



Hepatitis A Awareness

Hepatitis A is a highly contagious liver disease caused by the hepatitis A virus. Mild cases can last a few weeks while severe cases can last several months, and may lead to death.

San Bernardino County is not experiencing an outbreak of hepatitis A. However, outbreaks of hepatitis A in persons who are homeless and/or use illicit drugs are occurring in Las Angeles, San Diego and Santa Cruz counties.

Anyone can get hepatitis A, but a person is at higher risk if they:

- Are homeless and/or use illicit drugs
- Live with someone who has hepatitis A
- Use recreational drugs
- Are a man who has sex with men
- Have sexual contact with someone who has hepatitis A
- Travel or live in countries where hepatitis A is common

Hepatitis A can be spread by:

- Touching objects or eating food that someone

with hepatitis A infection has handled

- Having sex with someone who has a hepatitis A infection
- Consuming food or drinks that are contaminated by the virus
- Sharing needles, pipes or other items when using drugs
- Forgetting to wash your hands after cleaning up the stool or changing the diaper of an infected person

The best way to prevent hepatitis A is by getting vaccinated. The hepatitis A vaccine is given as two shots, six months apart. Insured residents should speak to their health care provider regarding their immunization status; others can call 1-800-722-4777 to schedule an appointment to get vaccinated at a Public Health clinic. The spread of Hepatitis A can also be prevented by washing hands with soap and water, scrubbing vigorously for 20 seconds, before eating or preparing food, and after using the bathroom or changing diapers.

2016 Communicable Disease Annual Morbidity Report Released

San Bernardino County Department of Public Health has released the 2016 Communicable Disease Annual Morbidity Report to inform and educate the community, stakeholders and community partners about reportable diseases and conditions found in San Bernardino County.

Reportable communicable diseases are those that labs and health care providers are required to report to the Public Health department such as tuberculosis, West Nile virus, and influenza. What is significant about the report is that it includes Zika for first time, underscoring that diseases are capable of emerging at

any time, so education, preparedness and prevention are key. Also, congenital syphilis is shown to have had a 200 percent increase between 2015 and 2016. It is recommended that all pregnant women be screened for syphilis at their first prenatal visit and again in the third trimester between 28-32 weeks.

The report identifies the top three most reported diseases in 2016: chlamydia, gonorrhea, and chronic hepatitis C. Many people with chronic hepatitis C do not have symptoms; it is recommended that anyone born from 1945 through 1965 be tested for the hepatitis C virus.

ZIKA VIRUS



Zika Update

As of September 22, 2017, there have been five total Zika cases in San Bernardino County, in 2017; all cases were travel associated.

It is advised that men and women of childbearing age, and pregnant women, not visit areas with Zika. If they must go to areas with known transmission of the Zika virus, it is recommended they protect themselves against sexual transmission of Zika and take steps to prevent mosquito bites. Pregnant couples in which one or both partners were in an area with Zika should use condoms every time they have sex, or not have sex during the pregnancy in order to reduce the risk of transmitting Zika to the fetus.

Medical providers who are interested in having a Zika in-service conducted by a Communicable Disease Section staff member, can submit a request by calling: 1(800)722-4794.

Get Vaccinated: Seasonal Influenza

Yearly flu vaccination is the best way to protect yourself against influenza (flu), a serious disease which sickens millions of people each year.

For the 2017-2018 season, CDC recommends use of injectable flu vaccines--inactivated influenza vaccine (or IIV) or the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used.

It takes approximately two weeks after vaccination for antibodies to develop in the body to protect against the flu virus, so it is important to get vaccinated early in the fall, before flu season begins.

Below is a list of **free** flu clinic locations hosted by San Bernardino County Preparedness & Response Program.

Name and Location	Date and Time
George Visual and Performing Arts Magnet School 10650 Bartlett Ave, Adelanto, CA 92301	Thursday, October 12, 2017 Clinic hours: 3:00 pm – 5:00 pm
Pinon Mesa Middle School 9298 Sheep Creek Road, Phelan, CA 92371	Saturday, October 14, 2017 Clinic hours: 1:00 pm – 3:00 pm
Tortoise Rock Casino 73829 Baseline Road, Twentynine Palms, CA 92277	Saturday, October 21, 2017 Clinic hours: 11:00 am – 1:00 pm
Arroyo Valley High School 1881 W Baseline Street, San Bernardino, CA 92411	Saturday, November 4, 2017 Clinic hours: 10:00 am – 12:00 pm
Helendale School District Office 15350 Riverview Road, Helendale, CA 92342	Tuesday, November 7, 2017 Clinic hours: 2:30 pm – 4:30 pm
Chino Community Building 5443 B Street, Chino, CA 91710	Tuesday, November 21, 2017 Clinic hours: 12:00 pm – 2:00 pm

Take Part in World AIDS Day

December 1 is World AIDS Day, a day to acknowledge the progress in HIV prevention and treatment around the world, and to raise awareness about HIV. The target for World AIDS Day is to reach the goal of an AIDS-free generation. Currently, there are approximately 1.1 million people living with HIV in the US, and 1 in 7 do not know it.

The goals of HIV treatment are to improve health and prevent transmission of HIV. There are multiple options available to prevent HIV, including pre-exposure prophylaxis (PrEP) for people who are at very high risk of getting HIV. A person 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 <https://gettested.cdc.gov/>.



Confidential Morbidity Reports (CMRs) can be found on our website, <http://bit.ly/2rGPRlh> and should be faxed to: (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 <http://bit.ly/2sZWVfn>, 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.



October 24
World Polio Day

November 1
Immunization Skills Institute Training

November 8
Inland Empire Immunization Coalition general meeting

December 1
World AIDS day



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 or visit <http://bit.ly/2u31c0l>.