



PROVIDER BULLETIN



COUNTY OF MONTEREY
HEALTH DEPARTMENT

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

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Communicable Disease Updates

COVID-19

CDC COVID-19 Updates

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 updates to county COVID-19 data [here](#).

Updates

Top 10 Reported Diseases Among Monterey County Residents

The table below shows the top 10 reported diseases among Monterey County residents in the first two quarters of 2023.

Rank	Disease or Condition	Number of Cases*
1	COVID-19	4,889
2	Chlamydia	963
3	Hepatitis C	610
4	Coccidioidomycosis	36
5	Gonorrhea	29
6	Campylobacteriosis	23
7	Hepatitis B	18
8	Clinically Active Tuberculosis	16
9	Late Syphilis	15
10	Shigellosis	10
*All data are provisional Data does not include cases of HIV		

Bats Test Positive for Rabies in the City of Seaside and Toro Park in Salinas

Bats found on May 30, 2023, near La Salle Avenue in the City of Seaside, and on June 20, 2023, in the Toro Park Area of Monterey County, tested positive for the rabies virus. Hitchcock Road Animal Services investigated these incidents and determined that there were no known human exposures. Pets that were exposed have been placed under quarantine.

At this time, the County of Monterey Health Department recommends health care providers in attendance of patients with animal bites:

- 1) **Clean the wound** with soap and water or a virucidal agent.
- 2) **Evaluate the risk** of rabies virus exposure. Assessment should be based on the number, severity, and location of bites; the biting animal's species; the biting animal's behavior and potential for contact with wildlife; and the disposition of the biting animal.
- 3) When risk assessment warrants, **provide appropriate rabies post-exposure prophylaxis (PEP)** following Advisory Committee on Immunization Practices' (ACIP) guidelines available at <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5902a1.htm>. All previously unvaccinated adults, children, and infants should receive human rabies immune globulin (HRIG) with their first dose of rabies vaccine.
 - HRIG is currently only available at hospital emergency departments in Monterey County. Please call ahead before referring a patient to the emergency department for HRIG and rabies vaccination.
- 4) **Promptly report animal bites** to Monterey County Animal Services (phone: 831-769-8850). A blank reporting form is available at <https://www.co.monterey.ca.us/home/showpublisheddocument/16682/637853875717230000>.

More detailed guidance documents for rabies risk assessment and PEP administration are located at www.mtyhd.org/rabies. If you have additional questions or concerns, please call the Monterey County Health Department's Epidemiology & Surveillance Unit at 831-755-4698 or refer to the Centers for

Disease Control and Prevention's website (<http://www.cdc.gov/rabies/>) and the California Department of Public Health's Investigation, Management, and Prevention of Animal Bites in California available at: <https://archive.cdph.ca.gov/HealthInfo/discond/Documents/InvestigationManagementandPreventionofAnimalBitesinCA2014.pdf>.

Health Advisory: Guidance for Measles during the Summer Travel Season



The Centers for Disease Control and Prevention (CDC) issued a Health Advisory on June 21, 2023, to remind clinicians and public health officials to provide guidance for measles prevention to international travelers and to be alert for measles cases. Measles (rubeola) is highly contagious, one person infected by measles can infect 9 out of 10, and the CDC provides information and guidance for individuals traveling internationally. To view health advisory, click [here](#).

Chronic Disease Updates

Hypertension

Prevention Strategies to Improve Women's Cardiovascular Health & Decrease Risk of Stroke – (Recorded Webinar)

The Berkeley Right Care Initiative, University of Best Practices, held a webinar on May 8, 2023, about Prevention Strategies to Improve Women's Cardiovascular Health & Decrease Risk of Stroke. The webinar included topics such as Mother's Rescue from Cardiac Arrest & Heart Failure Treatment, Prevention in Women's Cardiovascular Diseases, Pregnancy & Reproduction Risk Stratification for Women's Future Outcomes, Why are Only 15% of Women Need to Take Aspirin During Pregnancy, Prevention of Women's Stroke & Innovation in BP Management Leveraging EMR, among other topics.

To view the agenda click [here](#), and to access recorded webinar, click [here](#).

Diabetes

Diabetes and Mental Health

The Centers for Disease Control and Prevention provides information about diabetes and mental health. People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Mental health affects many aspects of patient's lives, and learning how to manage it is crucial for diabetes management. To learn more about how patients can manage their mental health, click [here](#).



The California Medical Association- Health Equity and Diabetes Webinar

The California Medical Association and California Department of Public Health are excited to announce the [*"Break the Bias: Health Equity and the Importance of Screening and Referring for Diabetes Prevention"*](#) webinar. This program features expert discussions on advancing health equity by screening patients for prediabetes and referring them to the National Diabetes Prevention Program (National DPP).

Substance Use Prevention and Treatment

Tobacco

Thirdhand Smoke Fact Sheet

Please find new educational fact sheets on thirdhand smoke for patients.

