



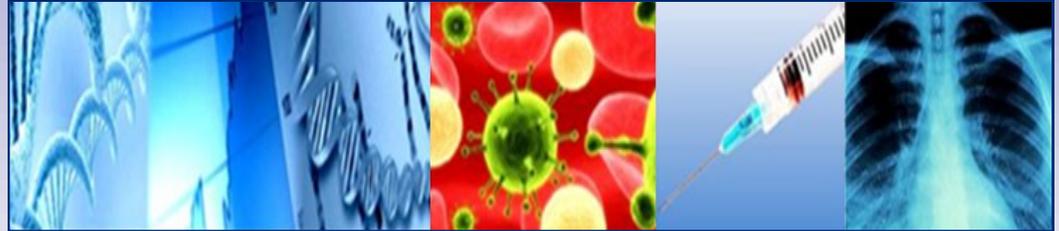
Department of Public Health

COMMUNICABLE DISEASE SECTION

Quarterly Newsletter

Inside This Issue

Holiday Food Safety	1
Zika Update	2
Sexually Transmitted Infections	2
Influenza Vaccination Order	3
World AIDS Day	3
Immunization Coalition	3
Events and Observances	4



Holiday Food Safety

Each year, one in six Americans get sick by consuming contaminated foods or beverages. According to the Centers for Disease Control and Prevention (CDC), more than 250 different foodborne diseases have been identified. Most of these diseases are illnesses caused by a variety of bacteria, viruses, and parasites that can be foodborne.

The most common germs known to cause food poisoning are: norovirus, *Salmonella*, *Clostridium perfringens* and *Campylobacter*. After consuming contaminated food, the bacteria or virus pass through the stomach and begin to multiply. Some germs stay in the intestine, while others produce a toxin that is absorbed into the bloodstream, and some can directly invade the deeper body tissues. The symptoms experienced depends on the bacteria or virus that is consumed and can include nausea, vomiting, abdominal cramps and diarrhea.

With the holiday season approaching, precautions should be taken and followed to ensure that you, your family and your guests are safe from foodborne illnesses. The recommendations below can be used to prevent foodborne illnesses throughout the holiday season.

Clean: Wash hands and surfaces often. Illness-causing bacteria can survive in many places around the kitchen, including hands, utensils, cutting boards, and countertops. Wash hands for 20 seconds with soap and running water before preparing food, after using the restroom, changing diapers, or handling pets. When soap and water is unavailable use hand sanitizer. Wash fruits and vegetables before peeling and do not wash meat, poultry or eggs.

Separate: Avoid cross-contamination. Keep raw meats separate from ready-to-eat food. Wash plates, utensils, and cutting boards used for raw meat with soap and water before using them again for cooked or ready-to-eat food.

Cook: Cook to proper temperatures. Many assume one can determine when food is fully cooked by checking its color and texture. There is no way to be sure food is safe without using a food thermometer.

Cook meats at the following temperatures:

- All poultry, including ground: 165°F
- Ground beef, pork, lamb and veal: 160°F

- Beef, pork, lamb, and veal chops roasts and steaks: 145°F
- Fish: 145°F

Chill: Refrigerate cooked food promptly. Illness-causing bacteria can grow in many foods within two hours unless refrigerated. It is recommended to keep the refrigerator between 40°F and 32°F and the freezer at 0°F or below. Refrigerate fruits, vegetables, milk, eggs, and meats within two hours; one hour if the outside temperature weather is 90°F or higher. Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.

Leftovers: Immediately refrigerate leftovers. Do not cool leftovers on the kitchen counter. Divide them into smaller portions so they will cool more quickly and put them in the refrigerator as soon as possible. Refrigerate stuffing and other items separately from the bird.

Cover leftovers to reheat. This helps maintain moisture and ensures that meat is heated thoroughly. When reheating leftovers in a microwave, use a food thermometer to make sure the food reaches 165°F. Eat refrigerated turkey within three to four days and stuffing and gravy within one to two days.

GEAR UP

for food safety!

