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Feline Holds and Adoptions Resume

The following procedures shall be implemented with the intention of re-establishing cat adoptions and related program operations. This program reflects modifications in response to, and reflective of, the Shelter’s ability to manage Panleukopenia, as well as adherence to SB 1785 (Hayden Bill).

1. Effective immediately, "holds" or adoptions of adoptable felines will be processed during a 14-day health quarantine/impound period.
2. Following a four day minimum impound period, cats that have been adopted will be spayed/neutered. Cats will then be retained at the center until the completion of their health quarantine period.
3. Adoptable cats that are presently housed at the Center will automatically have the impound period extended four days.
4. With the acquisition of individual cat housing and the planned design and construction of a new on-site Cat Adoption Pavilion, the County will be moving forward with the feline adoption program.

The Orange County Animal Care Center is urging all pet owners to consult with their local veterinarian to ensure that their pets have been properly vaccinated. The County will continue to work with all parties interested in enhancing adoption programs. Pet owners are strongly encouraged to have their pets’ spayed/neutered and to ensure that they are wearing permanent identification. Our goals remain to improve public education, increase adoptions and return lost pets to their owners.

#  #  #
TOBACCO USE PREVENTION PROGRAM HOSTS A BILLBOARD UNVEILING

(ANAHEIM) The County of Orange Health Care Agency Tobacco Use Prevention Program will lead a contingency of community leaders, educators, and students who are gathering for the January 24, 2000 unveiling of an anti-tobacco billboard. This unveiling will take place at 1656 S. State College Boulevard in Anaheim (at the location of California Wholesale Tile) from 9:00 AM to 10:00 AM.

Dr. Janice Billings, Superintendent of Anaheim Union High School District, Dr. Mark Horton Director of Public Health for the County of Orange Health Care Agency, and Van Truong the young artist who created the artwork will all oversee the unveiling for the billboard.

Students from Katella High School developed the billboard artwork while participating in the Tobacco Use Prevention Program "Tune Out Tobacco" project. The youth involved in creating this artwork were Angela Lee and Van Truong, under the direction of their teacher Mr. John Noonan. This project was coordinated by Michael Howard, Executive Director of Operation Clean Slate and Lorraine Stafford, Project Coordinator for the Tobacco Use Prevention Program.

The tobacco industry spends more than $16 million each day in the United States (or $11,000 a minute) on advertising and special promotions. The "Tune Out Tobacco" project helps youth counter the positive portrayal of tobacco in movies, television, billboards, magazines, and window advertisements. The project involves youth in grades 6 through 12. Youth have an opportunity to make a positive impact on the entertainment and advertising industries through their creative and innovative concepts developed into media products.

The mission of the Tobacco Use Prevention Program is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. It is multifaceted and provides services to the residents of the County through community service, youth and prevention, and public policy programs.

# # #

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Send comments to HCA Public Information
For Immediate Release
January 24, 2000

(Santa Ana) - Former County of Orange Personnel Director Russell Patton has accepted the position of Interim Director for the County Health Care Agency's (HCA) Animal Care Services. Patton, who retired after 27 years of County service, is recognized for his expertise in management and human resources. During his County career, Patton also served as HCA's Deputy Assistant Director of Public Health with oversight for the Animal Shelter.

"We are fortunate to gain the broad expertise that Russ brings to this position, particularly at this time when we are in the process of making so many changes in our Animal Care Services program," said Deputy Agency Director Mike Spurgeon. "His seasoned background will assist us in the management of Animal Care Services until a permanent Director is appointed."

Patton has stated he is committed to strong community outreach. "I look forward to working with the Animal Care Services Advisory Board and interested individuals in enhancing the volunteer and adoption programs, as well as developing a strong partnership with the veterinarian community," he said.

"During this last year, Animal Care Services has met many challenges. The shelter staff is recognized for its outstanding commitment, and Mark McDorman has our gratitude for stepping in and managing during this period of change," said HCA Director Michael Schumacher. Mr. McDorman is returning to his previous position as Chief of Field Operations.

# # #
ORANGE COUNTY STUDY FINDS BASIC TECHNIQUE SAFER AND EFFECTIVE FOR REVIVING CHILDREN IN EMERGENCIES

A three-year study comparing two methods currently used by paramedics to resuscitate children who have stopped breathing shows that the older, more basic bag-valve face mask technique is preferable to the more commonly used, but invasive procedure of intubation. "These results tell us clearly what is best for children with life-threatening breathing emergencies," says Dr. Bruce E. Haynes, Medical Director of the Orange County Emergency Medical Services system. This is significant because it has generally been assumed that intubation was the superior method of resuscitation for all ages. Results of the study appear in the February 9 issue of JAMA, the Journal of the American Medical Association.

"Our research team found it is better if paramedics use the safe and simple method of bag-valve-mask (BVM) ventilation while rushing the child to the hospital than if they try the relatively risky process of intubation," says Dr. Marianne Gausche, principal investigator for the Pediatric Airway Project and member of the Department of Emergency Medicine at Harbor-UCLA Medical Center. The landmark study was the largest controlled trial with children ever done in a prehospital setting. The project was a cooperative effort between researchers at Harbor-UCLA Medical Center, fire departments and paramedics, Los Angeles County Emergency Medical Services Agency, and Orange County Emergency Medical Services Agency. It involved 830 pediatric patients and required training of all 2,584 paramedics in Los Angeles and Orange counties. That equates to one out of every 20 paramedics in the United States.

Researchers initiated the study to determine whether the BVM method, in which oxygen is squeezed into the lungs from a bag through a mask, is as effective as the more complex method of endotracheal intubation. The latter involves placing a plastic tube in the windpipe (trachea). The researchers found that BVM patients did as well as or better than the intubation patients in terms of neurological outcome. They found that victims of respiratory arrest and maltreatment fared better in survival and choking patients had better neurological outcomes when treated with BVM. They also found that eight percent of children treated with intubation suffered potentially fatal complications from misplaced or
dislodged tubes.

Prior to the study, Orange County paramedics used only the BVM treatment. Los Angeles and Orange County Emergency Medical Services Agencies stopped using pediatric intubation as soon as they learned the study results, more than a year ago. However, intubation has been standard practice in other parts of the United States and abroad, where 97 percent of all paramedic training schools teach endotracheal intubation for children.

Carol Gunter, Assistant Director of the Los Angeles County Emergency Medical Services Agency, concludes, "It is not an issue of whether paramedics can be taught to intubate; it is that the procedure does not improve outcomes and there is potential for complications."

The study was supported in part by the State of California Emergency Medical Services Authority under special project grants, the Agency for Healthcare Research and Quality, and the Maternal and Child Health Bureau in collaboration with the National Highway Traffic Safety Administration.

"This important study was only possible because we have highly professional and expert paramedics in Orange County," Haynes said, "they have the courage to look hard at what we do to make sure that it is best for patients."
ANIMAL CARE CENTER TO BE OPEN ON SUNDAYS

Beginning Sunday, February 27th the Orange County Animal Care Center will be open to the public from 10 a.m. to 5 p.m. every Sunday except holidays. The current public hours of Monday through Saturday, 10 a.m. until 5 p.m., Wednesday 10 a.m. to 7 p.m. will continue unchanged.

Russ Patton, Interim Director of the Animal Care Center said "By being open to the public seven days a week we will be able to offer pet owners the opportunity to redeem their lost animals more quickly and to further enhance our ability to place more animals that are adoptable".

Pet owners looking for their lost animals on Saturday will no longer need to anxiously wait until Monday morning. The new Sunday hours will also facilitate working with volunteer humane organizations.

"Enhancing public access to our Animal Care Center is a priority in our business plan." according to Mike Spurgeon, the Health Care Agency’s Deputy Agency Director for Regulatory Health who oversees the Animal Care Center. "Last September our Advisory Board voted to support expanding public hours and by adjusting existing staff resources we have been able to add the new Sunday schedule." he said.
Los Alamitos Students Recognized for Community Involvement

(Santa Ana) Good deeds do get noticed. Orange County Supervisor James Silva, 2nd District, will honor students from Los Alamitos High School’s Key and Interact Clubs on Tuesday, February 29th. During the holiday season, the students of these two clubs organized the entire student body to gather a total of $10,000 in toys, food, clothes and gift certificates for children and their families receiving mental health therapy through the Health Care Agency/Behavioral Health Services/Children and Youth Services (CYS). CYS-Project Together assisted in distributing the donated items to 25 needy families.

Supervisor Silva will present Key Club President Hasing Wong and Interact President Nina Diaz with a proclamation recognizing the strong community involvement and commitment of the students of Los Alamitos High School.

# # #
World Tuberculosis Day Highlights Needs in Orange County

(SANTA ANA) March 24 of each year is recognized as World Tuberculosis Day in a worldwide effort to increase awareness, correct myths, reduce stigma and strengthen the commitment to stop the spread of Tuberculosis (TB). Drug resistant TB, combined with increased migration of TB to other countries throughout the world, has increased the urgency for a worldwide effort to intensify the communication, education and treatment necessary to stop the global spread of TB.

California has the highest number and one of the highest rates of TB cases in the nation. The Orange County TB case rate decreased 9.7 % in 1998 compared to 1997 due to diligent efforts. However, TB still remains a significant challenge to public health that directly impacts families, schools and the workplace.

Everyone should know that TB can be cured, new cases of TB can be prevented and every person with TB should be given appropriate medical care and supportive treatment for the sake of their own health and that of the community. According to Public Health Director Mark Horton, "Timely identification and treatment of individuals with active or latent TB infection continues to be an important public health priority in Orange County." He continued, "In most cases, TB tests and treatment are free at our TB Treatment Services located at 1725 W. 17th Street, Santa Ana, Monday through Friday, 8 a.m. to 4 p.m. or at West Clinic located at 14120 Beach Blvd. #104, Westminster, Monday through Friday, 8 a.m. to 4:30 p.m." For more information, please call (714) 834-8796.

#  #  #
For Immediate Release
March 22, 2000

ORANGE COUNTY PUBLIC HEALTH RECOMMENDS IMMUNE GLOBULIN FOR SOME PATRONS OF FISHERMAN’S BAR

(Santa Ana) Today Dr. Mark Horton, Orange County Health Officer, recommended that certain patrons of the Fisherman’s Bar (not Fisherman's Restaurant) in San Clemente get an injection of immune globulin (IG) due to possible exposure to hepatitis A. One Fisherman’s Bar employee has been identified as having hepatitis A. "Although the facts of this case indicate a low risk of infection, it is still important for customers to receive IG because the possibility of exposure does exist," said Dr. Hildy Meyers, Medical Director, Epidemiology.

IG is a preparation of antibodies that helps the body fight off hepatitis A infection after exposure. It is only effective if given within 14 days of exposure to hepatitis A and should be given as soon as possible.

Patrons who were at the bar in the following time frame should contact a physician and request immune globulin. You should do this if you were at Fisherman’s Bar in any of the following times:

March 11 from 10 a.m. to 7 p.m. -- should be inoculated by March 25

March 12 from 10 a.m. to 6 p.m. -- should be inoculated by March 26

March 13 from 5 p.m. to 9 p.m. -- should be inoculated by March 27

"Hepatitis A is an inflammation of the liver caused by the hepatitis A virus," said Meyers. "Typical symptoms may include nausea, loss of appetite, vomiting, abdominal pain, dark urine and light colored stools, a yellowing of the whites of the eyes and skin (called jaundice), mild fever and diarrhea. It is also possible to be infected and not have any symptoms. The lack of symptoms is more common in young children. There is no chronic infection with hepatitis A. Once someone has had it, they will be immune for life."

Handwashing is very important to prevent the spread of hepatitis A. It is spread to others when an infected person fails to wash hands after going to the bathroom or changing diapers and then touches or handles something that another person puts in his mouth, such as food or toys.
Hands should be washed:

- Before every meal, snack or any time something is put into the mouth
- After using the bathroom or changing diapers
- Before handling food that someone else might eat

There is a vaccine to protect against hepatitis A. The vaccine is given before exposure and gives long-term protection. Routine vaccination against hepatitis A has been recommended for California children age 2 and older by the Advisory Committee on Immunization Practices.

Physicians can contact OCPH at (714) 834-8180 for information on obtaining IG. If patrons are unable to obtain IG through their usual source of medical care, OCPH may be able to provide IG through the Immunization Clinic, which can be reached at (714) 834-8330.
For Immediate Release
March 24, 2000

Contact: Hildy Meyers, M.D., Medical
Director
Epidemiology (714) 834-8024

**IMMUNE GLOBULIN INJECTIONS AVAILABLE THIS WEEKEND AT SAN JUAN CAPISTRANO PUBLIC HEALTH CLINIC**

(SANTA ANA) Dr. Mark Horton, Orange County Health Officer, has announced the county's San Juan Capistrano Public Health Clinic will be open this weekend to provide immune globulin (IG) injections to patrons of the Fisherman's Bar in San Clemente, who may have been exposed by a bar employee to hepatitis A.

The clinic, located at 27512 Calle Arroyo, San Clemente, will be open Saturday, March 25 from 8 a.m. until 12 Noon and Sunday, March 26 from 1 p.m. until 5 p.m. The special clinic hours are being provided because the IG injection is only effective if given within 14 days of exposure to hepatitis A. Because of this time limitation, patrons need to obtain their immune globulin according to the following schedule:

**Those patrons visiting the bar on**

- March 11 from 10 a.m. to 7 p.m
- March 12 from 10 a.m. to 6 p.m.
- March 13 from 5 p.m. to 9 p.m.

**Should receive their Immune Globulin**

- By March 25th
- By March 26th
- By March 27th

Dr. Horton is not recommending that patrons who were in Fisherman's Bar at any other hours be inoculated. For information, contact (714) 834-8330.

# # #
SPECIAL EVENTS PLANNED FOR ORANGE COUNTY OBSERVANCE OF NATIONAL PUBLIC HEALTH WEEK

(Santa Ana) Following the theme "Healthy People in Healthy Communities", the Orange County Health Care Agency, in partnership with the Orange County Coalition for Health Education, will participate in numerous special events during the upcoming observance of National Public Health Week.

The Orange County Board of Supervisors has declared April 3-9, 2000 as National Public Health Week, celebrating the significant advances in overall health and injury prevention that have led to an increased life expectancy for Americans. Among the events that Orange County Health Care Agency personnel will be participating in are:

- Breast Cancer Early Detection Partnership/ENCORE Plus Breast Cancer Screenings to be held Thursday, April 6 from 8:30 a.m.-2 p.m. at the Orange Senior Center, 170 S. Olive St., Orange; and on Saturday, April 8 from 8:30 a.m.-2 p.m. at the Brea Community Center, 695 E. Madison Way, Brea.

- A presentation on Sudden Infant Death Syndrome by the SIDS Program at the Childbirth Education Association of Orange County's Spring Mini-Conference, Saturday, April 8 at Irvine Medical Center.

- Community Information Booths to be staffed by representatives of the Maternal, Child and Adolescent Health Division at Veeh Elementary School, Tustin, on Friday, April 7 from 3-6:30 p.m.; at the YMCA Healthy Kids Day, Saturday, April 8 from 10 a.m.-2 p.m., at the Mall of Orange; and at the YMCA Health and Safety Fair, Sunday, April 9 from 12 Noon-4 p.m. at the Yorba Linda Community Center.

- The "Walk This Way" Pedestrian Safety Event, through the Chronic Disease and Injury Prevention Division in partnership with the Safe Kids Coalition and FedEx, Thursday, April 6 at King Elementary School, Santa Ana.

- A Child Passenger Safety Workshop, being offered by the Chronic Disease and Injury Prevention Division on Tuesday, April 4 for law enforcement personnel and first responders.

- The Religion and Health Conference, Thursday, April 7, conducted by California State University, Fullerton and the Center for the Study of Religion in America. The conference is co-sponsored by the Orange County Health Care Agency.

- Presentations in the Cambodian language by the Multi-Ethnic Health Education Services, including a program on Public Health and Sudden Infant Death Syndrome, Monday April 3 from 10 a.m.-12 Noon to the Cambodian Buddhist Association; on Public Health and Safe Healthcare to the Cambodian Family, Inc., 1111 E. Wakeham Ave., Santa Ana, at 2 p.m., Monday, April 3; and on Public Health and Safe Healthcare for new Cambodian Immigrants, Thursday, April 6 at 2 p.m. at Cambodian Community, 2209 W. Larkspur, Orange.
• Health information booths staffed by the Safe Healthcare Project on Thursday, April 6 at Northgate Market, 1623 W. 17th Street, Santa Ana; Saturday, April 8 during YMCA Healthy Kids Day at the Mall of Orange; and on Sunday, April 9 during the YMCA Health and Safety Fair at the Yorba Linda Community Center.

• Health education information will be offered Friday, April 7 at the Albertson's Supermarket, 770 S. Harbor Blvd., Santa Ana.

The National Public Health Week activities are designed to further the Health Care Agency's mission of creating and supporting an environment that promotes the achievement of optimal individual, family and community health.
ANIMAL CARE SERVICES HOLDS OPEN HOUSE

(SANTA ANA) The County’s Animal Care Services will hold an open house from 10 a.m. – 5 p.m., April 9 at its facility located at 561 The City Drive South, Orange. The event will highlight the new, Sunday opening at the facility. The public can now visit Animal Care Services seven days a week (except holidays) from 10 a.m. – 5 p.m. except Wednesday’s extended hours when the closing time is 7 p.m. New features at the center include the new Dog Walk for exercising dogs and the new Cat Pavilion with 72 individual cages.

During the open house, volunteers and staff will conduct tours of the center including the Dog Walk and Cat Pavilion. Other activities will include presentations on dog training techniques, a pet first-aid demonstration and wildlife exhibit. The highlight will be cats, kittens, dogs and puppies that are ready for adoption. Refreshments will be sold by Explorer Post 538. The Animal Assistance League will sponsor an opportunity drawing.

"We encourage people of all ages to join us for this informal community gathering," said Russ Patton, Interim Director of the Animal Care Center. "This open house gives us an opportunity to welcome the community and to remind them that we are open seven days a week to place animals for adoption and to help pet owners retrieve lost pets."

#  #  #
Emergency Medical Services Receives Grant

SANTA ANA- Emergency Medical Services, a part of Orange County's Health Care Agency, has received a grant from the Office of Traffic Safety, State of California and the National Highway Traffic Safety Administration. The grant will implement a program that will train approximately 4,000 law enforcement personnel in Orange County in the use of bag-valve-mask ventilation.

Law enforcement personnel will then be equipped to provide airway intervention to adult and pediatric victims when needed prior to the arrival of emergency medical services personnel. This intervention will help decrease complications associated with hypoxia (oxygen deficiency) and communicable diseases. Training for the law enforcement personnel and monitoring of classes will take place over the next two years.

# # #
TOBACCO USE PREVENTION PROGRAM AND TOBACCO USE PREVENTION COALITION
KICKS OFF WORLD NO TOBACCO DAY 2000

(SANTA ANA) The Orange County Health Care Agency, Tobacco Use Prevention Program and the Tobacco Use Prevention Coalition (TUPC) are celebrating the 3rd annual World No Tobacco Day (WNTD) 2000 with a kickoff race/event. This race/event will include a 5K walk/run, 10 Mile run and kids fun run races on Sunday, April 30, 2000 at Newport Beach Back Bay.

This year’s event is a kickoff to a month of tobacco prevention activities here in Orange County. The day begins with the 10 mile run at 8:00 AM, the 5K walk/run at 8:15 AM, and then the kids run begin at 9:45 AM. After the races, attendees will enjoy a great community event with interactive tobacco education game booths, entertainment, awards ceremony, and free refreshments.