THIRDHAND SMOKE IN LATINO COMMUNITIES



Thirdhand Smoke

Thirdhand smoke (THS) consists of tobacco chemicals that remain, react, and/or spread even after smoking has stopped.



THS can be found anywhere tobacco products have been used, including but not limited to bedding, carpeting, and furniture.¹

- THS has been found in Neonatal Intensive Care Unit incubators and cribs, likely from visitors who have THS on their clothing, skin, and hair.¹

Who Is At Risk For Exposure?



Anyone living with a person who uses tobacco products is at risk of THS exposure. However, it has been found that **children and people living in low-income neighborhoods have a higher risk of exposure.**²

An Issue of Social Justice

Every person deserves an opportunity to enjoy good health. Latinos continue to be disproportionately affected by THS.

- Latinos who live in multi-unit housing (MUH) such as apartments and condominiums **report unpleasant experiences with secondhand smoke (SHS) and THS.**³
- Latinos are **more likely to rent and earn less than non-Latinos**, all factors which are associated with an increased risk for THS exposure.⁴
- A high number of **Latinos work blue-collar occupations** (e.g., manufacturing, construction, maintenance, and services), **which are also known to have an increased risk of SHS and THS exposure.**⁵



Associated Dangers of THS

THS increases the risk of experiencing allergy symptoms, asthma, inflammation, and altered brain and lung development in children.⁶

Children exposed to SHS and THS miss more days of school due to respiratory illness.⁷



Keeping Families Safe

Living in a tobacco-free environment is the best way to keep your family safe from the negative effects of THS. If you believe you are being exposed to THS, cleaning measures, including airing out rooms daily, washing household fabrics, vacuuming as well as cleaning surfaces, walls, and floors weekly, can help reduce THS exposure, but does not eliminate THS completely.²

A Call to Action

Tenants have the right to demand protection from the harms of tobacco. Smoke-Free Multi-Unit Housing policies that are implemented and enforced at the city, county, and/or state level are effective ways to protect the community. Join a local tobacco control coalition or talk to your local public health department to learn more about what they are doing to protect your health from THS and how you can become involved.



American Non-Smokers' Rights Foundation



Thirdhand Smoke Resource Center

By acting, you can make a difference.

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Other

Upcoming Opportunities

Community Health Trust Forum

The Community Health Trust invites you to join the Oral Health & Diabetes Forum on Monday, **July 31, 2023, from 2:00-5:00 PM** to discuss the connection between oral health and diabetes. Physicians, dentists, and other local professionals will have an open dialogue about the connection between oral health and diabetes. In addition, two national researchers will discuss local resources and initiatives.

ORAL HEALTH & DIABETES

A Two-way Relationship with Clinical Relevance

Monday, July 31, 2023, 2-5 PM

\$75 per person

Kathleen King Community Room

85 Nielson St. Watsonville, CA



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Spectrum Health's Healthier Communities 16th Annual CHW Conference: Community Health Workers: Connection to the Community

Please join Spectrum Health's Healthier Communities 16th Annual CHW Conference: Community Health Workers: Connection to the Community conference on **Thursday, August 17, 2023, from 6:00 am- 12:30 pm PT**. The conference objectives are the following:

- Discuss the vital role Community Health Workers (CHWs) play in communities
- Examine methods CHWs use to eliminate barriers for underserved populations
- Describe the modernized CHW and how they are moving into their rightful position in society

The conference offers virtual flexibility and cost \$25.00 per participant; click [here](#) for registration and to learn more.

Resources

Health Literacy 101

As part of a joint collaboration between County of Monterey Health Department's Planning, Evaluation & Policy Unit, Clinic Services, and



Natividad's medical residents, the partners are thrilled to release a Health Literacy 101 training video for providers. The short 15 minute video highlights the concept of health literacy, identifies those at risk, and the importance of understanding the consequences of low health literacy. In addition, the video navigates practical techniques for improving communication with patients using open-ended questions and gaining insights on the importance of not assuming patient understanding. To learn more and view the video, click [here](#).

What are Community Health Workers?

California Department of Public Health has produced a fact sheet about Community Health Workers and their roles. Community Health Workers (CHWs), known as promotores de salud, community health advisors, peer educators, care navigators, and many more, are crucial members of the health team who facilitate improvements in patients' health outcomes. Please click [here](#) to learn more and access the fact sheet.

Community Health Workers are Making a Difference in Climate Change and Health

The Community Health Impact Coalition highlights the World Health Organization's (WHO) recognition of climate change as the most significant health threat to humanity. The coalition emphasizes that rising temperatures contribute to various direct and indirect health risks and adverse outcomes. Community Health Workers (CHWs) play an essential role in responding to the health impacts of climate change and promoting community resilience. To learn more about the role of CHWs in addressing climate change, click [here](#).

Subscriber's Corner

If you would like to contribute to the next Provider Bulletin, please send in your requests by August 31, 2023.

Contact Krista Hanni for more information at
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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
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STAY CONNECTED



