COMMUNICABLE DISEASE SECTION
COUNTY OF SAN BERNARDINO DEPARTMENT OF PUBLIC HEALTH

Quarterly Newsletter
http://1.usa.gov/12miOrv

January 2014        Volume 2, Issue 1

Make 2014 the Year of Good Health!

Do it by making 2014 the year of good health for you and your family. These 12 simple preventive health measures can be incorporated in your daily routine, enhancing both you and your family’s health and wellbeing. Keep in mind that resolutions are easier to keep when worked into your regular lifestyle, rather than making drastic changes.

- Make sure that you and your family are up to date on vaccinations (including an annual flu shot).
- Protect you and your partner’s sexual health by getting tested for STDs and using condoms if not in a monogamous relationship.
- Visit a health care provider regularly, and stay up to date on all recommended screenings.
- Stay home when you are ill, cover your cough, and go to your doctor if you have a persistent cough.
- Take care of your teeth; poor dental hygiene is a factor in many other health issues.
- Wash your hands often and thoroughly using soap and water.
- Use sunscreen daily to prevent skin cancer, and insect repellent in summer and fall to prevent mosquito bites—some products offer protection simultaneously.
- Find ways to lower stress and manage it better, i.e. ask for assistance, delegate, or take a break.
- Develop healthier eating habits that include fresh fruit and veggies, replace fat and sugar with flavors, spice up your food and jazz up your salads.
- Get more exercise and get fit: walk on your breaks, play with your kids, walk your dog or even park far from a store’s entrance.
- Always wear your seatbelt in the car and make sure your child has the proper car seat and that it is secured and being used correctly every time.
- Get rid of the bad and potentially dangerous habits, such as unhealthy eating, smoking cigarettes, and drinking—none are worth the risks.

Following some or all of these suggestions can lead to a healthier, happier, more positive state of being for you and your loved ones. That can make 2014 be the best year yet!

Congenital Syphilis Cases Increase in San Bernardino County

The County of San Bernardino has reported three cases of congenital syphilis since June of 2013, compared to one case in 2012 and no cases in 2010-2011. Infants infected with syphilis may be miscarried, stillborn, or born preterm. Of the three congenital syphilis cases, two infants survived. None of the three women were treated or had their cases reported to Public Health by the providers as mandated by Title 17, California Code of Regulations Section 2500.

In California, it is required that all pregnant women be screened for syphilis at their first prenatal visit and if high risk, be retested for syphilis between 28 and 32 weeks gestation and at delivery. All positive screening tests should be confirmed. Providers should be aware of screening or referral opportunities for pregnant women who present to your facility.

Any woman who delivers a stillborn fetus after 20 weeks gestation should be tested for syphilis. Pregnant women who are seropositive should be considered infected unless they have documentation of adequate treatment with appropriate serologic response to treatment and titers are low and stable. If needed, your local public health department can assist you in verifying if a woman’s treatment was adequate. Additional information on these guidelines is available at http://www.cdph.ca.gov/programs/std/Documents/CS_Eval_Management_pregnant20women.pdf

Congenital syphilis is a devastating but preventable outcome of syphilis infection during pregnancy. Adequate treatment of the mother is key. If you would like to report a syphilis case, please call the Communicable Disease Section at 800-722-4794 and ask for an STD investigator. Reports may also be faxed to (909) 387-6377.
“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.

<table>
<thead>
<tr>
<th>Latent TB Infection (LTBI)</th>
<th>TB Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Not contagious – cannot spread TB to others</td>
<td>♦ Symptoms may include:</td>
</tr>
<tr>
<td>♦ No symptoms</td>
<td>- Severe cough longer than 2 weeks</td>
</tr>
<tr>
<td>♦ Do not feel sick</td>
<td>- Pain in the chest</td>
</tr>
<tr>
<td>♦ Usually have a positive skin test (TST)</td>
<td>- Coughing up blood or sputum/phlegm</td>
</tr>
<tr>
<td>♦ Normal chest x-ray</td>
<td>- Weakness or fatigue</td>
</tr>
<tr>
<td>♦ Negative sputums (if collected)</td>
<td>- Decreased appetite</td>
</tr>
</tbody>
</table>

Treatment for LTBI

- Usually Isoniazid (INH) for 6-9 months
- A physician might prescribe other medications
- Treatment is recommended to help prevent development of TB Disease in the future

Treatment for TB Disease

- Usually 4 or more medications including:
  - Rifampin (Rimactane)
  - Isoniazid (INH)
  - Pyrazinamide (PZA)
  - Ethambutol (Myambutol)
  - Streptomycin

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.

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 iTunes App Store today!

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.

<table>
<thead>
<tr>
<th>Cold</th>
<th>Flu (Influenza)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complications</td>
<td>Sinusitis, bronchitis, ear infection, pneumonia; can be life-threatening</td>
</tr>
<tr>
<td>Prevention</td>
<td>Wash hands often; avoid close contact with anyone with a cold</td>
</tr>
<tr>
<td>Treatment</td>
<td>Decongestants, pain reliever/fever reducer medicines</td>
</tr>
</tbody>
</table>

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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.

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Communicable Disease Section
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San Bernardino, CA 92415
Phone: 1(800) 722-4794
Fax: (909) 387-6377

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.

January
- National Condom Month
- International Prenatal Infection Prevention Month
- National Cancer Prevention Month

February
- Preteen Vaccine Week: February 9-15
- Immunization Update– Moreno Valley: February 20
- Immunization Update– Rancho Mirage: February 24

March
- 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

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

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