This race/event was started in May 1998 to promote awareness and education about the negative impact tobacco has on our county. This special day is intended to demonstrate community support for youth in their efforts to remain smoke free.

The Orange County Tobacco Use Prevention Coalition is a broad-based, multi-ethnic community network of over 35 agencies and organizations committed to reducing tobacco use in Orange County. Membership includes representatives from health, service and community agencies, youth and parent groups, education, business and media.

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AFRICAN-AMERICAN HIV/AIDS LEADERSHIP INITIATIVE: STRENGTHENING AND DEVELOPING HIV/AIDS MINISTRIES FOR BLACK CHURCHES

A free one-day conference, open to all African-American clergy, their congregations, and other members of the African-American Community who are interested in providing effective and appropriate HIV prevention and supportive services to African-Americans, will be held May 8 in Fullerton. Co-sponsored by the Health Care Agency and the New Millennium Community Coalition, the conference will be conducted by The Balm In Gilead, Inc., and will focus on building the capacity of Orange County’s Black churches and African-American community organizations to provide compassionate leadership in the prevention of HIV infection and in the care and treatment of persons living with HIV.

Recent statistics underscore the need for continued HIV/AIDS education and prevention in the African-American Community:

- AIDS is the number one cause of death for Black men and women aged 25 to 44 in the US. It is the fifth leading cause of death for all Americans in this age group.

- African Americans account for 13 percent of the US population. Yet, in 1998, they accounted for 45 percent of new AIDS cases and 49 percent of total AIDS deaths.

- African-Americans are 2% of Orange County’s population, but make up 6% of all AIDS cases, as of December 1998.

- In the US, one in 50 Black men is HIV positive. One in 160 Black women is HIV positive.

- African-American women constituted 64 percent of United States’ female AIDS cases in 1998. Black men were 50 percent of new AIDS cases among US men.

Pre-registration is required. For information, call Jeanine Mumford at (714) 834-7772.

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Press Release
For Immediate Release
May 1, 2000

Emergency Medical Personnel Honored During National Emergency Medical Services Week

SANTA ANA - Emergency medical personnel will be honored Tuesday, May 16 at 9:30 a.m. by the Orange County Board of Supervisors in the Board Hearing Room, 10 Civic Center Plaza, in Santa Ana. This recognition is in observance of National Emergency Medical Services (EMS) Week, May 14-20. The men and women to be honored are those who have assisted in rescues and who have rendered life saving care to children and adults throughout the county.

The paramedics, firefighters, Emergency Medical Technicians (EMT’s) and other individuals, who responded to the difficult and emotional tragedy at a Costa Mesa preschool on May 3, 1999, will be recognized for their professionalism and heroism. A Garden Grove paramedic will also be recognized for his skill in saving a 2-year-old from choking to death.

The above incidents reflect how early access to the EMS system may lead to life saving interventions. Emergency Medical Services of Orange County’s Health Care Agency, would like to encourage residents to get involved and become educated in Cardiopulmonary Resuscitation (CPR). For information on CPR classes, please contact your local Red Cross or American Heart Association.

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ORANGE COUNTY ANIMAL CARE CENTER HOSTS ANNUAL ADOPT-A-PET DAY

(Santa Ana) Orange County Animal Care Center will be hosting its annual Adopt-A-Pet Day on Saturday, May 20th, from 10:00 a.m.-3:00 p.m., at 561 The City Drive South, Orange. The event, held in recognition of the American Humane Association’s "Be Kind To Animals" Month, will showcase hundreds of beautiful animals available for adoption into loving homes.

In addition to the many wonderful animals available for adoption, a variety of wildlife exhibits, pet product vendors, breed rescue groups, and plenty of FREE samples will also be on hand. Refreshments will be sold by Explorer Post 538 and the Animal Assistance League will sponsor opportunity drawings throughout the day with many fabulous items.

"We encourage animal lovers of all ages to join us for this celebration," said Russ Patton, Interim Director of the Animal Care Center. "Adopt-A-Pet Day gives us the opportunity to welcome the community, increase awareness about responsible pet ownership, promote our volunteer program, and of course, place many animals into loving homes."

Last year during the Adopt-A-Pet Day, the Animal Care Center was able to place 26 dogs, 29 cats, 2 chickens and 1 peacock into new homes.

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Press Release
For Immediate Release
May 11, 2000

BIOLOGIC AGENTS IDENTIFIED

Today Mark Horton, M.D., Orange County's Health Officer, reported that two bacteria were identified among the biological materials removed from the Biofem facility in conjunction with the investigation surrounding Dr. Larry Ford.

The organisms, which were found in extremely poor condition, were identified as Clostridium tetani and Clostridium difficile. C. tetani is ubiquitous in the environment and is the bacterium that can cause tetanus in unvaccinated individuals, or those who were vaccinated in the past but have not maintained their immunity through receipt of the recommended booster doses of vaccine. Tetanus can occur when an open wound, even a medically insignificant one, is contaminated with soil or animal feces. C. difficile can be found in the intestines of 3-8% of healthy adults and it may cause diarrhea in individuals whose intestinal flora has been altered as a result of receiving antibiotics, usually in elderly persons being treated in a hospital.

There is no evidence to suggest that these materials were being used to prepare a biological weapon, and neither of these bacteria are on the Center for Disease Control and Prevention (CDC) list of possible bioterrorism agents. As we have stated in the past, there is absolutely no indication of any threat to public health.

No other bacterial agents have been identified. As a result of these conclusions, the public health and laboratory investigation into the biologic materials has been terminated.

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Workshop Addresses Substance Abuse And The Elderly

Helping older adults recover from the problems of alcohol and medication abuse and misuse is the focus of a one-day workshop Friday, June 2 from 7:30 a.m.-4:30 p.m. at Saddleback Memorial Medical Center in Laguna Hills.

The "Removing The Stigma" workshop is the fourth annual Orange County conference on issues with substance abuse and the elderly. Designed for health care providers, chemical dependency counselors and senior service workers, the seminar offers information on successful intervention strategies and programs.

Sponsoring organizations include the County of Orange Health Care Agency, American Society on Aging, the Positive Action Center at Chapman Medical Center and Saddleback Memorial Medical Center. Other sponsors are the County of Orange Area Agency on Aging, College Health Enterprises and the National Council on Alcoholism and Drug Dependence-Orange County. A workshop fee of $25 includes lunch, and continuing education units are available to participants.

For more information, contact HCA Older Adult Services at (714) 850-8441.

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For Immediate Release
June 5, 2000

GRAND JURY REPORT RELEASED ON ANIMAL CARE

(Santa Ana) In its report released today, the Orange County Grand Jury commended the County Health Care Agency for making significant changes and improvements in the leadership and operation of Animal Care Services. In recognition that further improvements are needed, the Health Care Agency has already taken action on all of the recommendations in this report.

"We are pleased to see the Grand Jury acknowledge the significant progress at Animal Care Services and one of my top priorities continues to be improvement in services to the public by Animal Care Services," said Michael Schumacher, Director of the Health Care Agency. He continued, "In the last six months we have spent more that $400,000 on facility improvements resulting in eliminating gang cages for cats, construction of a 144 cage cat pavilion and the building of a new dog walk and spay/neuter facility." He added, "The Animal Care Center is now open seven days a week and public outreach efforts have increased through an expanded web site, two recent special events held at the Animal Care Center and by more than tripling the use of volunteers."

Two recruitment efforts are now underway to fill the top positions at the Center. Applicants have been sought nationwide for the Director of Animal Care Services and statewide for the Chief Veterinarian's slot. Salaries have been increased to competitive levels. An experienced County executive, former Director of County Human Resources, Russ Patton, was appointed Interim Director of Animal Care Services and brought needed leadership and insight to the change process. Among other initiatives, Patton focused shelter staff's attention on teambuilding. Outside consultants will continue teambuilding efforts, enhance staff training and skills in customer service; and review management issues including policies, procedures, salaries, classification levels and policy administration. In addition, new veterinary protocols and procedures have been implemented and equipment ordered as part of the continued effort to improve medical care and employ the most current and humane euthanasia procedures.

"The Animal Advisory Board is firmly committed to continuing the momentum at Animal
Care Services and implement the remaining recommendations suggested by the Grand Jury," said Dr. William Grant, Chairman of the Animal Advisory Board. "I'm pleased with the progress that's been made in the last six months."

The Health Care Agency is now undertaking a complete review of the Grand Jury's report and will formally respond to its findings and recommendations by the due date of September 5th.
Orange County Trauma System Anniversary Celebrated

Santa Ana- The 20th anniversary of the implementation of one of the nation's first countywide trauma systems will be celebrated June 7 at Western Medical Center-Santa Ana, 1001 N. Tustin Avenue.

Since the implementation of the Orange County trauma system in 1980, trauma centers in Orange County have treated more than 56,000 trauma patients. On the system's 20th anniversary, more than 100 people will gather at Western Medical Center's Bash Auditorium from 10 a.m.-12 p.m. to celebrate the momentous event. A special guest at the celebration and reception will be one of the first critical trauma patients handled by the system in 1980. Also scheduled to attend are officials of the Orange County Health Care agency, fire chiefs, hospital officials, physicians, nurses and paramedics.

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ORANGE COUNTY PUBLIC HEALTH WARNS OF POSSIBLE MEASLES EXPOSURE

(Santa Ana) Today Dr. Mark Horton announced that some members of the public might have been exposed to the virus that causes measles when they attended the Season Finale of the Orange County High School of the Arts at the Orange County Performing Arts Center on June 4, 2000, at 7:30 p.m. One person in attendance was subsequently diagnosed with measles, and this was confirmed by the Orange County Public Health Laboratory.

Measles (also sometimes called "rubeola", "red measles", or "ten-day measles") is caused by a virus that spreads very easily by direct contact and by air. "Simply being in the same room with someone who has measles is enough to become infected," Dr. Horton said. The illness usually starts about 10 days after exposure with fever, cough, runny nose, and/or red watery eyes that are sensitive to light. Between 2 - 4 days later, a blotchy rash starts on the face and spreads downward. One in twenty people develop pneumonia, and more rarely, serious, even life-threatening complications can occur.

Most people born in 1956 or earlier are immune because they had the disease, which was very common before the measles vaccine was introduced. People who have had one dose of the measles vaccine (usually given in combination with mumps and rubella vaccines) may not be completely protected against the infection. A second dose of measles vaccine is recommended for all children and college students, and for health care workers and international travelers born in or after 1957.

Persons who attended the event at the Orange County Performing Arts Center on June 4 who develop an illness with high fever (101° F or more), cough, runny nose or red eyes (with or without a rash) should:

1. **STAY HOME** and avoid contact with young children.
2. If medical attention is needed, **call ahead** and inform the facility that you might have measles so that exposure to others can be prevented.
3. Call Public Health at (714) 834-8180, Monday through Friday, 8:00 AM to 5:00 PM to report your illness.

**Recorded information concerning the June 4 exposure is available at all hours by calling (714) 834-7766.**
Anyone who thinks they need measles vaccine should discuss this with their doctor. The vaccine is available free of charge for children aged 2 through 18 years through the Vaccines for Children (VFC) program and Orange County Public Health programs. The Orange County Health Referral line at (800) 564-8448 provides information on the locations where free vaccine is available.
GRAND JURY REPORT RELEASED ON OCEAN WATER TESTING

(Santa Ana) In its report released today, the Orange County Grand Jury commended the County Health Care Agency for its handling of ocean water testing by the Public Health Laboratory and staff adherence to the new law (AB 411) on beach postings and closings.

"Because the technology and research methods to measure ocean water quality are in their infancy, we are pleased to see the Grand Jury acknowledge the significant efforts we have made to ensure safe ocean water quality in Orange County," said Michael Schumacher, Director of the Health Care Agency. He continued, "We are making every effort to continue this momentum with additional staffing, enhanced research capacity for the Public Health Laboratory and Environmental Health, information system improvements and expanded public communication."

In response to the impacts of AB 411 that went into effect in 1999, the Health Care Agency added a Laboratory Assistant at the Public Health Laboratory and an Environmental Health Specialist for Environmental Health Services allowing for rapid 24-hour testing results. As directed by the Board of Supervisors, the proposed 2000-2001 Budget includes two additional positions, a Public Health Microbiologist II and a Lab Assistant at the Public Health Lab.

Enhanced research capacity will be aided by assembling an Orange County database for trend analysis, the acquisition of equipment for molecular analysis and the provision of additional research staff support. Improvements are planned for information system technology with a Request for Proposals currently in progress. In addition to the 24-hour Beach Closure Hotline (714-667-3752) that is the primary source of information for the County's general population, efforts are also underway to explore additional modes of communicating beach closure information to the public, including real-time posting of beach closure information on the HCA web site.

The Health Care Agency is now undertaking a complete review of the Grand Jury's report and will formally respond to its findings and recommendations by the due date of September 20.

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Protect Your Pets On The 4th Of July

(Santa Ana) Orange County Animal Care Services would like to remind pet owners of the need to pay extra attention to the safety and comfort of their pets before, during and after any 4th of July celebrations. As the holiday rapidly approaches, there are a few precautions a pet owner can take to ensure that the celebration will be a happy one for both the pet and owner.

- **If possible, keep your pets inside.** An animal's hearing is far more sensitive than a human's hearing. Keeping your pets indoors helps them to feel protected. The sound of a radio or TV can help mute the clamor of fireworks.

- **ID tags and licenses are your pets ticket home.** Nothing frightens animals more than sudden loud noises and sharp explosions of fireworks. Animals have been known to jump fences, break through windows, or break their leash in a panic to "escape" the terror. It only takes a moment to check to make sure that the information on your pets collar is up to date and legible. If your pet’s tags have fallen off, REPLACE THEM IMMEDIATELY. A new license can be obtained at the Orange County Animal Care Center 561 The City Drive South, Orange or by calling (714) 935-6300. An animal ID tag can be purchased at most veterinarian offices, pet supply stores, or certain discount stores. Microchips, a permanent identification, are also available at your veterinarian’s office.

- **Leave your pet at a boarding facility.** If you will be out of town for the holiday, do not leave your pet unattended. It is well worth the expense and peace of mind to ensure that your pet will be safely waiting for you when you return.

- **Consult a veterinarian.** There are tranquilizers available, as well as homeopathic remedies to help relieve some of the anxiety associated with the noise and increased activity.
In the event your pet does manage to escape, check your animal care center and the shelters in the surrounding areas. Post signs in your neighborhood with a photo of your pet. Remember your pet was frightened and may have fled beyond its normal, familiar territory. Place ads in local newspapers, most will advertise at no charge. Contact Animal Assistance League at (714) 978-PETS.

July 5th is the busiest day of the year at animal shelters nationwide. Please don’t let your pet become a statistic.
Cats Available For Immediate Adoption at Weekend Special Event

(Santa Ana) Orange County Animal Care Services (OCACS) will have 40 cats available for immediate adoption this weekend at the Purina Cat Chow "Way of Life" Tour, to be held Saturday and Sunday, July 22-23 at The Block at Orange, 20 City Boulevard West, Orange.

The special event will allow cat lovers to explore a 30-foot long cat "habitat," a unique environment providing education, information and entertainment. Training demonstrations will be held throughout the day on topics including "The Purrfect Purrsonality," "Cat ComPETability," and "Tricks for Treats."

The Purina Cat Chow "Way of Life Tour" is visiting 20 cities nationwide this year and the exhibit will be open Saturday from 10 a.m.-7 p.m. and Sunday from 12 Noon-6 p.m.

All cats available for adoption at this event have already been spayed or neutered and will be ready to go home this weekend with their new owners. "We appreciate this opportunity to make cats available for immediate adoption and hope the public will visit to learn more about our adoptable animals as well as pet care in general," said Hal Maloney, OCACS Interim Director. Orange County Animal Care Services staff members, volunteers and explorers will be on hand to facilitate adoptions and each adoption will be accompanied by a free bag of Purina Cat Chow brand cat food.

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Mervyn's Helps Low-Income Families With Children's Back-To-School Clothes

(Santa Ana) Children and Youth Services' (CYS) Project Together of the Orange County Health Care Agency will be sending children from the program to participate in Mervyn's 2000 Child Spree on Saturday, August 5, 2000, 7:00 a.m. - 8:00 a.m., at Mervyn's, 200 Imperial Highway, Fullerton. Project Together staff coordinated with regional therapists to identify 14 children that could most benefit by attending. Mentors from Project Together will accompany children to help them shop.

The event is an annual back-to-school effort that helps over 15,000 children statewide from low-income families get dressed for school. Mervyn's California provides a clothing allowance of $100 per child for new shoes and school clothes. "This is a great way to help out children in need and demonstrate we care about the community," said Linda Deal, project coordinator for Mervyn's North Fullerton store, which is assisting a total of 54 children in this year's event. HCA's Deputy Agency Director for Behavioral Health Services, Douglas C. Barton, commended this special project. "The generosity of Mervyn's will have a positive impact on the self esteem of these very deserving children. We are appreciative of their efforts and would love to see others in the business community follow their lead," said Barton. The store will also host a breakfast for the students and provide new backpacks that are filled with school supplies.

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Orange County Among The Healthiest According to National Report

(Santa Ana) A report issued today by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services favorably compares Orange County to other large counties on many significant measures of community health.

The Community Health Status Report, available at www.communityhealth.hrsa.gov, is a first-ever attempt to produce a comparative report for each county in the United States. Orange County compares favorably in most areas, including life expectancy, several birth risk factors, infant mortality, and deaths due to causes including cancer and automobile accidents. However, the report also shows areas in which improvement is needed, including early prenatal care and deaths due to coronary heart disease.

The report provides a reference point to chart progress toward improved community health, according to County Health Officer Mark B. Horton, MD, MSPH. "While we compare favorably to our peer counties nationwide, the report also provides important information regarding targets that should be established related to the Healthy People 2010 Program," said Dr. Horton. "Combined with information from the Orange County Health Needs Assessment, this report confirms that health insurance coverage is not available to all residents, meaning they do not have easy access to primary or preventive health care services. It is essential the Health Care Agency continue to support efforts that will ensure each child in Orange County has a ‘health care home’, to educate the public about the benefits of exercise and healthy diets, and to inform county residents about the risks of tobacco and alcohol use," added Dr. Horton.

The report stresses that up to half of all premature deaths can be prevented by making positive changes in lifestyle and personal behaviors.

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"ocpetinfo.com" Web Page Reunites Owners With Lost Pets

Santa Ana - Help in finding a lost pet is just a mouse click away with today's debut of Orange County Animal Care Service's (ACS) new Pet Lost and Found web page.

The web page, which can be accessed through www.ocpetinfo.com, features the pictures and descriptions of lost dogs and cats currently housed at the Animal Care Center, 561 The City Drive South, Orange. Animals picked up by ACS field services officers are photographed after arrival at the Care Center and the listing of animals is automatically updated every 30 minutes.

ACS Interim Director Hal Maloney believes the new web feature will be of great benefit to pet owners. "We hope the Lost and Found web page will help unite more lost pets with their owners and will reduce the amount of time owners spend searching for a lost cat or dog," said Maloney. "We hope this will also remind pet owners of the importance of proper identification for their pets. A current license tag, an identification tag or even the owner's phone number written on a flea collar are the best ways to bring the search for a lost pet to a happy conclusion," according to Maloney. Once a lost pet is located on the web page, owners are encouraged to call the Care Center at 714-935-6943 to identify the pet by the registration number provided on the Web site. Other pet redemption information is also included on the site.

