



SAN BERNARDINO  
COUNTY

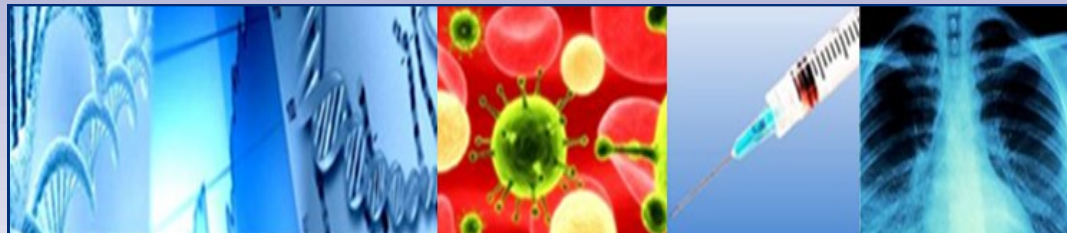
Department of Public Health

## COMMUNICABLE DISEASE SECTION

Quarterly Newsletter

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## A Healthy 2016

Help secure a happy and healthy new year by incorporating healthy behaviors into your lifestyle. Begin or continue to include the following healthy recommendations to contribute to your overall health and wellbeing. Let 2016 be your year of good health!

### Get Vaccinated & Screened

Make it a priority this year to be up-to-date on your vaccinations. Adults are at risk for serious vaccine-preventable diseases like shingles and influenza. It is important to get the recommended vaccines for your age group. Additionally, ask your doctor about getting screened for conditions like high blood pressure, high cholesterol, STDs and HIV. The San Bernardino County Department of Public Health clinics offer a variety of vaccination and screening services at low or no cost. Visit <http://tinyurl.com/jggv77r> or call 1-800-722-4777 for more information.

### Eat Healthy

A poor diet is associated with major causes of disease and death, particularly obe-

sity. The Centers for Disease Control and Prevention (CDC) recommends that an average adult eat 1.5 - 2.0 cups of fruit and 2.0 - 3.0 cups of vegetables daily. Incorporate healthy choices into your daily diet – visit your local farmer's market or community garden for fresh produce and locally grown foods. Visit: <http://tinyurl.com/njw4adw> for a list of farmer's markets in San Bernardino County.

### Exercise Regularly

Regular exercise reduces body fat and risk of disease chronic diseases such as, diabetes, heart disease, and arthritis, while promoting improvements in mood. The CDC recommends the average adult should do 20 – 30 minutes of moderate exercise per day for maximum health benefits. Try creative ways to incorporate exercise into your daily routine this year – bike to work, go for a walk on your lunch break, or join a class at your local gym.

### Stay Hydrated

Considering approximately 60 percent of the human body is water, it is incredibly

important to keep yourself well hydrated. The Institute of Medicine has determined that an adequate intake of water for men is roughly 13 cups (3 liters) per day, and for women is about 9 cups (2.2 liters) per day. Carry a reusable water bottle with you daily and choose to substitute water for soda or juice.

### Mental Health & Emotional Health

Minimize stress, both at work and at home, by taking time out of each day for yourself. Find a positive activity that helps you unwind, whether that is daily meditation, going for an evening jog or doing something with your family, such as cooking. Actively maintain relationships with friends and family, and be open about expressing yourself. Also, prioritize your sleep. The CDC recommends adults get seven to eight hours of sleep every night, as lack of sleep is associated with a number of chronic diseases and conditions.

Stick to your resolve and make 2016 your healthiest year yet.

## Prevention of Perinatal Hepatitis B

Providers are mandated to test pregnant women for hepatitis B surface antigen (HBsAg) per Health and Safety Code, Section 125085. Early screening for Hepatitis B can help with the timely administration of post exposure prophylaxis to infants. Post exposure prophylaxis is shown to prevent perinatal transmission of hepatitis B from mother to infant at the time of birth.

The hepatitis B vaccine is the first vaccine an infant will receive. Infants should receive a dose at birth. Birthing hospitals are encouraged to advise mothers to maintain proof of vaccination and provide record to the infant's pediatrician or primary care provider. All pediatricians and

primary care providers should request proof of vaccination with the hepatitis B vaccine. February is International Prenatal Infection Prevention Month. Medical providers can assist in the efforts to reduce prenatal infections by screening and vaccinating appropriately for hepatitis B.

