



# PROVIDER BULLETIN



A Monterey County Health Department bi-monthly newsletter summarizing national, state, and local public health-related issues for county providers.

## Important Contacts:

### Communicable Disease Prevention and Control

Phone: (831) 755-4521

After hours: (831) 755-5100

Fax: (831) 775-8076

### Environmental Health Consumer Protection

Phone: (831) 755-4540

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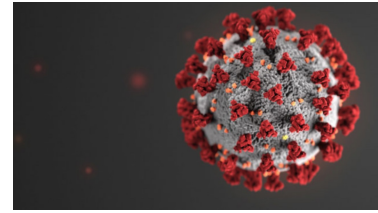
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### Subscriber's Corner

## Communicable Disease Updates

## CDC COVID-19 Updates

The Centers for Disease Control and Prevention (CDC) provides daily updates and guidance, including [a section specific to rural health care](#), a [Toolkit for Tribal Communities](#), and [a vaccine locator by state](#).



**And remember, MCHD publishes daily updates to county COVID-19 data [here](#).**

## COVID-19 Booster Doses

COVID-19 case rates and test positivity continue to decrease statewide including in Monterey County. However, most public health experts anticipate an increase COVID-19 during the winter months. Vaccination now can help prevent hospitalizations and deaths. Public Health officials recommend continued vaccination of all eligible populations with the recommended primary series of COVID-19 vaccine. In addition, the Food and Drug Administration (FDA), Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP), and Western States Scientific and Safety Review Workgroup (WSSSRW) recommended booster doses in certain populations with the following guidelines:

The following groups of people who received the Pfizer or Moderna vaccine should receive a booster dose after at least **six** months:

- Individuals aged 65 years and older
- Individuals aged 18 years and older who reside in long-term care settings
- Individuals aged 50-64 years with underlying medical conditions or at an increased risk of social inequities

The following groups of people who received the Pfizer or Moderna vaccine may receive a booster dose after at least **six** months:

- Individuals aged 18-49 years with underlying medical conditions or at an increased risk of social inequities
- Individuals aged 18-64 years at increased risk for SARS-CoV-2 exposure and transmission because of occupational or institutional setting

The Workgroup recommended that all individuals 18 years of age and older who received a Janssen (Johnson & Johnson) vaccine should receive a booster dose at least **two** months after their first shot.

Booster dosing for Pfizer and Janssen vaccines are the same as the primary series. Booster dosing for Moderna is half the dose administered in the primary series.

### ***For Additional Information***

Monterey County Health Department's COVID-19 website, which includes information on local surveillance data, vaccine and testing sites, and current

guidelines: [www.montereycountycovid19.com](http://www.montereycountycovid19.com)

CDC website on booster doses: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

How to enroll as a California COVID-19 Vaccine Service Provider: <https://eziz.org/covid/enrollment/>



## **CMA Virtual Grand Rounds: Spotlight on COVID-19 Vaccines**

**Tuesday, November 9, 2021**

**12:00-1:30pm**

**Click [here](#) to register**

As we head into the fall and winter, the FDA continues to meet to discuss some major questions and developments around the COVID-19 vaccines. Some of these discussions include the evaluation of booster shots from several manufacturers, and the examination of data on the pediatric vaccines for children under 12. As it stands, it seems likely that new demographic groups, e.g. children under 12, will be eligible for vaccines as early as November.

Join us in this edition of Virtual Grand Rounds to learn from vaccine experts and policy makers about the data behind the decision making.

At this webinar, we will also hear from Erica Pan, M.D., California's State Epidemiologist, about the state of COVID-19 in California, efforts to keep the virus at bay, progress on vaccines and vaccination efforts, and an update on the status of California schools.

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## **Tuberculosis**

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### **Local Increase in Tuberculosis**

#### ***Current Situation***

Monterey County is experiencing an increase in tuberculosis (TB). In 2020, twelve (12) Monterey County residents were diagnosed with active TB disease. In comparison, sixteen (16) individuals have been diagnosed with active TB disease to date in 2021. Eleven (11) cases from 2019-2021 appear to be epidemiologically linked. Individuals recently diagnosed have been primarily from the Salinas and South County regions and include both adults and children.