The launch of the Lost and Found Page is part of the continuing effort to improve services provided by the Animal Care Center and ACS, which serves 20 cities in Orange County. In June, the Adopt-A-Pet web site was introduced with the help of actress Loretta Swit, who played Major Houlihan in the hit television series "M*A*S*H*." The Adopt-A-Pet web page features a current list of dogs, cats and other animals available for adoption at the Care Center.
INSOMNIA TOPIC FOR SENIOR CENTER PRESENTATION

(Midway City)-Insomnia, a condition that affects 40% of older adults, will be the subject of a special community education presentation Wednesday, September 13, 12 p.m.-1 p.m., at the Midway City Community Center, 14900 Park Lane, Midway City.

Guest speaker for the free presentation will be pharmacist Dan Ketchum of Orange County Health Care Agency Older Adult Services. The program will feature information on medications available to treat insomnia and other treatment methods that do not call for medication. Insomnia, or the inability to get enough quality sleep to support daytime activities, can decrease quality of life and have serious physical and mental health implications. Insomnia sufferers are more likely to suffer a fall and to be involved in an auto accident. Poor sleep can be caused by natural changes in sleep patterns, medical conditions, stress, sleep habits and underlying mental health conditions. Medications available to treat insomnia can also have side effects, interfere with other medicines and may fail to bring long-term relief.

For more information on the program, please call the Midway City Community Center at 714-898-0203.

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Santa's Elves Needed For Holiday Workshop

Santa Ana - Crafters with a special interest in creating holiday decorations are needed as seasonal volunteers for a program that helps at-risk youth receiving mental health treatment in Orange County.

Volunteers with a wide range of skills will help create holiday items for a fund-raising boutique to benefit activities of Children and Youth Services (CYS)-Project Together, a program of Orange County Health Care Agency's Behavioral Health Services. Volunteers may spend a few hours or an entire day crafting holiday items at CYS-Project Together's central office in the Santa Ana Civic Center area. The annual Holiday Boutique sale, held in November, raises funds to support Project Together's mentor/child activities and outings. If you are interested in volunteering, or would like more information, please call Sylvia Valles at 714-796-0100.

CYS-Project Together, in conjunction with the Mental Health Association of Orange County, works to enhance the lives of at-risk children who are in mental health treatment in clinics throughout Orange County. The focus of the program is to recruit and train adult volunteers from the community to mentor these children, forming a special friendship and serving as a positive role model. According to Sharon Modaff, Service Chief and director of the program, Project Together is a great boost to children. "The mentoring experience can enhance the child’s overall treatment program, promote self-confidence, and can have a positive effect on the child as he or she becomes an adult," Modaff said.

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Health Care Agency Unveils New Spanish Language Bus Shelter Ad

(Santa Ana) The Safe Healthcare Project of the Orange County Health Care Agency will launch its newest Spanish language bus shelter ad from 10-11 a.m., September 18 at Civic Center Drive and Van Ness Avenue in Santa Ana. The bus shelter is across the street from the Santa Ana Library.

Leading the kickoff will be Chairman of the Board Charles V. Smith, Health Care Agency Interim Director Julie Poulson, and members of the Safe Healthcare Coalition, formed in 1998 after the death of a child who received medical care at an illegal clinic.

In Spanish the ad exhorts readers to "prevent a family tragedy. For safe, low-cost family medical care, call 1 800 564 8448."

"We are extremely pleased to report that there have been no deaths from the use of illegal practitioners in the last year," said Smith. "We take great pride in the impact this partnership has on the lives of so many of our residents who otherwise might go without health care or who would risk seeking care with unlicensed providers."

The Safe Healthcare Project is a public health education campaign to increase community knowledge of available safe and legitimate healthcare services and the dangers of receiving healthcare and prescription medicines from unlicensed providers. The project promotes awareness through a variety of outreach activities including bus shelter ads.
Individuals Who Kept Animal Rescue "On-Track" To Receive Special Recognition

The efforts of several individuals to successfully rescue two newborn kittens trapped in a train car will be recognized during a special presentation at 10 a.m. Wednesday, September 20 at the Orange County Animal Care Center, 561 The City Drive South, Orange.

Certificates of appreciation will be presented by Orange County Animal Care Services (ACS) to the rescuers of the kittens named Santa and Fe. Among those to be recognized are Pete, John and Dave Orzechowski, who first heard the kittens' cries and started the rescue effort in motion. Also to be recognized will be Kay Bennett, who assisted in the rescue and fostering of the newborn kittens, and the Burlington Northern-Santa Fe Railway, which removed the kittens from the rail car. Interim ACS Director Hal Maloney said the determination of these individuals is noteworthy. "They invested their time, effort and, in the railroad's case, thousands of dollars to give these kittens a chance," said Maloney.

The process of selecting a permanent home for the kittens is well underway and it is hoped the cats will serve as an example of the many animals available for adoption in Orange County. Animals available for adoption through ACS can now be viewed on-line at www.ocpetinfo.com, which also features a "Lost and Found" pet page. For more information on pet adoption, call ACS at (714) 935-6848.
Free Flu Shot Clinics Begin November 1

(Santa Ana) - Orange County Health Officer Dr. Mark Horton has announced that the county's free flu shot clinics will begin November 1, following a delay related to problems with the production of the influenza vaccine.

This year's influenza vaccination program is targeted to protect people age 60 years and older and those with chronic diseases such as asthma and other respiratory problems, kidney disease, anemia, heart disease and diabetes. In addition, residents of long-term care facilities, children on long-term aspirin therapy and individuals with suppressed immune systems should be immunized. Vaccine is also recommended for women who will be in the second or third trimester of pregnancy during the influenza season. "The flu shot is perhaps the most effective but underutilized public health measure we have. Some of the best advice I can give to our senior citizens and people of all ages with chronic health problems is to receive a flu shot annually," says Dr. Horton. "The influenza season normally peaks here in late December or early January, so there is ample time for the protection offered by a flu shot to take effect," Dr. Horton added.

Free flu shots for people age 60 and older and those with chronic health problems will be available beginning November 1 at these Health Care Agency walk-in immunization sites:

- **Santa Ana**: 1725 W. 17th Street: Monday through Friday, 8 AM to 4:30 PM, Tuesday evenings until 7 PM
- **Buena Park**: 7342 Orangethorpe: Thursdays, 8 AM to 7 PM
- **Costa Mesa**: 2845 Mesa Verde Drive East: Wednesdays, 11 AM to 7 PM
- **San Juan Capistrano**: 27512 Calle Arroyo: Thursdays, 11 AM to 7 PM

In addition to the Health Care Agency clinics, more than 100 community sponsors are
joining forces with the County of Orange again this fall to provide free flu vaccine to senior citizens and others at high risk through clinics at senior centers, parks, shopping centers, hospitals, churches and community health centers. For information about these local clinics please call the County of Orange Health Referral Line at 1-800-564-8448.

County of Orange Health Care Agency

Influenza Fact Sheet

- The 2000-2001 influenza vaccine contains protection against the three strains of influenza viruses that are expected to cause illness this winter: A/Moscow, A/New Caledonia and B/Beijing. Since the flu viruses change frequently and protection declines within one year of vaccination, it is important that people at risk get a flu shot every year.

- Many people overlook the fact that influenza (or flu) can be a serious disease. Nationwide, thousands of people die each year from influenza or related complications such as pneumonia. Most young people in good health are ill for only a few days (although they can spread the disease) but the elderly and those with already weakened respiratory systems or other problems that reduce immunity are at great risk of complications.

- Flu symptoms may include sudden onset of illness, high fever, sore throat, cough and general aches and pains lasting 3-5 days. Recommendations for treating symptoms of influenza include acetaminophen for fever, lots of clear liquids, light meals and bed rest. A physician can prescribe antiviral drugs to reduce the severity and duration of uncomplicated influenza. However, the antiviral drugs are not approved for the prevention of the flu. Emergency room care should only be considered in the most severe cases. Most healthy adults and children will recover without any complications. Elderly people and those with chronic diseases should see their doctor whenever illness is prolonged, they have a high fever, or they experience difficulty breathing.

- There are basic preventive measures that can be taken to keep from getting or spreading influenza. These include washing your hands thoroughly and frequently; covering your nose and mouth when coughing or sneezing; getting plenty of rest; eating a healthy diet; dressing appropriately for the weather; minimizing time in crowded areas during the flu season; and avoiding contact with others when you have the flu or are not feeling well.

- The Centers for Disease Control and Prevention is urging that flu vaccine available early in the season be used to maximize the protection of high-risk persons and healthcare workers. A substantial increase in the vaccine supply is expected in November and December. This should allow vaccination efforts to be expanded to people as young as age 50 who are in good health, particularly those who have regular contact with the elderly and persons with high risk medical conditions. As vaccine supplies increase, some private providers will offer low cost flu vaccine at work sites, drug stores, and other locations to individuals other than those at highest risk.

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Pharmacy Puts Out Tobacco!

(Santa Ana) - In celebration of National Pharmacy Week, October 23rd through 27th, the Orange County Health Care Agency's Tobacco Use Prevention Program (TUPP) in collaboration with Orange County On Track and Prescription for Change, will honor the Horton & Converse pharmacy chain for not selling any tobacco products in their stores.

A press conference will be held on Wednesday, October 25, 2000 at 11:00 a.m. in the lobby in front of the Horton & Converse pharmacy located at 1310 West Stewart Street, adjacent to Children’s Hospital of Orange County in Orange, California.

This public effort to praise the Horton & Converse pharmacy chain for being tobacco free was planned to highlight pharmacies that are working toward healthy California communities. The three collaborating agencies are working to encourage more pharmacies and chain drugstores to adopt tobacco free policies and practices. At the press conference, each Horton & Converse pharmacy will be presented with a "Certificate of Commendation" that honors them for making a commitment to tobacco free health.

"We feel it is important to highlight pharmacies and chain drugstores in Orange County that no longer sell this deadly substance because we know that it is the only product that, when used as directed, kills." says Mark B. Horton, MD, MSPH, Deputy Agency Director/Health Officer of the County of Orange Health Care Agency.

"My family has owned the Horton & Converse chain since the early 1970’s," says Keith R. Lumpkin, President of the Horton & Converse Pharmacy Chain. "In late 1996 we made the decision to stop the sale of all tobacco products in all of our stores because we value the health of our customers over profits from the sale of tobacco.

The Horton & Converse chain has been operating since 1917, which Charles S. Horton and Lawrence R. Converse decided to open as a prescription pharmacy in Los Angeles. Today Horton & Converse has 13 pharmacies, 11 in Los Angeles County and 2 in Orange County.

According to the recent survey of Adult California Consumers conducted by California State Fullerton, Social Science Research Center,
Seventy two percent of all consumers were against drugstores carrying tobacco products at all.

- Also, over 96 percent of all California consumers would continue to shop at a pharmacy more or the same if it stopped selling tobacco products.

- Currently, 78 percent of California’s independently owned pharmacies do not carry tobacco products, while fully 98 percent of chain drugstores continue to do so.

"Small independent pharmacies are able to thrive without tobacco sales and we are thrilled to see a chain like Horton & Converse take such a crucial step in promoting good health for Orange County." stated Christine Fenlon, Director of Prescription for Change. "Our survey data supports the fact that California’s consumers are ready for all chain drugstores to join Horton & Converse and stop selling and promoting tobacco products."

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The mission of the Orange County Health Care Agency’s Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. The Pharmacy Project works with pharmacists and drug store owners to increase cessation, reduce tobacco and advertising and access, as well as promote policies that encourage tobacco free pharmacies.

Orange County On Track "Teaming Communities and Youth for a Safer Society," is a 501(c)(3) nonprofit organization dedicated to improving the quality of life for children and families through a focus on non-violence and respect for people of all cultures. Through innovative partnerships with the community-at-large and the youth of Orange County, On Track achieves its mission in three unique ways: 1) The On Track Youth-to-Youth Mentoring & Conflict Resolution Training Programs; 2) The On Track magazine; 3) The On Track Teen Councils.

The Prescription for Change is a coalition of pharmacists, physicians, health care professionals and consumers working together to reduce and eliminate the sale and promotion of tobacco products in all of California’s Pharmacies and Chain Drugstores Prescription for Change.
Breast Health Program a Priority For Life in Orange County

(Santa Ana) - A single telephone number is available to help Orange County women who meet age and income guidelines access breast cancer screening and diagnostic services.

By calling 1-800-511-2300, Orange County women can receive eligibility information about free clinical breast examinations and mammograms from the Orange County Breast Cancer Partnership (OCBCP). OCBCP provides free breast cancer screening and diagnostic services to women who meet age and income guidelines. The partnership also works closely with the California Breast Cancer Treatment Fund and the Susan G. Koman Breast Cancer Foundation, Orange County Chapter, to provide referrals for breast cancer treatment.

Early detection remains the best defense against breast cancer. "Breast cancer is the leading cause of cancer deaths among Orange County women, and women must make a breast health program a priority for life," stated Orange County Health Officer Dr. Mark Horton. "The American Cancer Society recommends that women begin breast self-examination and have a routine examination by a physician at age 20, with annual mammograms beginning at age 40," said Dr. Horton.

Statewide, 60 percent of women ages 40 and older had a mammogram in 1999. However, Hispanic, Asian/Pacific Islander and African-American women of screening age were less likely to report having a mammogram in the last year. The most recent Orange County Health Needs Assessment shows that almost 60 percent of women have had a mammogram during their lifetime, but the number having a mammogram in the past year was significantly lower.

During the observance of Breast Cancer Awareness Month in October, a dozen free breast cancer screening events were held in Orange County. This included an event sponsored by OCBCP and the Asian Pacific Islander Task Force at which over 60 women received free mammograms.
Influenza Vaccine Shortage Halts Orange County Clinics

(Santa Ana) - Unexpected delays in the delivery of influenza vaccine will cause the County of Orange Health Care Agency to cancel a number of community vaccination clinics beginning November 9.

Most community clinics supplied through the Immunization Program that were scheduled for Thursday, November 9 or later have been cancelled. A new schedule of influenza vaccination clinics will be announced when vaccine becomes available. HCA clinics in Santa Ana, Buena Park, Costa Mesa and San Juan Capistrano will continue to offer influenza vaccinations according to their regular schedule this week, but may be affected beginning the week of November 13. The Health Care Agency (HCA) has only received one-third of its 100,000 doses of influenza vaccine. Publicity related to flu vaccine production and delivery problems may have played a role in increasing demand at the county's vaccination clinics, quickly using up the initial supply. For current information about flu vaccination clinic schedules, individuals may call the HCA Health Referral Line at 1-800-564-8448 or check with the clinic site regarding their status.

"As soon as additional vaccine becomes available, we will immediately resume vaccination of high-risk individuals," said Dr. Gerald Wagner of the HCA Immunization Program. "There have not been any reports of significant numbers of influenza cases in our region as of this time, which is very fortunate considering the national problems in flu vaccine production. Once vaccine arrives, we will continue to offer clinics through the month of December, providing protection for as many individuals as possible," said Dr. Wagner.

Because of vaccine production delays, immunizations have been limited to individuals 60 years of age and older and those of any age who are considered at high-risk of influenza related complications. Since the vaccine takes approximately two weeks to develop its maximum protection, individuals at high risk because of age or medical condition should limit their potential exposure to individuals who have symptoms such as cough, sore throat or fever. This may also include avoiding activities or places where large groups of people are together indoors, such as shopping centers and other meeting places. Adequate supplies of vaccine are expected to be available later this month to provide individuals with protection for the typical peak influenza season of late December through January.
The following **flu shot information page** details the community influenza clinics that have been cancelled due to delays in the delivery of influenza vaccine. A new schedule of influenza vaccination sites will be announced when an adequate supply of vaccine becomes available.
For Immediate Release
November 10, 2000

Influenza Vaccine Shortage Continues

(Santa Ana) - The four Immunization Clinics operated by the County of Orange Health Care Agency (HCA) have exhausted their remaining supply of influenza vaccine and will be unable to provide flu shots until additional supplies of vaccine are received. Those Immunization Clinics are located in Santa Ana, Buena Park, Costa Mesa and San Juan Capistrano.

HCA has not received any additional information from the State of California on future deliveries. As soon as an adequate influenza vaccine supply is available to HCA, an announcement will be made on new immunization clinic sites and dates. Individuals are urged to contact their regular health care provider and check with other places in the community where flu shots are traditionally provided to determine whether they have vaccine available at this time.

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Can "Graying" Give You The Blues?

(Anaheim) - The causes, consequences and treatment of depression in older adults will be discussed at a free community education program Wednesday, November 29 from 11 a.m.-12 Noon at the Anaheim Senior Center, 250 E. Center St., Anaheim.

The program entitled "Depression in Older Adults" will not only look at the prevalence and symptoms of depression but will also cover ways to treat and overcome depression including available medications and the development of coping skills. Those interested may also complete a depression screening form and time will be available to answer questions from the audience.

Speakers will include registered pharmacist Dan Ketchum, registered nurse Lori Funke and Marc Fabiano, a licensed clinical social worker. The program is sponsored by the Anaheim Senior Center, Orange County Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA). For more information, please call the Anaheim Senior Center at (714) 765-4510.

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For Immediate Release
November 13, 2000

State Awards Orange County $1.2 Million to Help Mentally Disabled Homeless

(Santa Ana) - The Orange County Health Care Agency (HCA) has received a $1.2 million annual grant to provide integrated services to adults with serious mental illness who are homeless or at risk of becoming homeless.

According to Douglas Barton, HCA Deputy Agency Director/Behavioral Health Services, the grant will provide funding for intensive outreach, treatment and recovery services. "This collaborative program will have a significant impact on one of the most vulnerable and underserved populations in the County," said Barton.

The grant proposal was developed by a community steering committee that included representatives of the county Mental Health Board, mental health advocacy groups, law enforcement agencies, housing advocates and organizations serving veterans, the elderly, and the disabled. Program services will be implemented after funding becomes available in January 2001.

The grants were announced by Governor Gray Davis and State Department of Mental Health Director Stephen W. Mayberg, Ph.D., who said the effort to serve the homeless mentally ill stems from a successful pilot project. "The early program results proved that persons with mental illness and who are homeless can be helped by providing services that reduce the symptoms that impair their abilities to work, live independently, participate in their families, remain healthy and avoid crime," said Dr. Mayberg. The grant program was made possible by Assembly Bill 2034, sponsored by Assemblyman Darrell Steinberg (D-Sacramento), which received the Governor's approval in September.

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TOBACCO USE PREVENTION PROGRAM HOSTS A BILLBOARD UNVEILING

(Santa Ana) - The County of Orange Health Care Agency Tobacco Use Prevention Program (TUPP) will join community leaders, educators and students on Monday, November 20, from 9 a.m. - 10 a.m. for the unveiling of an anti-tobacco billboard. The unveiling will take place at 7021 Westminster Blvd., Westminster (at the location of Silva’s Auto Body and Paint).

Khahn Nguyen and Thy Phan, the young artists who created the artwork, will unveil the billboard. Students from Warner Middle School developed the billboard artwork while participating in the Tobacco Use Prevention Program "Tune Out Tobacco" project.

Dignitaries from the school district, city and county government will be on hand to participate in the day’s event.