San Bernardino County Department of Public Health Communicable Disease Section (CDS) offers perinatal hepatitis B prevention case management. To contact the CDS call 1-800-722-4794. The California Department of Public Health developed a Prevention of Perinatal Hepatitis B quick sheet for providers, viewable at: <http://bit.ly/1Nqvwzx>.



## Gonorrhea Infections Continue to Rise

There are an estimated 820,000 new gonorrheal infections each year in the United States, and that less than half of these infections are detected and reported. Gonorrhea is the second most commonly reported communicable disease.

Here in San Bernardino County, we are seeing a rise in sexually transmitted diseases (STDs), especially in young people, 15-24 years old. Annual screening for *N. gonorrhoeae* is recommended for all sexually active women younger than 25 years and for older women who are at increased risk for infection. Those at increased risk are those who have: a new sexual partner, more than one partner, a sex partner with multiple sex partners, or a sex partner that has a sexually

transmitted infection. Having an STD can increase the risk of acquiring another STD, such as syphilis or human immunodeficiency virus (HIV).

Untreated gonorrhea can cause serious and permanent health problems in both men and women. Men may be asymptomatic, which can lead to sterility if untreated. Women may commonly be asymptomatic or may not recognize their symptoms until complications occur. Complications can lead to pelvic inflammatory disease, tubal scarring, ectopic pregnancy and infertility. Therefore, it is important for healthcare providers to routinely screen for STDs as recommended.

Current California STD treatment guidelines call for dual therapy of ceftriaxone 250mg IM X1 dose, **PLUS** azithromycin 1gm PO given simultaneously and directly observed. Azithromycin is preferred, but if allergic, doxycycline 100mg PO bid X 7days can be used. The complete California STD treatment guidelines table for adults and adolescents 2015 can be found at: <https://www.cdph.ca.gov/programs/std/Documents/STD-Treatment-Guidelines-Color.pdf>.

Medical providers can help stem the rise of STDs by screening and treating appropriately.

### 15-24 year olds account for half of all new STD Infections



## New – Sexually Transmitted Diseases (STDs) Treatment Guidelines

On June 5, 2015 the Centers for Disease Control and Prevention (CDC) released updated sexually transmitted diseases (STDs) treatment guidelines. These guidelines were developed through a rigorous peer-review process to assist clinicians and healthcare providers in giving their patients the appropriate STD testing, treatment, and diagnosis recommendations.

Subsequently, the California Department of Public Health (CDPH) issued a letter to healthcare providers referencing the Sexually Transmitted Diseases Treatment Guidelines, 2015; highlighting the key screening and treatment recommendations, and indicating the significant changes from the 2010 Sexually Transmitted Diseases Treatment Guidelines. To view this condensed CDPH reference letter visit: <http://bit.ly/1NRC8bA>.

The 2015 Treatment Guidelines can be found at <http://www.cdc.gov/std/tg2015/default.htm>.

The CDC has developed the following resources for clinicians based on the updated STD Treatment Guidelines:

- ◆ Webinar: (<http://1.usa.gov/1du4M1>). This webinar reviews the new guidelines key changes.
- ◆ Wall Chart: (<http://1.usa.gov/1dOfJwE>). This poster-sized chart provides an overview of the 2015 CDC STD Treatment Guidelines.
- ◆ Pocket Guide: (<http://1.usa.gov/1LYozXM>). This booklet includes a summary of the 2015 CDC STD Treatment Guidelines.
- ◆ Apple STD Tx Guide 2015 App: (<http://www.cdc.gov/std/tg2015/default.htm>). This can be downloaded for free and is available for Apple devices. An Android app is currently being developed; check <http://www.cdc.gov/std/tg2015/default.htm> for status updates on its completion.
- ◆ Healthcare providers who have clinical questions related to the 2015 CDC STD Treatment Guidelines, the CDPH has set up an STD Clinician Warm Line at (510) 620-3400. Providers may also contact San Bernardino County Department of Public Health Communicable Disease Section at 1-800-722-4794.

## Recognizing Preteen Vaccine Week

California's preteens include more than one million 11- and 12- year-old boys and girls. Preteen Vaccine Week is an annual California observance, recognized this year February 7-13, 2016.

The Advisory Committee on Immunization Practices (ACIP) currently recommends that both boys and girls, 11-12 years receive the following vaccines: Tdap (tetanus, diphtheria, pertussis/whooping cough), HPV (human papillomavirus), meningococcal, influenza (flu) and also chickenpox (varicella) for those preteens who have not received two doses.