#### ***Recommendations for Healthcare Providers***

The Monterey County Health Department currently recommends the following:

### **1. Be aware of symptoms and risk factors for TB**

- Symptoms of TB in adults include cough lasting >3 weeks, chest pain, hemoptysis, weight loss, night sweats, lymphadenopathy, fever, and/or fatigue. Symptoms vary with extrapulmonary TB. Lethargy, lymphadenopathy, and failure to thrive/weight loss are more common in children with TB.
- Risk factors for TB include:
  - Known close contact with a person with infectious TB disease.
  - Immigrated from or traveled to TB-endemic regions of the world within the last 2 years (Mexico, Philippines, Vietnam, India, China, Haiti, Guatemala, or Eastern Europe).
  - Works or resides in facilities with people who are at high risk for TB, such as hospitals that care for TB patients, homeless shelters, correctional facilities, and nursing homes.
  - Has one or more of the following conditions or behavioral risk factors associated with progressing to TB disease if infected:
    - HIV infection
    - Injection drug use (IDU)
    - Silicosis
    - Diabetes mellitus
    - Chronic renal failure, including patients on hemodialysis
    - Status post gastrectomy or jejunioileal bypass
    - Chemotherapy and/or status post solid organ transplant
    - Prolonged use of corticosteroids or other immunosuppressive agents such as TNF- $\alpha$  antagonists (Enbrel, Remicade, etc.)
    - Recent tuberculin skin test (TST) converters (increase of 10 mm or more in the size of the TST reaction within a 2-year period)

### **2. Screen individuals with clinically compatible illness for TB.**

- Complete a TB risk and symptom screening. Sample screening questions for adults and children are available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/TB-Risk-Assessment.aspx>.
- For patients with TB risk and/or symptoms, obtain an Interferon-Gamma Release Assay (IGRA) or place a tuberculin skin test (TST), unless the patient has a documented previous positive IGRA or positive TST result.
- If the patient has any of the following, obtain a two-view chest X-ray:
  - symptoms of TB, regardless of IGRA or TST result, or
  - exposure to someone with possible active TB **and** positive IGRA or a TST result > 5mm, or
  - a TST result >10mm.

### **3. Report all suspected cases of TB within 1 business day.**

- Blank Confidential Morbidity Report (CMR) forms can be downloaded at: [www.mtyhd.org/tb](http://www.mtyhd.org/tb).
- Providers may also call 831-755-4521 during normal business hours and ask for the TB Unit.

***For Additional Information***



For more information about testing, diagnosing, and reporting, please contact the Monterey County Health Department's TB Control Unit at 831-755-4521. For information about submitting patients' specimens to the Monterey County Public Health Laboratory, call 831-755-4516. Additional information is available at [www.mtyhd.org/tb](http://www.mtyhd.org/tb) and [www.cdc.gov/tb](http://www.cdc.gov/tb).

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## STIs

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### Updated STI Treatment Guidelines

On July 22, 2021, the United States Centers for Disease Control and Prevention (CDC) released [Sexually Transmitted Infections Treatment Guidelines, 2021](#). This document provides current evidence-based diagnostic, management, and treatment recommendations, and serves as a source of clinical guidance for managing sexually transmitted infections (STIs). The new guidelines include the following notable updates from the previous 2015 guidance:

#### **Chlamydia:**

The recommended treatment regimen for non-pregnant patients with *C. trachomatis* is **doxycycline 100mg orally twice a day for seven days**. Azithromycin 1g orally in a single dose is now considered an alternative regimen.

#### **Gonorrhea:**

The recommended treatment for uncomplicated gonococcal infection is now **monotherapy with ceftriaxone 500mg intramuscular (IM) in a single dose** or 1g IM in a single dose for persons weighing  $\geq 150$ kg. However, if chlamydial infection has not been excluded, providers should treat for chlamydia as above.