Computer or mobile devices

- Look for more tips to keep food safe at www.cdc.gov/foodsafety
- Stay up to date on food recalls at www.foodsafety.gov/recalls



Zika Virus Update

Zika continues to circulate and be of concern to Public Health. Local mosquito-borne Zika virus transmission has been reported in the US and US territories, to include: Florida, American Samoa, Puerto Rico and US Virgin Islands. Currently, there has been no local mosquito-borne transmission in California.

While there have been no local mosquito-borne transmissions of Zika virus in California, there have been 328 travel-associated Zika virus infections as of October 7, 2016. Three infections were due to sexual transmission. Additionally, there have been 39 cumulative number of infections in pregnant women. San Bernardino County has 13 confirmed cases of Zika.

Zika is an infectious disease caused by the Zika virus, which is transmitted to people by *Aedes* mosquitoes. Symptoms of Zika infection typically include fever, rash, joint pain, and/or red eyes. There is no specific treatment for Zika. While most people will recover in about a week it can be particularly dangerous for pregnant women, as it can lead to disabilities for the baby.

Zika virus infection in pregnant women can cause microcephaly (abnormally small head and brain) and other serious brain abnormalities in newborns. This can happen after a pregnant woman infected with Zika virus passes the virus to her developing fetus. The California Department of Public Health has reported two infants with Zika-related micro-

cephaly born in California to women who had Zika virus infections during pregnancy after spending time in a country where the virus is endemic.

Pregnant women in any trimester and women planning to become pregnant should not travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to an area with Zika should talk to their healthcare provider first and strictly follow steps to avoid mosquito bites during the trip. Using insect repellent is safe and effective. According to the Centers for Disease Control and Prevention, when used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.



STIs: Looking Back and Moving Forward

The Communicable Disease Section 2015 Annual Morbidity Report is completed and will be posted to our website <http://bit.ly/2dSoQTi>. Sexually transmitted infections (STIs) continue to be the largest category reported and STIs are also increasing greater than all other reportable disease categories.

San Bernardino County STI: FAST FACTS

Chlamydia

- Most common reported infection.
- Over 11,000 cases reported in 2015, rates of infection are higher than that of California and the US.
- Ranked 13th among all US counties in 2014 for number of cases.

Gonorrhea

- Number of cases doubled from 2010 (1,148) to 2015 (2,743).
- Nationally, the County ranked 19th of all US counties by number of cases in 2014.

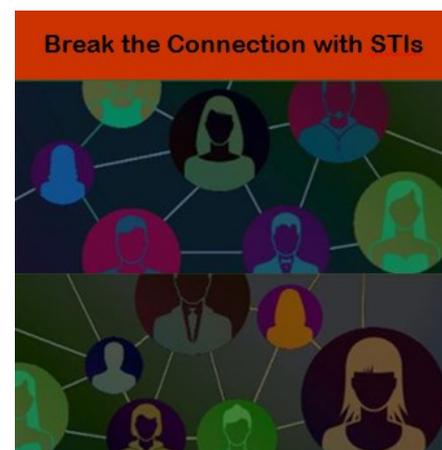
Syphilis

- Number of cases of early syphilis (primary, secondary infection and early latent) has almost doubled since 2013, from 133 to 242 cases in 2015.

STI Challenges:

- About one-quarter of heterosexual California gonorrhea cases report incarceration in the past year.
- Studies have shown that urine tests alone miss large numbers of pharyngeal and rectal gonococcal infections, highlighting the need for providers to conduct thorough sexual health histories and test where the infection is likely to be.
- Only 34 percent of 2015 gonorrhea cases in the County received dual antibiotic therapy as recommended by Centers for Disease Control and Prevention STI guidelines.

To move forward in decreasing STIs and challenges within the County, it is important for provider's to report infections timely and adequately. In 2015, only 59 percent of STI reports were reported by the provider. It is essential that providers play an active role in STI prevention; by screening and treating their patients properly.



Healthcare Worker Influenza Vaccination Order



Dr. Maxwell Ohikhuare, M.D., San Bernardino County Health Officer, previously issued an influenza vaccination order to all County healthcare workers. This order is currently in effect and ongoing, applicable each influenza season unless rescinded.

This order applies to all licensed healthcare facilities in San Bernardino County to include: hospitals, ambulatory care, skilled nursing and long term care facilities.