One dose of Tdap is routinely given at age 11 or 12 years. California Assembly Bill 354 requires that 7th grade students be immunized with Tdap before starting school. Within San Bernardino County, children between 10-14 years accounted for the most cases of pertussis in 2014.

Human Papillomavirus is a common cancer causing 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. Each year in the United States, there are about 18,000 women and 9,000 men that develop HPV-related cancers. HPV is spread by skin-to-skin contact during any type of sexual contact



**PROTECT Their Health for the Years Ahead**

Preteen Vaccine Week | February 7-13, 2016

with another person who is carrying the virus. The HPV vaccine is recommended for both boys and girls, 11-12 years. It is recommended that all three doses of the vaccine series are received long before their first sexual contact. The vaccine prevents HPV infection, it does not cure it. Older adolescents and young adults through age 26 years are also recommended to receive the HPV vaccine if they have not yet received it.

Meningococcal disease is a rare but serious infection in the blood or areas around the brain and spinal cord. About 10 percent of teens who get the disease die from it, and another 15 percent 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 and sharing drinks. Despite the Centers for Disease Control and Prevention recommendations for a booster dose at age 16 years, after an initial vaccination at age 11 or 12, fewer

than 30 percent of 17-year-olds have received the second vaccination needed to enhance protection.

Flu is a contagious respiratory illness caused by influenza viruses. Flu can send even healthy kids to the hospital. Preteens should get a flu vaccine annually 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. 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.

## Adult Vaccines

Annually, thousands of adults in the US are hospitalized, and even die from vaccine preventable diseases. Vaccination is important to reduce the chance of spreading disease, especially to those in the community who are vulnerable to infectious disease, like infants, older adults, and people with weakened immune systems.

Shingles results from a reactivation of latent varicella zoster virus. Primary infection results in varicella (chickenpox) with secondary infection resulting in shingles. An estimated 500,000 - 1 million cases of shingles occur yearly in the US. Fifty percent of people that live to age 85 years will develop shingles. A single dose of zoster vaccine is recommended for adults age 60 years and older whether or not they report a prior episode of shingles.

Influenza causes millions of illnesses, hundreds of thousands of hospitalizations and thousands of deaths every season. People 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults.

They account for approximately 90 percent of influenza deaths and 50-70 percent of flu related hospitalizations. Residents of nursing homes and other long-term care facilities are among the high risk population. Within these facilities attack rates may be as high as 60 percent, with fatality rates as high as 30 percent.

Pneumococcus can cause many types of illnesses, including ear infections and meningitis. There are two vaccines recommended for prevention of pneumococcal disease. The vaccine PCV13, is recommended for all adults 65 years or older, and younger adults with certain risk factors; PPSV23 is recommended for all

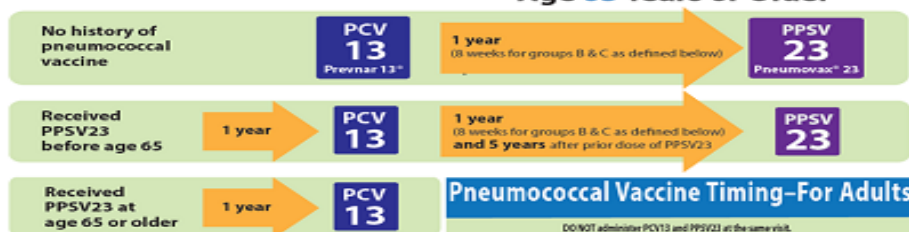
adults 65 years or older and younger adults who are at high risk of pneumococcal disease.

San Bernardino County Department of Public Health stocks Shingles, PCV13, and PPSV23 vaccines; eligibility requirements do apply. To learn more about these requirements or to schedule an appointment to get vaccinated call the clinic appointment line at 1-800-722-4777.

It is important that providers give a strong recommendation to adult patients who require vaccination, and either stock an adequate supply or use a reliable referral process to ensure that adults are vaccinated.

\* If PCV13 was given before age 65 years, no additional PCV13 is needed.

### Age 65 Years or Older





### 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

<b>January</b>	Immunization Skills Institute training: January 14
<b>February</b>	Preteen Vaccine Week: February 7-13 Riverside County Immunization Update – Rancho Mirage: February 23 Riverside County Immunization Update – Moreno Valley: February 24



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

### County of San Bernardino 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>

#### 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/>

#### American Public Health Association

<http://www.apha.org>