The tobacco industry spends more than $16 million each day in the United States (or $11,000 a minute) on advertising and special promotions. The "Tune Out Tobacco" project helps youth in grades 6 -12 counter the positive portrayal of tobacco in movies, television, billboards, magazines and in-store advertising. By participating in the "Tune Out Tobacco" project, youth have an opportunity to make a positive impact on the entertainment and advertising industries through the development of creative and innovative media products.

The mission of the Tobacco Use Prevention Program is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. TUPP provides services to the residents of the County through youth, community service and public policy programs. For more information on TUPP and their programs, please call Barbara Soeffner at (714) 834-3232.

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Orange County Influenza Vaccination Program Resumes

(Santa Ana) - The delivery of 20,000 doses of influenza vaccine will allow the Orange County Health Care Agency (HCA) to resume its flu shot program, including five immunization clinics at regional sites.

Immunization Program Coordinator Mary Wright announced the regional influenza immunization clinics will be held at the following locations:

**Friday, November 17**
- Irvine Senior Health Expo, Lakeview Senior Center, 20 Lake Road, 9 a.m.-1 p.m.

**Saturday, November 18**
- La Palma Intercommunity Hospital, 7901 Walker Street (Hospital Classroom), 9 a.m.-12 p.m.
- St. Jude's Senior Services, 1847 Sunnycrest Drive, Fullerton (across the street from St. Jude's Hospital), 10 a.m.-1 p.m.
- Fountain Valley Regional Hospital & Medical Center, 17100 Euclid Street (Corner of Euclid & Warner), 10 a.m.-1 p.m.

**Tuesday, November 21**
- Mission Hospital, 27700 Medical Center Road, Mission Viejo, 9 a.m.-12 p.m.

Each regional site will have 3,000 doses of influenza vaccine available on a first-come, first-served basis. Flu shots will be limited to those 60 years of age or older and individuals at high risk of potential influenza complications. This includes those with chronic diseases or suppressed immune systems and women who will be in the second or third trimester of pregnancy during influenza season.

Vaccine is also available to resume flu shots on Monday, November 20 at the HCA
Immunization Clinic in Santa Ana, located at 1725 W. 17th Street. The Santa Ana clinic will offer flu shots from 8 a.m. to 4 p.m., while supplies last.

Delivery of influenza vaccine was delayed nationwide by vaccine production problems. However, HCA will schedule additional influenza immunization clinics as more vaccine is received. For the most current information on the availability of influenza vaccine through HCA, please call the Health Referral Line at 1-800-564-8448.

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Send comments to HCA Public Information
For Immediate Release
November 17, 2000

Holiday "Buckle-Up" Campaign Gets New Focus From Surprising Study

(Santa Ana) - Orange County Health Officer Dr. Mark Horton is enlisting the help of area law enforcement agencies in protecting children from an unexpected danger revealed by a recent study of alcohol-related automobile accidents.

The study, published in the May 2000 issue of the *Journal of the American Medical Association*, shows that nearly two out of three children killed in alcohol-related accidents are passengers riding with an impaired driver. "We know that impaired drivers kill children - these terrible tragedies are well documented," said Dr. Horton. "It's shocking to learn that, in the majority of cases, impaired drivers who are the parents or caregivers of these children are the cause of their deaths."

The research also showed that these drinking adults did not have the presence of mind to buckle-up their child passengers. Dr. Horton is encouraging local law enforcement agencies to join a nationwide campaign to enforce child restraint laws and issue citations to all drivers who fail to buckle up their children. Another aim of the "Operation ABC Mobilization: America Buckles Up Children" is to arrest drivers found to be legally impaired.

The "Operation ABC Mobilization" is being coordinated by the National Highway Traffic Safety Administration (NHTSA). According to NHTSA Administrator Dr. Sue Bailey, "Too many children die on the nation's roadways because of irresponsible adults who put them in harm's way. Car crashes are a major killer of kids and we must use every tool we have to keep children safe by getting them buckled up and getting impaired drivers off the road."

###
Health Care Agency Hires New Animal Care Services Director

(SANTA ANA) - The Orange County Health Care Agency announced it has completed its search for a Director of Animal Care Services with the hiring of Dr. Julie Ann Ryan Johnson, a prominent veterinarian with clinical, academic, government and private-practice experience.

"Dr. Ryan Johnson has demonstrated a passion for animal care since she was eleven years old and we were extremely impressed with her communication skills and tireless energy," said Mike Spurgeon, Deputy Agency Director of Regulatory Health Services. Spurgeon also noted, "Dr. Ryan Johnson previously worked for Animal Care Services as a clinical veterinarian from 1992 to 1998." She is expected to begin her new duties in late December.

Dr. Ryan Johnson is currently serving as the President of the Southern California Veterinary Medical Association (SCVMA), which is the largest local veterinary association in the world and represents more than 1,100 veterinarians in the Southern California area. She comes to the County from Waltham Pet Foods where she served as Veterinary Diets Brand Manager since 1998.

Dr. Ryan Johnson earned her Doctor of Veterinary Medicine in 1990 from the University of Wisconsin at Madison and served her internship at Virginia-Maryland Polytechnic State University before returning to California. She and her husband, Veterinarian Dr. Gary Johnson, live in San Juan Capistrano where she was raised by her parents, Mr. and Mrs. Joseph D. Ryan.
Can "Graying" Give You The Blues?

(Orange) - The causes, consequences and treatment of depression in older adults will be discussed at a free community education program Thursday, December 7 from 11 a.m.-12 Noon at the Orange Senior Center, 170 S. Olive.

The program entitled "Depression in Older Adults" will not only look at the prevalence and symptoms of depression but will also cover ways to treat and overcome depression including available medications and the development of coping skills. A special focus will be differentiating between depression and the "holiday blues." Those interested may also complete a depression screening form and time will be available to answer questions from the audience.

Speakers will include registered pharmacist Dan Ketchum, registered nurse Lori Funke and social worker Martha Manning. The program is sponsored by the Orange Senior Center, Orange County Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA). For more information, please call the Orange Senior Center at (714) 538-9633.

###
Health Care Agency (HCA) Receives Additional Deliveries of Influenza Vaccine; Flu Shots Resume at Four County Sites

(Santa Ana) - Additional deliveries of influenza vaccine will allow the Orange County Health Care Agency (HCA) to resume flu shot clinics at sites in Santa Ana, Buena Park, Costa Mesa and San Juan Capistrano beginning the week of Monday, November 27.

Health Officer Dr. Mark Horton said, "Vaccine has arrived in sufficient supply to allow us to resume offering flu shots at all four HCA sites and it has arrived before the peak of the influenza season. Over 15,000 people have received flu shots at HCA sponsored events in the past week and we will continue to offer flu shots while the vaccine supply lasts."

The four HCA Immunization Clinic sites and the hours flu shots are offered are:

- 1725 West 17th Street, Santa Ana
  Monday-Friday 8 a.m.-4 p.m., open until 7 p.m. on Tuesday
- 7342 Orangethorpe Avenue, Buena Park
  Tuesday 1 p.m.-4 p.m., Thursday 8 a.m.-7 p.m.
- 2845 Mesa Verde Drive East, Costa Mesa
  Wednesday 11 a.m.-7 p.m.
- 27512 Calle Arroyo, San Juan Capistrano
  Thursday 11 a.m.-7 p.m.

Flu shots will be offered while supplies last to those at least 60 years of age and to those at increased risk of influenza-related complications due to chronic diseases, pregnancy or other medical conditions. For information on the current status of HCA flu shot sites, call the HCA Health Referral line at 1-800-564-8448.
Older Adults Learn How To Get The Most From Their Medicines

(Cerritos) - An Orange County Health Care Agency pharmacist will help older adults maximize the effectiveness of their medications through a free community education program Wednesday, December 13 at the Cerritos Senior Center, 12340 South Street.

The program, entitled "Making the Best Use of Your Medications," is scheduled for 11-11:45 a.m. with registered pharmacist Dan Ketchum serving as guest speaker. The program will provide information on how medicines work, potential side effects and tips on taking medicines to increase their effectiveness. Ketchum will also discuss over-the-counter medications, vitamins and herbal products. The program will conclude with a question and answer session.

For more information, contact the Cerritos Senior Center at 562-916-8550.

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Send comments to HCA Public Information
Pack Up Your Prescriptions For a Free Medicine Review

(Midway City) - Orange County senior citizens will have a unique opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Tuesday, December 12 at the Midway City Community Center, 14900 Park Lane, Midway City.

The free 30-minute consultations will be offered by appointment between 9 a.m. and 2 p.m. on December 12. To schedule an appointment, please call the Midway City Community Center at (714) 898-0203. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to maximize their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Midway City Community Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).
For Immediate Release
November 28, 2000

Pack Up Your Prescriptions For a Free Medicine Review

(Placentia) - Orange County senior citizens will have a unique opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Monday, December 11 at the Placentia Senior Center, 1435 S. Bradford.

The free 30-minute consultations will be offered by appointment between 9 a.m. and 12 p.m. on December 11. To schedule an appointment, please call the Placentia Senior Center at (714) 993-8272. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to maximize their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Placentia Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).

###
Free HIV Testing Emphasized in Orange County Observance of World AIDS Day

(Santa Ana) - The availability of free anonymous and confidential HIV testing through the Orange County Health Care Agency is the prime focus for this year's observance of World AIDS Day on December First.

It is estimated that one in three people who are HIV positive do not know they are infected with the virus. In Orange County alone, that would mean more than 1,200 people who do not know they are HIV positive. "We want to make sure that people know the Health Care Agency offers anonymous and confidential HIV testing in Orange County and that counseling is provided as part of this free service," said Raul Ramirez, Program Supervisor for HIV testing.

The Orange County Health Care Agency provides HIV testing at three convenient locations. They are:

- 1725 W. 17th Street, Santa Ana
  Monday-Friday 8 a.m.-4 p.m., open Tuesday until 5:30 p.m.
  (714) 834-8787
- Ponderosa Community Center, 2100 S. Haster, Anaheim
  Wednesday 1 p.m.-4 p.m.
  (714) 750-2826
- 27512 Calle Arroyo, San Juan Capistrano
  Thursday 8 a.m.-12 p.m. and 12:30 p.m.-4 p.m.
  (949) 248-2216

Nationally, an estimated 850,000 adults and children are living with HIV/AIDS, with 40,000 new HIV cases reported in 1999. Early identification of the HIV virus can reduce or eliminate the transmission of the virus to others and allow timely management of the illness to begin. Counseling services provide assistance in making needed lifestyle changes and help link those with HIV to essential community services.

###
Include Safety In Holiday Party Plans

(Santa Ana) - A safe trip home from a holiday party begins with safe holiday party planning, according to the experts at the Orange County Health Care Agency’s Alcohol and Drug Education and Prevention Team (ADEPT).

Statistics show that the percentage of alcohol-related traffic fatalities increases significantly in the days between Thanksgiving and New Year’s Day, meaning the highways are a more dangerous place because of impaired drivers. That’s a great reason to carefully plan holiday parties that will ensure both a pleasant experience and a safe journey home for all guests.

If alcohol is to be served, also offer alternative "mocktails" or non-alcoholic beverages. "Many guests will appreciate the availability of non-alcoholic drinks, especially those who will be driving home from the party, those who are taking medications and those who may be pregnant," said County Health Officer Dr. Mark Horton. Planning safe holiday parties is easier than ever because of widely available resources including non-alcoholic recipes and suggestions for healthy, satisfying menus.

Liability issues are a major consideration. "Everyone planning a holiday party should take the safety of their guests very seriously," Dr. Horton cautioned. "Responsibility for drinking by guests may last beyond the time they are in your home. This is especially the case with underage guests and unfortunately, alcohol-related automobile accidents are the leading cause of death for 15-24 year-olds."

ADEPT provides information on alcohol-related problem prevention and provides training in areas including responsible beverage service. For more information on resources available through ADEPT, call (714) 834-4052.

Fact Sheet-Safe Holiday Party Ideas

- About one-third of U.S. adults abstain from drinking alcohol for a variety of reasons.
- Never serve alcohol to anyone under the age of 21.
- Do not serve alcohol to an intoxicated guest.
- If alcohol is served, appoint a bartender to monitor guests' drinking and serve
measured standard drinks rather than doubles or "holiday specials." Guests can better control their drinking when they are drinking amounts with which they are familiar.

- Stop serving alcohol at least one hour before the party ends.
- Nothing can "sober up" a person immediately. It takes the human body about two hours to metabolize each ounce of alcohol. Coffee or a cold shower only creates a wide-awake impaired person, rather than a sleepy one.
- Provide plenty of protein and fat-filled foods. Eating will slow the effects of alcohol. Avoid salty foods that may produce thirst.
- Choose fruit juices instead of carbonated mixers because carbonation speeds alcohol absorption.
- Be sure that drinking does not become the primary focus or activity of your party.
- Invite compatible people so that no one feels left out or lonely. Lonely people may drink to excess.
- Most important of all, do not let someone who has been drinking drive home. Allow him or her to sleep at your home or arrange a ride home with a sober driver.

**Web sites with mocktail recipes:**

http://www.rdthanksgiving.com/holiday_host/mocks.html

http://www.acplace.com/drinks/cocktail.htm


http://www.icbc.com/safety/recipes.html

http://www.drivesober.com/raid/recipes/moctails.html (NO k in mocktails)

###

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For Immediate Release
December 26, 2000

Contact: WESTMINSTER SENIOR CENTER
(714) 895-2878

Information Offered On Vitamin and Herbal Products

(Santa Ana) - A free community education program scheduled for Wednesday, January 10 from 11 a.m.-12 Noon at the Westminster Senior Center aims to take some of the confusion out of buying vitamins and herbal products.

The program offered by registered pharmacist Daniel Ketchum is presented by the Orange County Health Care Agency Older Adult Services, Preventive Health Care for the Aging and the Westminster Senior Center. Topics will include a discussion of vitamins needed by older adults, how to buy quality vitamin products, and possible interactions between prescription medicines and vitamin or herbal products. The presentation will also include information on the helpfulness of commonly available herbal products.

The Westminster Senior Center is located at 8200 Westminster Avenue. For more information on the program, please contact the center at 714-895-2878.

# # #
For Immediate Release
December 27, 2000

Information Offered On Vitamin and Herbal Products

(Santa Ana) - A free community education program scheduled for Thursday, January 11 from 10:30 a.m.-12 Noon at the Michael E. Rogers Senior Center in Huntington Beach aims to take some of the confusion out of buying vitamins and herbal products.

The program offered by registered pharmacist Daniel Ketchum is presented by the Orange County Health Care Agency Older Adult Services, Preventive Health Care for the Aging and the Westminster Senior Center. Topics will include a discussion of vitamins needed by older adults, how to buy quality vitamin products, and possible interactions between prescription medicines and vitamin or herbal products. The presentation will also include information on the helpfulness of commonly available herbal products.

The Michael E. Rogers Senior Center is located at 1706 Orange, Huntington Beach. For more information on the program, please contact the center at 714-536-9387.

# # #
Seasonal Illnesses Expected to Rise in Orange County

(Santa Ana) - The influenza season has arrived in Orange County with Health Care Agency officials urging prevention and early intervention to limit potential influenza-related complications.

According to County Health Officer Dr. Mark Horton, "Influenza is a routine illness for most healthy people, but can be life threatening for people at high risk because of age or medical condition. That's why it is important to take appropriate precautions and be responsible in seeking medical care."

Influenza typically begins suddenly. Symptoms usually include fever, headache, muscle aches and pains, cough and sore throat. Treatment for influenza and other viral illness includes adequate fluids to prevent dehydration and bed rest. Over the counter medications may be helpful in relieving symptoms including fever, pain and congestion. In certain cases, prescription medications to shorten the course of the illness may be recommended by a physician. Children under 19 years of age should not be given products containing aspirin, but can be given acetaminophen for relief of fever and discomfort. Healthy adults and children usually recover from the flu without complications, and in these cases, additional medical care is not necessary.

According to Dr. Horton, those with chronic illnesses such as heart or lung problems may benefit from seeing their private physician if they become ill. He also cautioned that medical attention may be advisable if the individual:

- is not better after five to six days of illness in adults or after two to three days of illness in children;

- if their condition worsens after beginning to improve;

- if they are coughing up a large amount of yellow or greenish phlegm, or if they have persistent vomiting or diarrhea;

- if the individual experiences worsening of another condition such as asthma or diabetes.
Unless a medical emergency exists, individuals should first seek medical attention from their regular physician or other health care provider. Visits to hospital emergency departments are not necessary for routine flu, and should be avoided when possible so that emergency facilities will be available for severely ill individuals. Reasons for a hospital visit include shortness of breath or difficulty breathing, severe weakness or lethargy, or other severe symptoms. Physician offices and other usual sources of care may be closed over the three-day New Year's weekend. If possible, patients should seek needed care before the holiday weekend arrives.

Prevention measures include avoiding crowds and reducing contact with individuals who are not feeling well. Covering the nose and mouth when coughing or sneezing and frequent hand washing, especially after touching nasal or oral secretions, before touching face and eyes, and before eating, can assist in preventing the spread of influenza and other viruses. Elderly individuals and those with chronic conditions are still urged to receive an influenza vaccine, which will provide protection for the remainder of the influenza season. Even if the person has already had a respiratory illness this season, the vaccine can still be of benefit because the illness might not have been caused by influenza.
For Immediate Release
December 29, 2000

Contact: Jorge Garcia-Herrera, MPH
(714) 834-7964

Santa Ana High School Site of Health Information Program

(Santa Ana) - The Orange County Health Care Agency (HCA) and Latino Health Access will join to provide information on health care access and on diabetes at a special event to be held Monday, January 22 from 6-8 p.m. at Santa Ana High School, 520 W. Walnut Street.

HCA representatives will provide information on the Healthy Families program, which provides health care coverage to uninsured children with family incomes above limits for no-cost Medi-Cal and below 250 percent of the Federal Poverty Level. The income limit for Healthy Families program eligibility is currently $35,376 for a family of three. Application assistants will be present to assist parents in the completion of applications to enroll their children in the Healthy Families program. Staff members from Latino Health Access will share information about diabetes and provide free diabetes screening to all interested individuals. All information will be offered in both English and Spanish.

This health information program is offered in cooperation with the Santa Ana High School Parents-Teachers-Students Association and is open to the entire community. For more information, contact Jorge Garcia-Herrera of the Health Care Agency at (714) 834-7964.

# # #
Health Care Agency Hires New Manager of Veterinary Services

(Santa Ana) - The Orange County Health Care Agency announced it has completed its search for a Manager of Veterinary Services with the hiring of veterinarian Dr. Kristi Fisher.

"We are extremely pleased with the outstanding caliber of our new management team at Animal Care Services with the addition of Dr. Kristi Fisher," said Mike Spurgeon, Deputy Agency Director of Regulatory Health Services. Spurgeon also noted, "Along with Dr. Julie Ann Ryan Johnson, newly appointed Director of Animal Care Services, Dr. Fisher will certainly add to the expertise of our veterinary services for all of our animals."

Dr. Fisher is currently a member of the American Veterinary Medical Association, the Southern California Veterinary Medical Association and the American Association of Feline Practitioners. She previously worked for the Cat Care Clinic in Orange along with working for Animal Care Services as a consultant on feline care from August - December 2000.

Dr. Fisher earned her Doctor of Veterinary Medicine in 1997 from the University of California, Davis. She and her husband reside in Rancho Santa Margarita with their two dogs and six cats.

#  #  #
Pack Up Your Prescriptions For a Free Medicine Review

(Laguna Hills) - Orange County senior citizens will have an opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Monday, February 5 at the Florence Sylvester Senior Center, 23721 Moulton Parkway, Laguna Hills.