To view the original Healthcare Worker influenza vaccination order, visit: <http://1.usa.gov/1NMF8Wz>.

To view the frequently asked questions pertaining to this order, visit: <http://1.usa.gov/1LAURWI>.

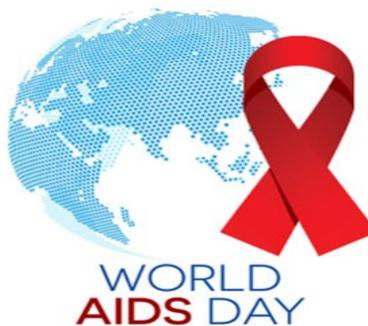
Get a **FREE** Flu Shot

Name and Location	Date and Time
Lytle Creek Community Center 14082 Center Road Lytle Creek, CA 92407	Wednesday, October 12, 2016 Clinic hours: 5:30 pm –7:30 pm
Highland Senior Center 3102 E Highland Avenue Highland, CA 92346	Thursday, October 13, 2016 Clinic hours: 9:00 am –12:00 pm
Hinkley Community Center 35997 Mountain View Road Hinkley, CA 92347	Saturday, October 22, 2016 Clinic hours: 11:00 am-1:00 pm
Grace Yokley Middle School 2947 S Turner Avenue Ontario, CA 91761	Tuesday, October 25, 2016 Clinic hours: 2:00 pm-4:00 pm
Yermo Elementary School 38280 Gleason Street Yermo, CA 92398	Wednesday, October 26, 2016 Clinic hours: 3:30 pm-5:30 pm

For additional information about the clinics above contact San Bernardino County Department of Public Health Preparedness & Response Program at 909-252-4406.

World AIDS Day: December 1

December 1 is World AIDS Day, an opportunity for people to work actively and collaboratively with partners around the world to raise awareness about HIV to move closer to the goal of an AIDS-free generation. There are approximately 1.2 million people living with HIV in the US, and 1 in 8 do not know it. The number of new HIV diagnoses has remained fairly stable in recent years. World AIDS Day, serves as a reminder to continue efforts to not only prevent an increase, but to also decrease the number of new HIV infections diagnosed.



More tools than ever are available to prevent HIV, including pre-exposure prophylaxis (PrEP) for people who are at very high risk for getting HIV. Taking PrEP medicine daily can reduce the risk of getting HIV from sex by more than 90%. Among people who inject drugs, it can reduce the risk by more than 70%.

Education and HIV testing is an integral component of HIV/AIDS prevention. To access additional resources and find testing locations, visit <http://www.cdc.gov/hiv/default.html>.

Inland Empire Immunization Coalition

The Inland Empire Immunization Coalition (IEIC) is a coalition composed of representatives from the community and organizations within Riverside and San Bernardino Counties. IEIC is committed to promoting health & preventing the incidence of vaccine preventable diseases through community partnerships, education & outreach. Through collaboration with our partners, we are able to increase immunization awareness and education.

Members meet at various times throughout the year to learn about the latest immunization information and recommendations, share information on best prac-

tices, network with others who work to improve immunization coverage rates.

The IEIC would like to invite medical providers and community partners to participate and represent their organization at future meetings. The next IEIC meeting is scheduled for November 9, 2016 from 12:00PM – 2:00PM in Rialto. If you are interested in attending and/or becoming a member of IEIC, contact a Health Education Specialist with the San Bernardino County Department of Public Health Communicable Disease Section at 1-800-722-4794.





Communicable Disease Section

351 N. Mountain View Ave #104
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.

Events and Observances

October	CDS Booth- Pioneer Day: October 22
November	Inland Empire Immunization Coalition: November 9
December	World's AIDS Day: December 1



IMMUNIZATION
TECHNIQUES
Safe • Effective • Caring

IMMUNIZATION SKILLS INSTITUTE

Immunization Skills Institute is a free innovative course that will train medical assistants on current, effective and caring immunization techniques.

For registration information contact a Health Education Specialist at:

1-800-722-4794.

Web Resources

San Bernardino County Department of Public Health

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

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>

Communicable Disease Section

- <http://bit.ly/1DswMjg>

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>
- STD Treatment Guidelines
<http://www.cdc.gov/std/tg2015/>