareness Day: March 20 World Tuberculosis Day: March 24 National LGBT Health Awareness Week: March 26-30



The Communicable Disease Section now has a Facebook page!  
 Like us at <https://www.facebook.com/CommunicableDiseaseSection>

**Web Resources**

County of San Bernardino Department of Public Health

<http://www.sbcounty.gov/dph>

<https://www.facebook.com/CommunicableDiseaseSection>

**California Department of Public Health**

- Division of Communicable Disease Control  
<http://www.cdph.ca.gov/programs/dcdc>

- Vaccine for Children (VFC)  
<http://www.eziz.org>

- School Immunization Requirements  
<http://www.shotsforschool.org>

- California Immunization Registry (CAIR)  
<http://cairweb.org>

- STD Branch Health Information for Professionals  
<http://www.cdph.ca.gov/programs/std/pages/default.aspx>

**Centers for Disease Control and Prevention**

- Disease & Conditions (A - Z Index)  
<http://www.cdc.gov>

- Immunization Schedules  
<http://www.cdc.gov/vaccines/schedules>

- HIV/AIDS & STDs  
<http://www.cdc.gov/std/hiv>

**American Public Health Association**

<http://www.apha.org>