The free 30-minute consultations will be offered by appointment between 9 a.m. and 12 Noon on February 5. To schedule an appointment, please call the Florence Sylvester Senior Center at (949) 380-0155. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to maximize their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Florence Sylvester Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).
Pack Up Your Prescriptions For a Free Medicine Review

(Laguna Hills) - Orange County senior citizens will have an opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Monday, February 5 at the Florence Sylvester Senior Center, 23721 Moulton Parkway, Laguna Hills.

The free 30-minute consultations will be offered by appointment between 9 a.m. and 12 Noon on February 5. To schedule an appointment, please call the Florence Sylvester Senior Center at (949) 380-0155. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to maximize their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Florence Sylvester Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).
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Send comments to HCA Public Information
Pack Up Your Prescriptions For a Free Medicine Review

(Midway City) - Orange County senior citizens will have a convenient opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Tuesday, January 30 at the Midway City Community Center, 14900 Park Lane, Midway City.

The free 30-minute consultations will be offered by appointment between 9:30 a.m. and 12:30 p.m. on January 30. To schedule an appointment, please call the Midway City Community Center at (714) 898-0203. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to maximize their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Midway City Community Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).
Score for Safety on Super Bowl Sunday

(Santa Ana) - A safe Super Bowl Party begins with safe party preparations according to the experts at the Orange County Health Care Agency's Alcohol and Drug Education and Prevention Team (ADEPT).

Statistics gathered by the Auto Club of Southern California from 1988-1998 show that DUI collisions in Orange County increased as high as 51% on Super Bowl Sunday as compared to an average Sunday in January or February. That's a great reason to carefully plan a party that will ensure both a pleasant experience and a safe journey home for all guests.

"These figures show that party hosts and businesses serving alcohol on Super Bowl Sunday need to do their part to encourage safe alcohol consumption and sober driving," said County Health Officer Dr. Mark Horton. "Servers and bartenders need to pay attention to how much and how quickly guests are consuming their drinks, and suggest food or slow down alcohol service if they see their guests are becoming intoxicated," Dr. Horton cautioned. "It is best to try to detain the person until they sober up or try to arrange a safe ride home for the person."

Designated drivers need to be watchful for impaired drivers. If you observe an erratic driver on the road, stay behind the vehicle. Do not attempt to pass it. The Auto Club recommends pulling over, if possible, and calling 911 or the local police department to report the vehicle.

If you plan to drink, limit your drinks to no more than one per hour and eat plenty while you drink to slow the alcohol's effects. And remember, if you plan on driving, you should limit the number of drinks you have to ZERO.
Mentors Needed for Youth with Difficulties

(Santa Ana) - Children and Youth Services' (CYS) Project Together is seeking dedicated adult males and females of all cultural backgrounds to serve as mentors for youth receiving Health Care Agency services due to emotional and family difficulties. A mentor must be willing to commit 2 - 4 hours a week for a minimum of 6 months serving as a positive role model. The mentor takes the child on outings, involving them in enrichment and other activities. Background checks are required and training is provided. CYS-Project Together is a mentor and support program of the Orange County Health Care Agency/Behavioral Health Services. Please contact Peggy Evans, CYS-Project Together at (714) 796-0117.

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For Immediate Release
FEBRUARY 13, 2001
Contact: Pat Markley
(714) 834-2178

Multicultural Conference for Mental Health Professionals

(Santa Ana) - A conference intended to enhance the multicultural skills of mental health professionals, "Towards An Inclusive Multicultural Agenda," will be held on March 5, at the Irvine Hyatt Regency. The conference is a collaborative effort between the Orange County Health Care Agency Behavioral Health Services and Pacific Clinics Institute.

"This is the largest annual multicultural conference for mental health professionals in Southern California," said Douglas C. Barton, Deputy Agency Director, Behavioral Health Services. He continued, "We are pleased that this conference will help provide the tools to further inclusion for our diverse communities."

The morning Plenary Speakers will feature Sergio Aguilar-Gaxiola, M.D., Professor of Psychology, California State University, Fresno speaking on Linking Research with Practice and Policy: A Case Example for Reducing Mental Health Disparities in Latinos and Michael Smith, M.D., Associate Professor of Psychiatry, UCLA School of Medicine and Medical Director at Harbor UCLA, speaking on Herbal Medications. Two afternoon workshop sessions will also be offered. Steve Mayberg, Mental Health Director, State Department of Mental Health and Cynthia Coad, Chair of the Orange County Board of Supervisors, will also be on hand to address conference attendees.

Cost for the daylong conference is $55 before 2/26 (or $65 after 2/26), which includes lunch and parking. You may register online at www.ochealthinfo.com/behavioral/cultural/conference.htm or call (714) 796-0188.

# # #
For Immediate Release
Tuesday, February 13, 2001

Older Adults Learn How To Get The Most From Their Medicines

(Cerritos) - An Orange County Health Care Agency pharmacist will help older adults maximize the effectiveness of their medications through a free community education program Tuesday, February 27 at the Southwest Senior Center, 2201 W. McFadden, Santa Ana.

The program, entitled "Making the Best Use of Your Medications," is scheduled for 11a.m-12 Noon with registered pharmacist Dan Ketchum serving as guest speaker. The program will provide information on how medicines work, potential side effects and tips on taking medicines to increase their effectiveness. Ketchum will also discuss over-the-counter medications, vitamins and herbal products. The program will conclude with a question and answer session.

For more information, contact the Southwest Senior Center in Santa Ana at 714-647-5306.

# # #
Food Safety Presentation to be Held in Westminster

(Santa Ana) – A food safety presentation will be held on Thursday, February 22nd, from 5 p.m. to 7 p.m. at the Little Saigon Radio Station, 15781 Brookhurst St., Suite 101, Westminster. The event is presented by Orange County Health Care Agency's Environmental Health in cooperation with the City of Westminster and the Westminster Chamber of Commerce.

The food safety topics to be discussed include:

- The Partnering of Community Food Businesses and Environmental Health to Protect Consumers
- The Inspection Process
- Food Safety Requirements

The program will conclude with a question and answer session with Vietnamese translators available. All local Orange County owners and operators of restaurants and food facilities are encouraged to attend.

###
TOBACCO USE PREVENTION PROGRAM HOSTS A YOUTH ART EXHIBITION

The County of Orange Health Care Agency Tobacco Use Prevention Program (TUPP) will host a Youth Art Exhibition on March 6, 2001 at the Orange County Department of Education located at 200 Kalmus Drive, Room D1002, in Costa Mesa, from 4-6 p.m. The exhibition will showcase a variety of clever anti-tobacco artwork created local Orange County youth.

Over 20 young artists featured in the exhibition developed their work through TUPP’s "Tune Out Tobacco" project. Several of the pieces that will be on display will be actual products that were placed and shown in the community such as a billboard, a movie slide and a produced video Public Service Announcement. The " Tune Out Tobacco" project helps youth (grades 6 through 12) counter the positive portrayal of tobacco in movies, television, billboards, magazines and window advertisements.

The tobacco industry spends more than $16 million each day in the United States (or $11,000 a minute) on advertising and special promotions. By participating in the "Tune Out Tobacco" project, youth have an opportunity to make a positive impact on the entertainment and advertising industries through the development of creative and innovative media products.

The mission of the Tobacco Use Prevention Program is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. TUPP provides services to the residents of the County through youth, community service and public policy programs.

If you would like more information on the art exhibition or how to get involved please call Barbara Soeffner at (714) 834-3232.

# # #
Vitamins: How Much is Enough For Older Adults?

(Corona Del Mar) - The ABC's of vitamins will be reviewed during a free community education program scheduled for Wednesday, March 28 from 11 a.m.-12 p.m. at the Oasis Multipurpose Senior Center, 800 Marguerite Ave., Corona Del Mar.

"Vitamins and the Older Adult" will cover vitamin use and misuse as well as potential side effects. Pharmacist Daniel Ketchum, RPh., of Orange County Health Care Agency Older Adult Services, will also detail the recommended daily allowances of vitamins for the older adult and will answer questions during the one-hour program.

The free program is sponsored by the Oasis Multipurpose Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA). For more information, please call the center at (949) 644-3244.
Calendar Poses Additional St. Patrick's Day Danger

(Santa Ana) - This year's observance of St. Patrick's Day, which falls on a Saturday, may be an especially dangerous time for Orange County motorists, according to the staff of the Health Care Agency's Alcohol and Drug Education and Prevention Team (ADEPT).

County Health Officer Dr. Mark Horton says statistics indicate the danger posed by drunk drivers will spill over far past midnight Saturday. "California Highway Patrol statistics show that most alcohol related fatalities happen between 1 a.m. and 2:59 a.m. Sunday morning, when some of this year's St. Patrick's Day celebrants will be heading home from bars and restaurants," stated Dr. Horton. "On St. Patrick's Day 1999, almost 45% of traffic fatalities were alcohol related. One of the tragedies of drunk driving is that the majority of people killed in alcohol related accidents had not been drinking prior to the crash," Dr. Horton added. "These people are truly innocent victims of those who choose to drink and drive."

Dr. Horton recommends that motorists avoid being on the road between 1 a.m. and 3 a.m. this Sunday morning, as well as be on the alert for drunk drivers during other hours. If alcohol will be a part of your St. Patrick's Day celebration, arrange a ride with a designated driver, make sure you have something to eat during the evening and avoid salty or dry foods that may encourage alcohol consumption. If you plan to celebrate St. Patrick's Day at a restaurant or bar, don't be tempted by themed drink specials, like green beer and Irish-labeled ales, which could lead to increased alcohol consumption.
Correctional Medical Programs Maintain Accreditation

(Santa Ana) - The Orange County correctional healthcare system has been granted renewal of its accreditation by the California Medical Association's Institute for Medical Quality, retaining its status as the largest accredited correctional healthcare system in the state of California.

The Orange County correctional healthcare system is also the fifth largest in the nation to have achieved healthcare program accreditation. The County of Orange Health Care Agency (HCA) provides health services to the correctional system through the Correctional Medical Services and Correctional Mental Health Services programs. According to Institutional Health Services Division Manager Frank Madrigal, "Achieving accreditation is a direct result of excellent team work between the Health Care Agency staff and the Sheriff-Coroner Department. We are proud of their achievements."

An eight-member team from the California Medical Association reviewed the combined efforts of HCA and the Orange County Sheriff's Department in December 2000. The accreditation team, consisting of physicians, psychiatrists and other healthcare professionals, spent two days at the five correctional healthcare facilities, interviewing HCA and Sheriff's Department staff in addition to inmates. The survey to evaluate the quality of inmate medical care included inspection of the medical facilities, a review of medical records and an evaluation of healthcare policies and procedures.

Innovative efforts like the Suicide Prevention Program are shared with other California detention facilities as models for improving healthcare services. Correctional Medical and Correctional Mental Health Services also received honorable mention recognition from the California State Association of Counties in 1998 for first achieving accreditation of the correctional healthcare programs.

# # #
Press Release
For Immediate Release
MARCH 22, 2001

Spay Day Provides Opportunity For Free Spay/Neuter Services

(Orange) - Spay Day USA will be observed this Saturday, March 24 by Orange County Animal Care Services (ACS), with Spay Day activities scheduled for 10 a.m.-2 p.m. at the Animal Care Center, 561 The City Drive South, Orange.

ACS is joining the national observance of Spay Day to emphasize the importance of spaying and neutering pets in reducing the number of unwanted animals. Nationwide, a half million pets have been spayed or neutered through the Spay Day USA program created by the Doris Day Animal Foundation.

All animals adopted from ACS are spayed or neutered before being released to their new homes. Since ACS began this mandatory program in January 2000, over 6,100 animals have been spayed or neutered. Through the generosity of area veterinarians, ACS will provide to adopting families this Saturday a Spay Day certificate good for free pet spay/neuter services. This certificate can be used for an existing family pet or can be shared with a friend. ACS Director Dr. Julie Ann Ryan Johnson believes the Spay Day program will benefit both pets and people. "We'll match people up with a veterinarian in their area, and anticipate that approximately 100 additional pets will be spayed or neutered through this effort," said Dr. Ryan Johnson. "Every pet spayed or neutered means fewer unwanted animals that are placed with a shelter for adoption." Spay/neuter certificates will be distributed while they last.

Individuals adopting pets on Spay Day will also receive a gift tin of "Pound Dog" all natural gourmet dog cookies or a bag of "Feline Pine" natural cat litter. Spay Day displays will feature information on the benefits of having pets spayed or neutered and an animal behaviorist will be on-site at the Animal Care Center to discuss pet behavior problems.

# # #
Health Care Agency Continues Fight Against TB

(Santa Ana) - The observance of World TB Day on March 24 reminds local health professionals that while the number of active tuberculosis cases in Orange County has held steady for the past two years, TB is still an important public health concern.

In both 1999 and 2000, 246 TB cases were reported in Orange County. The TB case rate per 100,000 population is lower in Orange County than the overall rate in California, but higher than the United States rate. County Health Officer Dr. Mark Horton says the health care community should not let down its guard because the number of TB cases is not increasing. "A significant number of Orange County residents are infected with tuberculosis and are at-risk for development of active TB. We must continue working with the county's TB Coalition, the medical community, and other community partners to reach all of those in need of TB testing and treatment," said Dr. Horton.

The Orange County Health Care Agency (HCA) offers diagnosis and treatment services for patients with tuberculosis, including preventive care for those with latent TB. Through clinics located in Santa Ana and Westminster, patients are provided with directly observed treatment, which is considered to be the most cost effective TB treatment available. HCA also offers TB skin testing at clinics in Anaheim and San Juan Capistrano. For information on these clinic facilities, call the HCA Health Referral Line at 1-800-564-8448.

Examples of HCA's outreach efforts include a partnership with St. Anselm's Cross Cultural Center in Garden Grove, where efforts are underway to provide TB prevention, education, testing and treatment in a community setting. As part of the World TB Day observance in Orange County, St. Anselm's will host a presentation on Friday, March 23 to help individuals recognize the symptoms of TB while also providing information on TB treatment.

To raise community awareness of tuberculosis, the Orange County TB coalition-headed by the American Lung Association of Orange County-can provide speakers for presentations to health care providers, community groups and schools. More information about TB is available on the HCA Web site at www.ochealthinfo.com/public/tb/ or from the American Lung Association of Orange County, which provides free educational materials in Spanish and in English. To schedule a presentation or receive information available from the American Lung Association, call (714) 835-5864.

# # #
For Immediate Release
Thursday, March 29, 2001

Contact: Midway City Community Center
(714) 898-0203

Diabetes Update For Older Adults

(Midway City) - Diabetes, which affects nearly one of every five Americans 65 years of age and older, will be the subject of a free community education program on Wednesday, April 4 at the Midway City Community Center, 14900 Park Lane.

Speakers for "Diabetes and the Older Adult" will include pharmacist Daniel Ketchum of Orange County Health Care Agency (HCA) Older Adult Services and registered nurse Jane Hannah of HCA's Preventive Health Care for the Aging program. Topics for the one-hour program, which begins at 12 p.m., will include an overview of diabetes mellitus, its symptoms, and risk factors. Other topics will include the diagnosis and control of diabetes, prevention of long-term complications, the importance of monitoring blood sugar, and new Medicare coverage of monitoring supplies. An update on medications, including drugs under development, will be provided along with information on community diabetes resources.

The free program is sponsored by the Midway City Community Center, along with HCA's Older Adult Services and Preventive Health Care for the Aging programs. For more information, please call the center at (714) 898-0203.

# # #
Overweight Kids: Orange County Policy Makers Address Childhood Obesity Crisis

(Orange) - Children in Orange County are no exception to the staggering increase in childhood obesity in California, and the Orange County Health Care Agency (HCA) is taking a lead role in addressing the problem. A community forum entitled "Addressing Childhood Obesity: Changing the Rule to Favor Health," to be held Tuesday, April 3 from 10 a.m.-12 p.m at Children's Hospital of Orange County (CHOC), will rally together policy makers, elected officials and the community to address this public health crisis.

At the forum, Joel Cohen, author of the legislative report "Overweight Kids: Why Should We Care," will present the latest information about this disturbing trend, the problems and barriers that prevent children from living a healthy lifestyle and what policy makers can do to make a difference. The forum will also feature the presentation of a $169,000 check from the HealthCare Foundation of Orange County to Hoag Memorial Hospital Presbyterian and Latino Health Access to fight pediatric obesity in Santa Ana.

County Health Officer Dr. Mark Horton will present an overview of the problem of childhood obesity in Orange County and he believes it is essential that local decision-makers understand the extent of the problem. "Local policy makers must be informed of the importance this issue to the health of children and families in order to facilitate overall community change," said Dr. Horton.

Statistics show that overweight teens have an 80% chance of becoming overweight adults and that can translate into skyrocketing health care costs. Cohen, an advocate in the battle against childhood obesity, cites increased consumption of fast food and high-sugar beverages combined with a sedentary lifestyle as the primary reasons that pediatric obesity is on the rise. Recent state research shows that many California children suffer from poor nutrition and physical inactivity, with one out of three teens and one out of four children at-risk for or already overweight. Additionally, decreased physical activity in schools and a shortage of low-cost physical activity programs compound the problem.

Many Orange County community organizations are already doing their part to fight childhood obesity. On April 25th, The American Cancer Society will host Spring into Health to educate students about the importance of good nutrition and physical activity. TV Turn-Off Week from April 23rd to April 29th will encourage children and families to turn-off the TV and get moving instead. On May 24th, the Orange County Community Development Council, Inc. will host the Healthy Minds, Health Bodies, Healthy Community Conference 2001 to kick-off the 5 a Day/5 a Week campaign to promote improved nutrition and
increased physical activity this summer in Orange County.

For more information on childhood obesity and what is being done in Orange County to combat this problem, contact David Thiessen, HCA Nutrition Services Program Manager, at (714) 834-8556.
Public Health Week Highlights Orange County's Public Health

(Santa Ana) - Because of public health and the vital role of public health workers, Orange County residents now enjoy better health, live in healthier conditions, know more about how to take care of their health, and live longer than at any time in the past. Public Health Week, April 2-8, is a nationwide health promotion focusing on the many public health programs and services that protect community health, prevent the spread of disease, keep the environment safe, promote healthy behaviors, prevent injuries, assure quality health care and respond to disasters.

"National Public Health Week provides an excellent opportunity to highlight and commend the exemplary efforts of public health professional in Orange County who protect, promote and enhance the health of our community," said to Dr. Mark Horton, Orange County Public Health Officer. He continued, "In recognition of Public Health Week, the California Department of Health Services will release a report next week that indicates that Orange County has met Healthy People 2010 objectives for reducing death rates due to motor vehicle accidents and diabetes, although the report also reveals we still have a great deal of work to do to meet our objectives in other areas."

Activities planned for Public Health Week include presentation of a Resolution by the Orange County Board of Supervisors, Gerald Wagner Health Education Award, Childhood Obesity forum and an essay contest for youth.

Attachment: Public Health Week Event Calendar
Orange County Health Care Agency
Public Health Week Event Calendar

- Public Health Week Resolution, presentation by the Orange County Board of Supervisors, April 3; 9:30 a.m.; Hall of Administration, 10 Civic Center Plaza, Santa Ana.