Any person treated for pharyngeal gonorrhea should return 7-14 days after initial treatment for a test of cure. However, testing at seven days might result in an increased likelihood of false-positive tests.

#### **Syphilis During Pregnancy:**

For the treatment of late latent syphilis or syphilis of unknown duration in pregnant patients, the optimal intervals for doses is seven days. **Pregnant patients who miss doses beyond nine days should repeat the full course of therapy.**

#### **Trichomoniasis:**

The recommended regimen for trichomoniasis among all **women (regardless of HIV status) was updated to metronidazole 500mg twice a day for seven days**. The recommended regimen for trichomoniasis among men remains metronidazole 2g orally in a single dose.

Monterey County Health Department's Bicillin Delivery Program makes Bicillin available to local providers who wish to treat their patients within their medical home but cannot purchase Bicillin themselves. Patients are more likely to complete treatment when they do not have to go to another location. Providers

must provide a copy of prescription, complete syphilis report forms, sign appropriate chain of custody forms, be able to store refrigerated medications, provide documentation to the Health Department of completed treatment, and in most cases arrange to pick up Bicillin at the Health Department's Salinas office. For more information about this program, please call 831-755-4521.

***For Additional Information***

For more information about STI testing, treatment, and reporting, please contact the Monterey County Health Department's Communicable Disease Control Unit at 831-755-4521. In addition, the STD Clinical Consultation Network provides free consultations for providers seeking treatment guidance. The service is accessed via <https://www.stdccn.org>.

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## Chronic Disease Updates

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### Hypertension

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#### **Hypertension Management Program Toolkit**

The CDC's Hypertension Management Program (HMP) toolkit is an online interactive training for a team-based, patient-centered, integrated care model. The goal of the HMP is to improve the quality of patient care and decrease the number of patients with uncontrolled hypertension to improve each patient's overall health and wellbeing. Evaluations have shown the HMP to be effective in the promotion of hypertension control among patients in healthcare settings that serve populations who bear a disproportionate risk of hypertension (including those without health insurance).

Click [here](#) to read more.

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### Diabetes

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#### **Health Is a Team Sport: Connecting Men to Resources for Diabetes Prevention and Management**



Diabetes affects more than 30 million American adults, and nearly 90 million adults have prediabetes, putting them at a high risk for developing type 2 diabetes. It is well documented that men in minority communities are disproportionately affected by this chronic disease and are often reluctant to seek screening or participate in lifestyle change programs. Today more than ever, it is essential to understand and address the many needs of this hard-to-reach population. This webinar will offer strategies for engaging men in

DSMES and other diabetes programs. Click [here](#) to access the webinar.

[Read the transcript](#)

[Download the slides](#)

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## Other

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## Resources

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### Community Health Workers/ Promoters Resource Center



California Healthcare Foundation is working to support the advancement of the use of Community Health Workers/Promotor (CHW/P) in California through Medi-Cal reimbursement. The Foundation webinar held an informational webinar on it's new CHW/P Resource Center:

- [click here](#) to view a recording of this one-hour webinar
- the online [Resource Center](#) developed for this California Health Care Foundation project
- to download a PDF of the presentation, please [click here](#)

If you would like to be kept informed of future developments with the California Health Care Foundation's work to advance the CHW/P workforce, please [click here](#) to subscribe.

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## Subscriber's Corner

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If you would like to contribute to the next Provider Bulletin, please send in your requests by December 31, 2021.

Contact Krista Hanni for more information at  
[hannikd@co.monterey.ca.us](mailto:hannikd@co.monterey.ca.us)

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**Thank you for reading this edition of the MCHD  
Provider Bulletin.**

If you need help or have any questions please contact our PIO, Karen Smith  
[KlahnK@co.monterey.ca.us](mailto:KlahnK@co.monterey.ca.us)

STAY CONNECTED