- Addressing Childhood Obesity: Changing the Rules to Favor Health, a forum for public officials, school administrators, health professionals, community groups and parents to learn about the causes of childhood obesity and identify policy interventions to address this growing health concern; April 3, 10 a.m. to 12 p.m.; Children’s Hospital of Orange County, Harold Wade Education Center, 2nd floor, CHOC West, 455 S. Main St.,
Orange (714) 834-8556

- SIDS: The Exciting Facts and Reducing the Risk of SIDS, presentation will include factors about the decline of SIDS deaths in OC, behavior risk factors and information about the "Back to Sleep" national campaign for Spanish and English child care providers; April 3; 7 -9 p.m.; Children's Home Society of California, 1950 E. 17th St., Suite 150, Santa Ana. (714) 834-4429

- Removing the Stigma; Issues in Substance Abuse & Aging Workshop, workshop includes lunch and resource fair; April 3; 8 a.m. - 3:30 p.m.; Costa Mesa Neighborhood Community Center, 1845 Park Ave., Costa Mesa. (714) 834-6281

- Back That Ash Up Youth Coalition, tobacco education and prevention coalition meeting; April 3; 4 - 7 p.m.; 405 W. 5th St., Suite 203, Santa Ana. (714) 834-3232

- South Orange County Substance Abuse Prevention, monthly coalition meeting; April 4; 6 p.m.; Saddleback Memorial Medical Center, Conference Room #4, 24451 Medical Center Drive, Laguna Hills. (714) 834-5663

- Gerald Wagner Health Education Award, award for community member performing outstanding health education service in the community, April 5, 11 a.m. - 12:30 p.m.; MOMS, 1212 N Broadway, Suite 150, Santa Ana. (714) 834-7460

- Physical Activity and How it Affects Me, essay contest for youth; April 5-9. (714) 796-0251

# # #
For Immediate Release
TUESDAY, APRIL 3, 2001

Orange County Progresses Toward Healthy People 2010 Goals

(Santa Ana) – Orange County has met or is approaching ten of the twenty objectives set for the national Healthy People 2010 program, according to a new report from the California Department of Health Services.

The state’s annual report, County Health Status Profiles 2001, is released in conjunction with the observance of Public Health Week. Orange County has already met or exceeded goals for reducing motor vehicle and diabetes deaths, as well as increasing the initiation of breastfeeding. In addition, the county is approaching Healthy People 2010 objectives for lung cancer, breast cancer, measles, infant mortality, low birth weight, homicide and suicide.

County Health Officer Dr. Mark Horton is pleased with the county’s progress toward the national objectives. "Along with our performance as compared to the national goals, the report also shows Orange County performs better than statewide rates on 22 of the 26 health measures," said Dr. Horton. "However, the report indicates that we must make significant progress in several areas, including deaths due to cancer, coronary heart disease and cerebrovascular disease. This information will be invaluable as we plan the county’s public health efforts for the coming years."

For Immediate Release
Wednesday, April 4, 2001

Pack Up Your Prescriptions For a Free Medicine Review

(Anaheim) - Anaheim area senior citizens will have a convenient opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Wednesday, April 18 at the Anaheim Senior Center, 250 E. Center Street.

The free 30-minute consultations will be offered by appointment between 9 a.m. and 12 p.m. on April 18. To schedule an appointment, please call the Anaheim Senior Center at (714) 765-4510. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to maximize their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Anaheim Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).

# # #
For Immediate Release
Wednesday, April 11, 2001

Vitamins: How Much is Enough For Older Adults?

(Santa Ana) - The ABC's of vitamins will be reviewed during a free community education program scheduled for Tuesday, April 24 from 10 a.m.-10:45 a.m. at the Southwest Senior Center, 2201 W. McFadden St., Santa Ana.

"Vitamins and the Older Adult" will cover vitamin use and misuse as well as potential side effects. Pharmacist Daniel Ketchum, RPh., of Orange County Health Care Agency Older Adult Services, will also detail the recommended daily allowances of vitamins for the older adult and will answer questions at the conclusion of the presentation.

The free program is sponsored by the Southwest Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA). For more information, please call the center at (714) 647-5306.

# # #
For Immediate Release
Wednesday, April 11, 2001

Finding A Safe Solution To Sleep Problems In Older Adults

(Corona Del Mar) - A free community education program focusing on sleep problems faced by older adults will be offered Wednesday, April 25 from 11 a.m.-12 p.m. at the Oasis Multipurpose Senior Center, 800 Marguerite Ave., Corona Del Mar.

Seniors experiencing sleep problems may turn to prescription medications, over the counter drugs or herbal products in their effort to find relief. Guest speaker Daniel Ketchum, RPh., a pharmacist with Orange County Health Care Agency Older Adult Services, will provide facts about sleep patterns in the older adult, the risks and proper use of medications, and non-medication alternatives that may offer relief.

"Sleep Problems-Issues for Older Adults" is sponsored by the Oasis Multipurpose Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA). For more information, please call the center at (949) 644-3244.

# # #
For Immediate Release
Wednesday, April 25, 2001

Orange County Mental Health Services Get Boost from Opening of Mission Viejo Facility

(Mission Viejo) – County of Orange officials, community mental health advocates and Health Care Agency (HCA) representatives will join Thursday, April 26 to celebrate the opening of the new Royalé Mission Viejo mental health facility with a 9:30 a.m. ribbon cutting ceremony.

Participating in the ribbon cutting ceremony and program will be County of Orange Board of Supervisors Chair Cynthia P. Coad, Third District Supervisor Todd Spitzer, Mission Viejo Mayor Pro Tem Susan Withrow and Howard Black, NAMI California. Royalé Mission Viejo, located at 23228 Madero, will provide services to eighty clients under a contract with the Orange County Health Care Agency, which was recently approved by the Board of Supervisors.

Health Care Agency officials say the beautiful facility represents several important improvements in community mental health services. "Royalé Mission Viejo will provide much needed in-county mental health rehabilitation services, which will benefit consumers and their families," said Julie Poulson, HCA Director. "The facility brings important services to South County and marks the culmination of several years of planning," added Doug Barton, HCA Deputy Agency Director/Behavioral Health Services

Royalé Mission Viejo will combine therapeutic treatment of initial or chronic mental illness with a focus on helping consumers develop the skills necessary for an independent lifestyle. Recreational therapy, leisure activities, special outings and a consumer-driven prevocational program are designed to compliment the therapeutic programs.

# # #
Mental Health Public Hearing Planned

(Santa Ana) - Mental illnesses do not discriminate - they affect all segments of Orange County residents, rich and poor, young and old, white and black, Hispanic and Asian. In an effort to hear about concerns and suggestions for mental health services in Orange County, the public is invited to attend a Public Hearing sponsored by the Orange County Mental Health Board on May 23rd, 9:30 a.m. to 11a.m., Hall of Administration, Board of Supervisors and Planning Commission Meeting Rooms, 10 Civic Center Plaza, Santa Ana.

Mental Health Month is observed every May, both nationally and locally. "Mental Health Month provides an excellent opportunity to remind us that mental illness is a brain disease, not unlike any other physical illness, that affects at least one of five people, personally or through a family member," said Douglas Barton, Deputy Agency Director, Behavioral Health Services, Orange County Health Care Agency.

# # #
Pack Up Your Prescriptions For a Free Medicine Review

(Brea) - Brea area senior citizens will have a convenient opportunity to consult with a pharmacist and a nurse about their current medications at a "Brown Bag Day" event Thursday, May 24 at the Brea Senior Center, 500 S. Sievers.

The free consultations, which take approximately 45 minutes, will be offered by appointment between 9 a.m. and 12 p.m. on May 24. To schedule an appointment, please call the Brea Senior Center at (714) 990-7750. Participants should bring all of their prescription medications, over the counter drugs, herbal products and vitamins. A pharmacist and nurse will answer questions about possible side effects as well as the best way to take medications to improve their effectiveness. Participants will also be asked to fill out a brief medical history form before their consultation.

The "Brown Bag Day" event is sponsored by the Brea Senior Center, County of Orange Health Care Agency Older Adult Services and Preventive Health Care for the Aging (PHCA).

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For Immediate Release
THURSDAY, JUNE 7, 2001

Survey Finds Need For Prevention Programs Among Orange County Residents With HIV-Infection

(Santa Ana) - A new survey of more than 500 HIV-infected persons in Orange County shows the need for prevention programs to target questionable beliefs and high-risk sexual behaviors.

Survey results show one in three respondents believe that because of new HIV treatments, HIV is no longer a life-threatening disease. Orange County Health Care Agency officials say this belief is unfounded and it shows that many persons with HIV do not recognize the seriousness of their disease. The study also found that one in four persons surveyed had multiple sexual partners in the past six months and a like percentage had engaged in unprotected sex during the same period. Of persons who reported participating in surveyed sexual behavior at least once in the past six months, 43% said they rarely or never discussed HIV before having sex, and almost one-quarter said they did not know the HIV status of one or more of their sexual partners.

"HIV treatments have clearly improved the health of many HIV-positive persons in Orange County," said Dr. Mark Horton, County Health Officer and Deputy Agency Director/Public Health Services. "The open question was whether their beliefs about the disease were also being affected by the treatments. Now, with this new study, we know. The next step is to provide prevention programs that accurately describe the impact of the new treatments on HIV and help persons who are HIV positive practice safe sex."

Other disconcerting findings were reported in the study. For example, one in two respondents said that people in general are now less worried about getting HIV. Fourteen percent of the respondents said that HIV-positive persons who use the new treatments are less likely to transmit HIV during sex. However, there currently is no solid evidence showing that use of the new treatments reduces transmission of the disease. Seven percent of the respondents said they were now more willing to have sex without a condom because of the new treatments.

HIV-infected individuals traditionally have not been a focus of prevention efforts for reasons including the belief that relatively few engaged in sex after learning they were infected. Also, advocates for persons with HIV have long argued that the primary needs of persons with the disease were medical and social services to support the final stages of life. However, new treatments for HIV have resulted in many persons with HIV living longer and feeling better. "The findings in this study leave no doubt that the absence of prevention
efforts for HIV-positive individuals is a big gap in the battle against HIV," says Dr. Horton.

The study was recommended by the Prevention Planning Committee of the Board of Supervisors-appointed HIV Planning Council. It was commissioned by the Orange County Health Care Agency, Office of HIV Programs, funded by the California State Office of AIDS, and conducted by the Public Statistics Institute of Irvine. Participants in the study were clients at nine Ryan White CARE Act-funded clinics and service providers in Orange County.

# # #
Syphilis Rates On The Rise In Orange County

(Santa Ana) - From a low of 18 cases in 1997, newly acquired syphilis infections in Orange County rose to 47 in the year 2000, an increase of 161%. This increase appears to be continuing into 2001, with 18 cases of recently acquired syphilis infection reported to the Orange County Health Care Agency through March, twice the number reported in the first three months of 2000.

Not since the early days of the AIDS epidemic has there been such an increase in the transmission of Sexually Transmitted Diseases (STDs). Syphilis, if caught early, can be successfully treated. Untreated, syphilis can lead to serious health problems, including death. "Although the number of syphilis cases is not as large as in the mid-nineties, we are still seriously concerned about the recent increase," said Dr. Mark Horton, County Health Officer and Deputy Agency Director/Public Health Services. "Unprotected sex can transmit syphilis and other sexually transmitted diseases as well as increase the risk of HIV transmission."

The most recent outbreak has been traced to patrons of four local bars serving the gay community, primarily Latino men. This recent trend toward a relapse to risky behaviors, especially in men who engage in sexual behavior with other men, underscores the need to balance optimism about HIV treatment successes with the continued reality that people are still becoming infected with HIV and that HIV/AIDS is not a curable disease. The Health Care Agency is currently working with these establishments to educate their customers about the risks of STDs and how to prevent infection. "People should understand that STDs are transmitted through sexual contact; anyone who engages in unprotected sexual activity is at risk of infection," said Dr. Penny Weismuller, STD Controller for the Orange County Health Care Agency.

This recent outbreak also highlights the need for continued education about HIV/AIDS prevention to the gay community. "Since HIV disease is also transmitted through sexual contact, it is reasonable to believe that the increase in syphilis could lead to increases in HIV infection as well. There must be a continued cautionary message that unprotected sex can transmit syphilis and other STDs and increase the risk of HIV infection," said Dr. Weismuller. This outbreak has signaled an immediate call to action. The Health Care Agency is working cooperatively with community agencies providing HIV/STD interventions as well as with health care providers to educate people at risk and prevent new infections of all STDs.
Initially, syphilis may cause a genital lesion followed in a few weeks by a body rash. When diagnosed and treated in its early stages, syphilis can be cured with antibiotics. Left untreated, in its later stages, syphilis can damage vital organs like the brain and heart and even cause death. It is important that people understand that the consequences of untreated syphilis are serious. Individuals at risk of infection, or who believe they may be infected, should consult their doctor or contact the Health Care Agency and get tested and, if infected, receive treatment. Persons with questions should not hesitate to call the Health Care Agency Special Diseases Clinic at (714) 834-8593.
TOBACCO USE PREVENTION PROGRAM HOSTS A BILLBOARD UNVEILING/DEDICATION

(Santa Ana) - The County of Orange Health Care Agency Tobacco Use Prevention Program (TUPP) will join community leaders, educators and students who are gathering on June 15, 2001, from 11:27 AM to 12:04 PM, for the unveiling/ dedication of an anti-tobacco billboard. The dedication will take place at Spurgeon Intermediate located at 2701 W. 5th St. in Santa Ana across from the billboard location, which is at 2828 W. 5th St in Santa Ana (at the location of Storage USA).

Nicole Pimentil, who attends Spurgeon Intermediate, is the young artist who created the artwork for the billboard. Students from Warner Middle School developed the artwork while participating in the Tobacco Use Prevention Program "Tune Out Tobacco" project. Dignitaries from the school district, city and county government will be on hand to participate in the day’s event.

The tobacco industry spends more than $16 million each day in the United States (or $11,000 a minute) on advertising and special promotions. The "Tune Out Tobacco" project helps youth in grades 6 through 12 counter the positive portrayal of tobacco in movies, television, billboards, magazines and in store advertising. By participating in the "Tune Out Tobacco" project youth have an opportunity to make a positive impact on the entertainment and advertising industries through the development of creative and innovative media products.

The mission of the Tobacco Use Prevention Program is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. TUPP provides services to the residents of the County through youth, community service and public policy programs.
Wong Named Director of Environmental Health

(Santa Ana) – A 24-year veteran of the Orange County Health Care Agency’s Environmental Health Division, Steven K. Wong, REHS, MPH, has been named the division’s new Director.

The appointment of Wong as Director of Environmental Health was announced by Mike Spurgeon, Health Care Agency (HCA) Deputy Agency Director/Regulatory Health Services. "In addition to Steven’s excellent managerial skills, he brings to the position a wealth of experience, dedication and professionalism developed during his 24 years of County service," stated Spurgeon. Wong called his selection as Director a tremendous honor. "We have a terrific team at Environmental Health and it is a great pleasure to work with many talented professionals who are dedicated to achieving our mission," Wong said.

Wong has served as the Interim Director of Environmental Health since November 2000 and as Assistant Director since 1985. His career with Orange County began in 1977 as an Environmental Health Specialist and he later served as manager of the Hazardous Waste Program. Among his many career accomplishments, Wong was selected the California Environmental Health Specialist of the Year in 1983 and was included in the Who’s Who Environmental Registry in 1994. He has also served as Chairman of the Hazardous Waste Technical Advisory and Training Committees for the California Conference of Directors of Environmental Health.

Originally from Hong Kong, Wong immigrated with his family to the United States in 1969. He received his Bachelor of Science Degree in Environmental Health from California State University, Los Angeles and his Master of Public Health in Environmental Health Management from the University of California, Los Angeles.

HCA Environmental Health works to ensure a healthful environment for Orange County residents, workers and visitors through pollution prevention, food protection, water quality, pool safety and housing and institutions programs.

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For Immediate Release
MONDAY June 18, 2001

Protect Your Pets On The 4th Of July

(Santa Ana) - Orange County Animal Care Services would like to remind pet owners of the need to pay extra attention to the safety and comfort of their pets before, during and after any 4th of July celebrations. As the holiday rapidly approaches, there are a few precautions a pet owner can take to ensure that the celebration will be a happy one for both the pet and owner.

- **If possible, keep your pets inside.** An animal's hearing is far more sensitive than a human's hearing. Keeping your pets indoors helps them to feel protected. The sound of a radio or TV can help mute the clamor of fireworks.

- **ID tags and licenses are your pets ticket home.** Nothing frightens animals more than sudden loud noises and sharp explosions of fireworks. Animals have been known to jump fences, break through windows, or break their leash in a panic to "escape" the terror. It only takes a moment to check to make sure that the information on your pet's collar is up to date and legible. If your pet's tags have fallen off, REPLACE THEM IMMEDIATELY. A new license can be obtained at the Orange County Animal Care Center 561 The City Drive South, Orange or by calling (714) 935-6300. An animal ID tag can be purchased at most veterinarian offices, pet supply stores, or certain discount stores. Microchips, a permanent identification, are also available at your veterinarian’s office.

- **Leave your pet at a boarding facility.** If you will be out of town for the holiday, do not leave your pet unattended. It is well worth the expense and peace of mind to ensure that your pet will be safely waiting for you when you return.

- **Consult a veterinarian.** There are tranquilizers available, as well as homeopathic remedies to help relieve some of the anxiety associated with the noise and increased activity.

In the event your pet does manage to escape, check your animal care center and the shelters in the surrounding areas. Post signs in your neighborhood with a photo of your pet. Remember your pet was frightened and may have fled beyond its normal, familiar territory. Place ads in local newspapers, most will advertise at no charge. Contact Animal Assistance League at (714) 978-PETS.
July 5th is the busiest day of the year at animal shelters nationwide. Please don’t let your pet become a statistic.

# # #
Five Orange County High Students Honored For Health and Nutrition Essays

(Santa Ana) – Students from four Orange County High Schools have been awarded honors in this year’s 4th Annual Health and Nutrition Essay Contest, sponsored by the Orange County Health Care Agency and Orange County Nutrition Alert Coalition.

Westminster High School student Thang Pham was awarded first place for an essay entitled "A Life-Altering Experience." Last year, Pham won second place in the contest. The County of Orange Board of Supervisors will honor Pham and the four other student winners at the Board’s June 26th meeting. Pham will also receive a $200 United States Savings Bond to continue his educational experience and a $20 gift certificate from Barnes & Noble Bookstores. Other winners included:

- **Jonathan Baustani**, Edison High School, Second Place
  "Calcium and Bones"

- **Tristen Auxier**, Valley High School, Third Place
  "Calcium and Strong Bones"

- **Cindy Abramovitz**, Vineyard Christian School, Honorable Mention
  "Dehydration"

- **Pham Quan**, Valley High School, Honorable Mention
  "Hunger and Its Affects on Learning"

The contest is held annually to encourage Orange County high school students to explore the relationship between health and nutrition and to encourage the use of reliable sources of nutrition information. Over 220 entries were submitted in this year’s Essay Contest.
Orange County Health Care Agency Observes National HIV Testing Day

(Santa Ana) – The importance of HIV testing in providing early treatment and risk-reduction education is being stressed by the Orange County Health Care Agency (HCA) in its observance of National HIV Testing Day on Wednesday, June 27.

HCA provides free and anonymous HIV testing through a site located at 1725 W. 17th Street in Santa Ana. Testing is offered Monday through Friday from 8 a.m. until 4 p.m. with extended hours until 5:30 p.m. on Tuesday evenings. HIV testing is also offered on Wednesdays at a satellite facility in Anaheim and on Thursday afternoons at a satellite facility in San Juan Capistrano. For more information on the availability of HIV testing, call (714) 834-8787.

HIV testing is also offered at these additional Orange County locations:

- The Center in Garden Grove provides testing every other Saturday.

  Call to very testing day - (714) 534-0862

- Laguna Beach Community Clinic - (949) 494-0761 ($5 donation requested)

- Huntington Beach Community Clinic - (714) 847-4222

County Health Officer Mark Horton, M.D., stressed that testing is the only way to know whether someone has human immunodeficiency virus, or HIV infection. "Don’t rely on symptoms to alert you to the need for HIV testing," Dr. Horton said. "Most people with HIV infection are unaware of any symptoms. If you may be at-risk of HIV infection because of blood-to-blood exposure or sexual contact, get tested and know your HIV status," Dr. Horton stated.
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- **Leave your pet at a boarding facility.** If you will be out of town for the holiday, do not leave your pet unattended. It is well worth the expense and peace of mind to ensure that your pet will be safely waiting for you when you return.

- **Consult a veterinarian.** There are tranquilizers available, as well as homeopathic remedies to help relieve some of the anxiety associated with the noise and increased activity.

In the event your pet does manage to escape, check your animal care center and the shelters in the surrounding areas. Orange County Animal Care Services’ web page, found at www.ocpetinfo.com, provides a convenient way to check on-line for a lost pet. Post signs in your neighborhood with a photo of your pet. Remember your pet was frightened and may have fled beyond its normal, familiar territory. Place ads in local newspapers and contact the Animal Assistance League at (714) 978-PETS. July 5th is the busiest day of the year at animal shelters nationwide. Please don’t let your pet become a statistic.

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Chromium Contamination Found in Samples at Site in Santa Ana

(Santa Ana) - Information recently provided by the California Department of Toxic Substances Control (DTSC) indicates that Chromium contamination is present in soil and shallow groundwater at an industrial site located at 2136 South Hathaway in the City of Santa Ana. Although Chromium-6 is a carcinogen, officials indicate there is no immediate threat to public drinking water.

The source and extent of the contamination at the Hathaway site is being determined through the oversight of DTSC. The investigation by a private consultant involved soil samples and the analyses of water samples from two shallow groundwater-monitoring wells located at the Hathaway site. The soil and groundwater samples indicated elevated levels of Total Chromium and Chromium-6. The highest concentrations of Total Chromium present were: 1,300 parts per million (ppm) (soil) and 450 ppm (water). The Maximum Contaminant Level (MCL) for Total Chromium is .05 ppm. MCLs are the highest permissible concentration of a substance allowed in drinking water. The highest concentrations of Chromium-6 present were: 1,500 ppm (soil) and 500 ppm (water). There is currently no MCL for Chromium-6, but the Department of Health Services (DHS) has adopted a regulation identifying Chromium-6 as an unregulated chemical requiring monitoring.

In May/June 2001 the Orange County Water District analyzed water samples from the two drinking wells located approximately one half mile from the site, and confirmed that no Total Chromium or Chromium-6 was detected in the wells. There is no indication that the contamination has impacted any drinking water wells. The contamination at this site, therefore, does not appear to currently pose a threat to public drinking water supplies. The Orange County Water District will again analyze samples from the drinking water wells for Total Chromium and Chromium-6 in approximately six months, in accordance with the DHS requirement. If Total Chromium or Chromium-6 is detected, the Orange County Water District will continue to sample the wells every six months.

If the contaminated groundwater reaches drinking water supplies, a potential health threat could exist. According to the California Department of Health Services, however, Chromium-6 is a carcinogen that is more dangerous through inhalation than ingestion.

The County of Orange Health Care Agency/Environmental Health has been designated by the Board of Supervisors as the representative for the purposes of Proposition 65 reporting under the Safe Drinking Water and Toxic Enforcement Act of 1986. The purposes of Proposition 65 reporting are to protect the public and its drinking water resources, and to
inform the public about potential exposures to chemicals.

County of Orange Health Care Agency/Environmental Health will continue to work cooperatively with the DTSC and other agencies to monitor the progress of the situation, and will update the public as necessary. The DTSC is the lead agency for this site and will be overseeing the assessment and cleanup of the contamination. Further information regarding the DTSC’s involvement with this site can be obtained through Ms. Jeanne Garcia, Public Information Officer, at (818) 551-2176.

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Santa's Elves Needed For Holiday Workshop

Santa Ana - Crafters with a special interest in creating holiday decorations and boutique items are needed as seasonal volunteers for a program that helps at-risk youth receiving mental health treatment in Orange County.

Volunteers with a wide range of skills will help create hand-crafted items for a fund-raising boutique to benefit activities of Children and Youth Services (CYS)-Project Together, a program of Orange County Health Care Agency's Behavioral Health Services. Volunteers may spend a few hours or an entire day crafting gift items at CYS-Project Together's central office in the Santa Ana Civic Center area. The annual Holiday Boutique sale, held in November, raises funds to support Project Together's mentor/child activities and outings. If you are interested in volunteering, or would like more information, please contact CYS-Project Together at 714-796-0100.

CYS-Project Together, in conjunction with the Mental Health Association of Orange County, works to enhance the lives of at-risk children who are in mental health treatment in clinics throughout Orange County. The focus of the program is to recruit and train adult volunteers from the community to mentor these children, forming a special friendship and serving as a positive role model. According to Sharon Modaff, Service Chief and director of the program, Project Together is a great boost to children. "The mentoring experience can enhance the child’s overall treatment program, promote self-confidence, and can have a positive effect on the child as he or she becomes an adult," Modaff said.
Former Cambodian Refugee To Receive Community Service Recognition Award

(Irvine) – A man who once provided care to survivors of the "Killing Fields" in Cambodia will receive the inaugural Community Service Recognition Award at the Orange County Multi-Ethnic Behavioral Health Services Task Force Conference, August 10 at the Hyatt Regency Irvine.

The award for Heat Cheng Leao recognizes his efforts in health and consumer education for Cambodians in Orange County. Heat currently works for the Cambodian Family Agency as a community educator. He is also an active participant in many other organizations, including the Multicultural Outreach Committee, the Alzheimer’s Association of Orange County Speakers Bureau, the Safe Health Care Coalition, the Tobacco Use Prevention Project, the Southeast Asian Archive at UC Irvine, the Tuberculosis Coalition, the Asian Pacific Advisory Council of Orange County and the Orange County Asian Pacific Islander Community Alliance.

Heat was the Chief Veterinary Officer in Cambodia prior to the war, then spent two years in refugee camps after surviving the Pol Pot regime. While in the refugee camps, he was trained by French physicians and ran a clinic to treat his fellow Cambodians. Although the United States is now his home, Heat is participating in the rebuilding efforts in Cambodia. As one of the few remaining authorities on veterinary medicine, Heat has traveled back to Cambodia to teach and develop educational materials.

The goal of the conference, entitled "Developing Multicultural Skills for Community Work," is to provide community service agencies with up-to-date information, education, networking and learning opportunities. For more information about the conference, contact Patricia Lazalde, Ph.D., Chair of the Multi-Ethnic Behavioral Health Services Task Force, at (714) 834-0757.
For Immediate Release
Tuesday, August 14, 2001

Back-To-School Plans Should Include Children’s Required Immunizations

(Santa Ana) – Orange County parents making back-to-school preparations should add one important item to their list – an early trip to their health care provider for their children’s required immunizations.

"August is the best time for back-to-school immunizations and the earlier in August, the better," said Gerald A. Wagner, M.D., medical director of the Orange County Health Care Agency’s immunization program. "Our immunization clinics are not as busy now as they will be during the first week of September, meaning there are shorter waits now for clinic visits."

The Health Care Agency offers immunization clinics in Santa Ana, Buena Park, Costa Mesa and San Juan Capistrano. For information on days and hours of operation, call the Health Referral Line at 1-800-564-8448.

This time of year is also ideal for a back-to-school health check-up for your child. "Proof of a physical examination is required for all children entering first grade," said Dr. Wagner. "We hope parents will take this opportunity to ensure that their children are ready to return to school. School supplies and new clothes are important, but up-to-date immunizations and a good health report are far more significant."

This year, the State of California has added a requirement for a chickenpox, or varicella, immunization for all children entering kindergarten, for children 18 months of age and older who are enrolled in childcare, and for any child entering school in California for the first time, regardless of age. If a child has already had chickenpox, your healthcare provider can indicate this information on the child’s immunization record to fulfill the entry requirement.

Because of the nationwide shortage of tetanus vaccine, routine boosters of tetanus-containing vaccines are not currently being offered. Only those doses of tetanus vaccines necessary to meet school entry requirements for the completion of a basic immunization series are being given at this time.
A Personal Story of Survival and Success Offered at September Refugee Conference

(Santa Ana) – Actress Kieu Chinh, star of the movie The Joy Luck Club, will share her journey from refugee to film star at The Southern California Refugee Conference, to be held Wednesday, September 12 from 8 a.m.-5 p.m. at the Newport Beach Marriott Hotel.

Chinh was born in Hanoi, Vietnam and overcame the loss of most of her family to become the biggest female star in Indochina, only to lose everything again with the fall of Saigon. Since coming to America, she has appeared in over 50 films and television shows and was recognized by the U.S. Congress as "Refugee of the Year" in 1990. Her keynote address will focus on her unforgettable tale of survival, women’s empowerment and Asian-American awareness.

The Southern California Refugee Conference, a first of its kind effort to foster understanding of the mental health needs of refugees, is being hosted by the County of Orange Health Care and Social Services Agencies. Sponsors of the conference include the State Department of Social Services, State Department of Mental Health and State Department of Health Services. The conference is designed to benefit mental health, social service or health care providers who may serve refugee populations.

Plenary and workshop sessions will provide participants with information on a wide range of topics including post traumatic stress disorder, refugee alienation and distress syndrome, and the mental health implications of infectious disease control in refugee communities. Continuing education credits for attendance will be offered to many professionals. More information on the conference, including the conference program and registration information, is available on the Orange County Health Care Agency’s Web site at www.ochealthinfo.com/refugees or by calling (714) 796-0188.
Avoid Contact With Wild Animals Says Health Officer

(Santa Ana) -- Two bats found recently in Irvine have tested positive for rabies, said Dr. Mark Horton, Orange County Health Officer. In California, bats are the animals most commonly found to be rabid. "While rabid bats are identified every year in Orange County, this new find is a reminder to all Orange County residents to avoid any contact with wild animals," said Horton.

Rabies is transmitted by the bite of an infected animal or, rarely, from a scratch if the animal’s saliva gets into the scratch. Most cases of human rabies contracted recently in the United States have resulted from bat strains of rabies. Bats have very small teeth and their bites often go unnoticed.

Anyone who has had contact with a bat should call the Health Care Agency's Communicable Disease Control & Epidemiology at (714) 834-8180 to be evaluated for risk of rabies. If exposure to rabies could have occurred, there is a safe and effective treatment to prevent rabies from developing. Modern treatment for rabies uses a vaccine which is given in the arm just like other vaccines.

Horton recommends the following for prevention of rabies:

- Avoid all contact with wild animals.
- Vaccinate all cats and dogs against rabies.
- Do not sleep with open, unscreened windows or doors.
- If bats are seen inside the house or other structure, close off the area and contact animal control. After removing the bat(s), close off any areas that permit entrance into the house.
- Do not leave pet food outside where it will attract wild animals.
- Immediately wash all animal bites with soap and water, being sure to flush the wound well, then contact your doctor.
- Report all animal bites to your local animal control or to the County's Animal Care Services Rabies Control at (714) 935-6106.
- Obey leash laws.

Report stray animals to your local animal control or to the County’s Animal Care Services at (714) 935-6848.

# # #
For Immediate Release
THURSDAY, SEPTEMBER 7, 2001

"Big Tobacco" Gets Dunked

(Santa Ana) -- Fight beach pollution and cigarette smoking this Saturday by trying to dunk "Mr. Big Tobacco Executive" at a dunking booth sponsored by the County of Orange Health Care Agency's Tobacco Use Prevention Program (TUPP) on September 8 from 8 a.m.-6 p.m. at the corner of Sixth Street and Ocean Boulevard in Seal Beach.

The dunking booth is part of the annual Seal Beach Sandcastle Building Contest, hosted by the Seal Beach Chamber of Commerce. Proceeds from the event will augment environmental programs in and around Seal Beach. Parking is free, as is shuttle bus service from the parking lot to the event.

Visitors to the TUPP booth pay for the privilege of dunking "Mr. Big Tobacco Executive" by collecting 20 cigarette butts from the nearby beach. Collectors will be given hand-protecting latex gloves and small plastic beach pails to use while collecting. All the collected cigarette butts will be stored in a large, clear container for the daylong event to visually demonstrate that cigarette butts are one of the major beach polluters.

Youths from the TUPP Youth Coalition--teens who promote smoking prevention and cessation--will be on hand to greet visitors, do face painting, apply trendy, temporary anti-smoking tattoos, distribute information about tobacco use prevention and recruit teen and adult volunteers.

For additional information on TUPP's dunk booth or background on TUPP, call (714) 541-1444.
Health Care Agency Recommends Mental Health Support

(Santa Ana) - The County’s Health Care Agency director warns the public to listen to their feelings.

“Tuesday’s tragic events may trigger exaggerated anxiety and fear,” said Julie Poulson, Director, Orange County Health Care Agency. "I encourage everyone to be sensitive to how they’re feeling. Professional support may be necessary if these feelings are extremely severe or last longer than a few weeks."

The following are just a few of the symptoms that may occur:

- Sadness/apathy
- Headaches
- Agitation/anger
- Upset stomach
- Fatigue
- Difficulty concentrating
- Difficulty sleeping/nightmares
- Feeling helpless

If these symptoms persist, it would be prudent to seek help from a doctor, mental health professional, or the Mental Health Assistance Line at (714) 628-7085. A special Mental Health Assistance Line will activated Friday, September 14, at 2 p.m. and will be available seven days a week from 8 a.m. to 9 p.m. until further notice. The Assistance Line will be staffed by mental health professionals and is a joint partnership between the Health Care Agency and the American Red Cross Orange County Chapter.

# # #
Workshop Focuses on Growing Senior Health Problem

(Irvine) – The abuse or misuse of medications, which may affect as many as one out of every six older adults, will be the subject of a September 28th workshop for healthcare professionals to be held at the Irvine Civic Center Auditorium.

The program, entitled "Medication Abuse and Misuse Among Older Adults," is the final session in a series of workshops designed to improve the clinical skills of healthcare and senior service providers. Americans 65 years of age and older consume more prescribed and over-the-counter medications than any other age group. As this age group increases in size, healthcare professionals are concerned about the dangers of medication abuse and misuse.

Presenters for the workshop will include Solomon Liao, M.D., a geriatric medicine specialist at UC Irvine Medical Center, and Dan Ketchum, R.Ph., a pharmacist for the Orange County Health Care Agency Older Adult Services.

Workshop registration will begin at 8 a.m., with the program scheduled for 9 a.m.-12 Noon. The workshop is sponsored by the Mental Health Association of Orange County (MHA), the UC Irvine Academic Geriatric Resource Center, the County of Orange Health Care Agency Older Adult Services and the City of Irvine. Registration information is available from MHA by calling (714) 547-7559 or on-line at www.ochealthinfo.com/behavioral/amhs. Continuing education hours are available for nurses, licensed clinical social workers, marriage and family therapists, psychologists and residential care facility administrators.

# # #
Free Flu Shot Clinics Begin November 5

(Santa Ana) - Free flu shots for those at highest risk from influenza will be available beginning November 5 at County-operated clinics, said Orange County Health Officer Dr. Mark Horton.

This year’s supply of influenza vaccine is expected to be sufficient to meet the nation’s needs, and the vaccine is expected to be delivered to providers earlier than last year. "Medicare and many insurance plans cover the cost of flu shots, so we encourage seniors and others who want flu shots to contact their private physician or other local providers," said Dr. Horton. "These private providers may have flu shots available before our annual vaccination effort begins."

The county’s annual influenza vaccination program is targeted to protect people age 60 years and older and those with chronic diseases such as asthma and other respiratory problems, kidney disease, anemia, heart disease and diabetes. In addition, women who will be in the second or third trimester of pregnancy during the influenza season, children on long-term aspirin therapy and individuals with suppressed immune systems are eligible for the county’s flu shot program. "The flu shot is one of the most effective public health measures we have. Some of the best advice I can give to our senior citizens and people of all ages with chronic health problems is to receive a flu shot annually," recommended Dr. Horton.

Free flu shots for people age 60 and older and others eligible for the county flu shot program will be available beginning November 5 at these Health Care Agency walk-in immunization sites:

- **Santa Ana**: 1725 W. 17th Street: Monday through Friday, 8 a.m. to 4:30 p.m., Tuesday evenings until 7 p.m.
- **Buena Park**: 7342 Orangethorpe: Tuesdays, 12 p.m. to 4 p.m., Thursdays, 8 a.m. to 7 p.m.
- **Costa Mesa**: 2845 Mesa Verde Drive East: Wednesdays, 11 a.m. to 7 p.m.
- **San Juan Capistrano**: 27512 Calle Arroyo: Thursdays, 11 a.m. to 7 p.m.

Information about community sites participating in the Health Care Agency’s flu shot program is available by calling the County of Orange Health Referral Line at 1-800-564-8448.
The 2001-2002 influenza vaccine contains protection against the three strains of influenza viruses that are expected to cause illness this winter: A/Moscow, A/New Caledonia, and B/Sichuan. Since the flu viruses change frequently and protection declines within one year of vaccination, it is important that people at risk get a flu shot every year.

Many people overlook the fact that influenza (or flu) can be a serious disease. Nationwide, thousands of people die each year from influenza or related complications such as pneumonia. Most young people in good health are ill for only a few days (although they can spread the disease) but the elderly and those with already weakened respiratory systems or other problems that reduce immunity are at great risk of complications.

Flu symptoms may include sudden onset of illness, high fever, sore throat, cough and general aches and pains lasting three to five days. Recommendations for treating symptoms of influenza include acetaminophen for fever, lots of clear liquids, light meals and bed rest. A physician can prescribe antiviral drugs to reduce the severity and duration of uncomplicated influenza. However, the antiviral drugs are not approved for the prevention of the flu. Emergency room care should only be considered in the most severe cases. Most healthy adults and children will recover without any complications. Elderly people and those with chronic diseases should see their doctor whenever illness is prolonged, they have a high fever, or they experience difficulty breathing.

Basic preventive measures that can be taken to keep from getting or spreading influenza include washing your hands thoroughly and frequently; covering your nose and mouth when coughing or sneezing; getting plenty of rest; eating a healthy diet; dressing appropriately for the weather; minimizing time in crowded areas during the flu season; and avoiding contact with others when you have the flu or are not feeling well.

People as young as age 50 who are in good health, particularly those who have regular contact with the elderly and persons with high risk medical conditions, and persons of any age who wish to reduce their risk of having flu disease this winter, should consult with their regular source of health care. Some private providers will offer low cost flu shots at work sites, drug stores, and other locations.

# # #
For Immediate Release
OCTOBER 23, 2001

Contact: JUDY GRISET
(714) 834-5481

Mental Health Board Meeting Schedule Revised

(Santa Ana) – Regular meeting times of the Orange County Mental Health Board will change beginning with the October 25 meeting.

The Mental Health Board will hold its October 25 and November 29 meetings in the Hall of Administration Board of Supervisors Hearing Room from 8:30-10 a.m. Previously, board meetings have started at 7:30 a.m. The Board will not meet in December.

Starting in January 2002, the Mental Health Board meetings will move to the Regional Center at 801 Civic Center Drive West, Santa Ana. The meetings will continue to be held on the fourth Thursday of each month and will return to a 7:30-9 a.m. schedule. The meetings, to be held in Regional Center conference room B, are open to the public and parking will be validated.

Also beginning in January, the Board’s monthly study sessions will be held on the second Thursday of each month in the second floor conference room at 405 W. 5th Street, Santa Ana. These meetings, which begin at 7:30 a.m., are also open to the public.

For more information about Mental Health Board meetings, please contact Judy Griset of the Orange County Health Care Agency Behavioral Health Services at (714) 834-5481.

# # #
For Immediate Release
October 29, 2001

Contact: Barbara Brashear
(714) 834-3232

Billboard Tells Potential Cigarette Smokers: ‘You’re Killing Me, Bro’

(Santa Ana) – An Anaheim middle school student’s artwork was selected by a countywide youth coalition to become a billboard with an important message. Enrique Ortiz, formally a student at Sycamore Junior High, created the anti-smoking billboard design that will be unveiled at 1:15 p.m., October 30 at Sycamore Jr. High, 1801 E. Sycamore, Anaheim.

The billboard is located at the corner of Center St. and State College Blvd., just a few minutes from the school. It depicts a cartoon-like reaction to cigarette smokers: "You’re Killing Me, Bro."

The design was selected through a judging contest held by TUPP’s youth coalition called "Back That Ash Up." Youth from the countywide coalition judged over 60 designs and selected Ortiz’ design to be the winner. As hosts of the event, TUPP youth coalition members will join officials from the County, city and local school district to participate in the unveiling event.

The tobacco industry spends more than $16 million each day in the United States (or $11,000 a minute) on advertising and special promotions. The "Tune Out Tobacco" project helps youth in grades 6 through 12 counter the positive portrayal of tobacco in movies, television, billboards, magazines and in store advertising. By participating in "Tune Out Tobacco," youth have an opportunity to make a positive impact on the entertainment and advertising industries through the development of creative and innovative media products.

TUPP’s mission is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. Youth Coalition members participate and plan special events in the community that address anti-tobacco issues, teaches leadership skills and provides the opportunity for members to make new friends. The TUPP program provides services to the residents of the County through youth, community service and public policy programs. For further information regarding the TUPP program and its services, please call 714-541-1444.

# # #
Keep Pets Safe At Halloween

(Orange) - The sights and sounds of Halloween may be exciting for children, but they can be frightening and even dangerous for many household pets, according to the staff of the Orange County Animal Care Services (ACS).

"Even normally calm pets may become confused and agitated when suddenly confronted with strange sights, sounds, and smells," said ACS Public Education Officer Kathy Francis. "To protect both Halloween participants and neighborhood animals, it’s best to take simple precautions to ensure the safety and security of pets during Halloween and other holidays."

- Confine your pet to a quiet, secure area away from Halloween activities. The constant stream of strangers in costumes at the front door may frighten and even threaten dogs and cats into unpredictable behavior. Also, frequently opened doors are an opportunity for a pet to escape. The best place for your pet is a quiet room in the house or a secure backyard. Make sure your pet is wearing identification that is current and legible because an ID tag is your pet’s ticket home.

- Keep candy out of the reach of pets. The smell of candy bowls can be very tempting to pets, but many treats and their wrappings can be dangerous or even toxic to pets. Watch your pets carefully after the festivities for signs of intestinal discomfort that may indicate ingestion of a foreign food. If this occurs, consult your veterinarian.

- Keep pets away from dangerous Halloween decorations. Burning candles, jack-o-lanterns, streamers, hanging lights and lawn decorations can be hazards to your pet’s safety.

- Do not force pets into the holiday spirit. It’s fun for kids and adults to dress up in costume, but pets consider clothes as restraint. A costumed pet will be confused and uncomfortable.

- Do not take the family pet out trick-or-treating. With all the excitement and confusion, your pet may be difficult to handle.

- Protect pets from "tricks." While "tricks" may seem innocent, many pets end up hurt, lost or worse. Intentional incidents are rare, but Halloween, like many other holidays,
results in a busy night for Animal Care Services and veterinarians. Be aware of "at-risk" animals such as free-roaming cats (especially black), exotic animals, unattended livestock and dark dogs which may have escaped.

More information on pet safety is found on the ACS Web site at www.ocpetinfo.com.

# # #
Animal Care Services Celebrates Shelter Appreciation Day

(Orange) - Orange County Animal Care Services (ACS) will observe Shelter Appreciation Day on Saturday, November 10 from 10 a.m.-2 p.m., as part of National Animal Shelter Appreciation Week, November 4-10.

"The Animal Care Center is proud to serve the people of Orange County by providing many important services and programs," says Dr. Julie Ryan, ACS Director. "But we can’t do it without the support of our community. We invite everyone to join us Saturday at the Animal Care Center located at 561 The City Drive South in Orange, to visit the animals and find out what you can do to help animals in need."

Animal shelters, like the Orange County Animal Care Center, offer numerous services to assist animals and people alike: rescuing injured or lost animals, returning lost pets safely to their homes and adopting animals into new, loving families. They also provide guidance to assist the public with animal-related issues and concerns—from dealing with wildlife to helping with pet-behavior questions. There are many ways the public can help the Orange County Animal Care Center, including:

- Offering a donation of needed supplies.
- Spreading the word about the importance of responsible pet ownership, including spaying and neutering.
- Volunteering your time at the Animal Care Center or at a special event.
- Reporting animal cruelty or neglect.
- Choosing your next pet from among the many animals being cared for at the Orange County Animal Care Center.

For more information on the Orange County Animal Care Center or Shelter Appreciation Day, visit the award-winning ACS Web site at www.ocpetinfo.com.

# # #
Flu Shot Program Ends

(Santa Ana) – After providing inoculations to over 90,000 people this fall, the Orange County Health Care Agency will conclude its annual flu shot program this week. The flu shot recipients were considered high-risk for potential influenza complications.

"By this Friday, we will have provided flu vaccine at 120 sites, including our own County clinics, community sites and skilled nursing facilities," said Gerald Wagner, M.D., of HCA's Public Health Services. "Although we are concluding our program, we encourage those still interested in receiving a flu shot to contact their private health care provider or attend one of the vaccination clinics scheduled at pharmacies and other local businesses."

Flu shot resources can also be found on the Internet at www.findaflushot.com.

The County’s flu shot effort is part of a state program that limits the administration of influenza vaccine to high-risk individuals including those 60 years of age and older and those with certain chronic medical conditions. Although it takes approximately two weeks to develop the maximum protection from the inoculation, flu shots received through the month of December will provide protection for the typical peak influenza season in California.

Flu shots are not the only way to reduce your chances of getting the flu. "Prevention includes limiting your exposure to people who are not feeling well, in addition to making sure you eat a balanced diet and getting proper rest during this busy season," said Dr. Wagner. If you are not feeling well, reduce your exposure to others, especially those in high-risk groups, cover your nose and mouth when you cough or sneeze, and wash your hands frequently.

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World AIDS Day Observed December 1, County Offers Free HIV Testing

(Santa Ana) – With World AIDS Day approaching December 1, Orange County’s Public Health officials say that knowledge and information are the keys to combating the ongoing AIDS epidemic.

As of December 2000, an estimated 2,680 Orange County residents were living with AIDS. The theme for the fourteenth observance of World AIDS Day is "I care...Do you?" emphasizing the role that men play in the worldwide effort against AIDS. "The campaign is intended to involve men, especially young men, in considering their response to the AIDS epidemic in their personal lives and their roles in the community," said County Health Officer Dr. Mark Horton. "This is also important in Orange County, since 89% of our reported AIDS cases have been among men."

"There are still far too many people who don’t know that they’re HIV positive and far too many myths and misconceptions about HIV and AIDS," said Penny Weismuller, HCA Division Manager for Disease Control and Epidemiology. "In addition to providing information about HIV and AIDS, the Orange County Health Care Agency (HCA) offers free, anonymous and confidential HIV testing, with counseling available as part of this service."

HCA offers HIV testing at three convenient locations:

- 1725 W. 17th Street, Santa Ana
  Monday-Friday 8 a.m.-4 p.m., open Tuesday until 5:30 p.m.
  (714) 834-8787

- Ponderosa Community Center
  2100 S. Haster, Anaheim
  Wednesday 1 p.m.-4 p.m.
  (714) 750-2826

- 27512 Calle Arroyo, San Juan Capistrano
  Thursday 8 a.m.-12 p.m. and 12:30 p.m.-4 p.m.
  (949) 248-2216

For information on free HIV testing, call (714) 834-8129. World AIDS Day information, including links to other resources, can be found on the HCA web site at
Holiday Pet Safety Tips

(Orange) - The holidays are a wonderful time to celebrate with family and loved ones, but it can also be a stressful and dangerous time for your family pet. With Christmas and the New Year just around the corner, Orange County Animal Care Services (ACS) offers the following tips to help keep your pet safe during this joyous season. Following these safety tips can help prevent an unnecessary medical emergency for your pet.

- Hang breakable decorations and tinsel well out of paw's reach. Tinsel, ribbon and ornaments are especially dangerous to pets if chewed and swallowed.
- Place holiday plants out of pet's reach. Some seasonal plants can be poisonous including mistletoe, holly berries and poinsettias.
- Make sure strands of lights, loose wires and extension cords are out of reach. Pets, especially puppies, often try to chew them and may get burned, shocked or electrocuted.
- Metal ornament hooks can get caught in curious mouths. Use ribbon or yarn instead of hooks to hang ornaments.
- A Christmas tree should stand on a flat, wide base. Anchoring the tree with a fishing line tied to a drapery or ceiling rod or wall hook can prevent the tree from falling over on your pet.
- Cats often see a Christmas tree as an excellent climbing post. Needles from both artificial and live trees are indigestible.
- Chocolate is especially harmful to pets. Some ingredients in chocolate are toxins and can be fatal to animals.
- If you are going away for the holidays, make sure that pet enclosures are secure and that your pets are wearing proper identification. Remember to make advance plans for their care during your absence.

While your pet is safe in a loving home, remember those less fortunate animals. Nationwide, millions of pets will be homeless this holiday season. Orange County animal shelters appreciate toys, treats and any love and attention you can provide. Please visit your local shelter today and bring your holiday cheer to some well-deserved animals. For more information about the Orange County Animal Care Center or for a listing of more holiday safety tips, visit the ACS Web site at [www.ocpetinfo.com](http://www.ocpetinfo.com).
For Immediate Release  
January 2, 2002

**County Dental Health Officer Selected**

**(Santa Ana)** – A dentist who is Board Certified in Dental Public Health has been selected as the new Dental Officer for the Orange County Health Care Agency (HCA).

The appointment of Michael Mahshigian, D.D.S., M.P.H., to the position of Dental Officer was announced by County Health Officer Mark Horton, M.D. As Dental Officer for HCA, Dr. Mahshigian directs programs that provide over 12,000 dental visits annually. This includes programs serving children, juveniles housed in county probation facilities, individuals with dental emergencies, and individuals who are HIV positive. The role of Dental Officer also includes the consideration of community oral health programs that may benefit larger numbers of county residents. Dr. Mahshigian assumed his new responsibilities during November 2001.

For the past two years, Dr. Mahshigian served as an Assistant Clinical Professor at the University of California, San Francisco School of Dentistry. Previously, Dr. Mahshigian held the positions of Dental Director for the Aetna US Healthcare Dental Plan of California and Assistant Dental Director for Western Dental Services in Garden Grove. He is one of fewer than 150 people nationwide to achieve the status of Diplomate of the American Board of Dental Public Health.

Dr. Mahshigian received his Doctor of Dental Surgery degree from Creighton University in Omaha, Nebraska and a Master of Public Health degree from the University of California, Los Angeles. He completed his residency in Dental Public Health at the National Institute of Dental and Craniofacial Research, a division of the National Institutes of Health in Bethesda, Maryland.

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Orange County Animal Care Center Hosts Annual Spay Day USA

(Orange) – To help raise awareness of the serious problem of pet overpopulation, Orange County Animal Care Services (ACS) will host its annual Spay Day USA on March 16 from 10 a.m. to 2 p.m. at the Orange County Animal Care Center, 561 The City Drive South in Orange.

"The solution to the pet overpopulation problem is simple," said Dr. Julie Ryan, ACS Director. "By spaying and neutering companion animals, we can make great strides toward ending unwanted litters of puppies and kittens, reducing the needless suffering that homeless animals endure, and easing the taxpayers’ burden at the same time. Last year, the Animal Care Center adopted more than 8,000 animals into new homes. Every animal was spayed or neutered before it left the Center. We’re doing our part to help solve the problem of pet overpopulation, and we ask that all residents of Orange County do the same."

As part of the Spay Day USA observance, ACS will provide a certificate for free spay or neuter services to pet owners who redeem their unaltered stray pets from the Center. These certificates will be offered while they last on a first-come, first-served basis.

Spay Day USA was created by the Doris Day Foundation in 1995 to encourage each American to help solve the country’s severe companion animal overpopulation problem by sponsoring the spay or neuter of just one animal. Nationwide, it is estimated that five million homeless dogs and cats are euthanized each year. In these cases taxpayers bear the cost of picking up homeless dogs and cats, housing and feeding them, and, in too many cases, euthanizing them.

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Send comments to HCA Public Information
Public Health Week Highlights Orange County’s Public Health

(Santa Ana) – Because of public health and the vital role of public health workers, Orange County residents now enjoy better health, live in healthier conditions, know more about how to take care of their health, and live longer than at any time in the past. Public Health Week, April 1-7, is a nationwide health promotion focusing on many public health programs and services that protect community health, prevent the spread of disease, keep the environment safe, promote healthy behaviors, prevent injuries, assure quality health care and respond to disasters.

"National Public Health Week provides an excellent opportunity to highlight and commend the exemplary efforts of public health professionals in Orange County who protect, promote and enhance the health of our community, said Dr. Mark Horton, Orange County Public Health Officer. "In recognition of Public Health Week, the California Department of Health Services released the 2002 County Health Status Profiles report, which indicates that Orange County has met Healthy People 2010 objectives for death rates due to motor vehicle crashes and homicide, and breastfeeding initiation during early postpartum, although the report also reveals that there is still a great deal of work to be done to meet objectives in other areas," Dr. Horton added.

Activities planned for Public Health Week include a presentation of the Gerald Wagner Health Education Award on April 4 and a Resolution by the Orange County Board of Supervisors on April 9.

Attachment: Public Health Week Event Calendar

Orange County Health Care Agency
Public Health Week Event Calendar

- Safe Healthcare outreach presentations; April 2 and 4, 8:30 a.m. to 11:30 a.m.; Mexican Consulate, 828 N. Broadway, Santa Ana. (714) 796-0251
- Tuberculosis and Basics of TB Skin Testing class presented to nurses, medical assistants and healthcare workers. Four contact hours of continuing education may be provided to Registered Nurses who attend; April 3, 8 a.m. to 12 noon; Health Care Agency, 1725 W. Seventeenth Street, Santa Ana. (714) 834-8262
- Gerald Wagner Health Education Award, award for community member performing outstanding health education and service in the community, April 4.
- Public Health Week Resolution, presentation by the Orange County Board of Supervisors; April 9, 9:30 a.m.; Hall of Administration, 10 Civic Center Plaza, Santa Ana.
California Children Services, a statewide program of specialized medical care and rehabilitation for children with severe physical disabilities Open House; April 18, 2 p.m. to 3:30 p.m., Park Tower Building, 200 W. Santa Ana Blvd., Suite 100, Santa Ana. (714) 347-0345
For Immediate Release  
MAY 15, 2002  

**First Spanish-Language Women’s Health Conference Debuts In Orange County**  

(Santa Ana) – Orange County unveils its first ever Spanish-language women’s conference, “Celebrando la Mujer (Celebrating Womanhood)” on Saturday, May 18 from 8 a.m. to 2:30 p.m. at Santa Ana College located at 1530 W. 17th Street in Santa Ana. This free event aims to educate Orange County Latina women about breast and cervical cancer and the importance of early detection.

Alarming national statistics show that Latinas are more likely than most other ethnic groups to be diagnosed with advanced breast cancer and are reported as having the highest cervical cancer incidence in California. The conference, hosted by the Latina Breast Health Task Force of the Orange County Breast Cancer Partnership, will educate attendees about their own bodies, effects and detection of breast and cervical cancer and what health programs are available to assist uninsured women.

The event includes an exemplary line-up of nationally recognized health leaders and speakers and interactive workshops on breast and gynecological health featuring Dora Rodriguez, a breast cancer survivor who initiated the first support groups in Spanish for Orange County Latinas. Event attendees will have the opportunity to learn first-hand from the speakers and workshops about cancer detection and prevention as a means to leading a healthy lifestyle. In closing the conference, America Bracho, a recognized expert in Latina Health will provide participants with an inspirational keynote address.

The conference is open to all members of the community and offers free childcare for children over the age of five as well as free transportation to and from certain sites. For more information about the free conference or to register, please call (800) 298-0800.

The Orange County Breast Cancer Partnership promotes free clinical breast exams, mammograms and diagnostic services to low-income, medically uninsured Orange County women to detect breast cancer early, when it can be successfully treated.
For Immediate Release  
MAY 29, 2002

Animal Care Services Hosts Annual Pet Faire

(Orange) – In observance of the American Humane Association’s “Be Kind To Animals Week,” Orange County Animal Care Services (ACS) will host an annual Pet Faire on Saturday, June 1st from 10 a.m. to 3 p.m. at the Animal Care Center located at 561 The City Drive South in Orange.

The Pet Faire is one of ACS’s biggest annual attractions, with more than 7,000 people visiting the Animal Care Center last year. In addition to pet adoptions, many pet vendors will be on-hand to display the latest in pet care products along with wildlife exhibitors and breed rescue groups.

“Last year’s Pet Faire was a huge success with the placement of 92 dogs, cats, rabbits and other furry friends with new families,” said Dr. Julie Ryan, ACS Director. “This year, Pet Faire organizers hope to break last years record in pet adoptions and visitor attendance.”

The Pet Faire is a free event open to all members of the community and will provide an opportunity to learn more about animals of all types, including the companion animals available for adoption at ACS.

The Orange County Animal Care Center offers numerous services to assist animals and people alike: rescuing injured or lost animals, returning lost pets safely to their homes and adopting animals into new, loving families. For more information about the Pet Faire or the Orange County Animal Care Center, call (714) 935-6301 or visit the ACS Web site at www.ocpetinfo.com.

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Senior Health Fair Set for Midway City

(Midway City) - Free health screenings and health information for Senior Citizens will be available at a Health Fair for Seniors, to be held Friday, June 14 from 9 a.m.-1 p.m. at the Midway City Family Resource Center, 1900 Park Lane, Midway City.

Health Fair services will include blood pressure and blood glucose (blood sugar) screenings, bone density screening and height and weight evaluation. Of special interest to women will be free mammograms and breast exams for the first 20 participants. Health information will be provided by two Vietnamese-speaking physicians, who specialize in gastroenterology and internal medicine. There will also be opportunities to consult with a pharmacist and a nutritionist, in addition to health information provided by the Alzheimer’s Association, Acacia Adult Day Care Center and Orange County Adult Protective Services.

The Health Fair is sponsored by the County of Orange Health Care Agency Older Adult Services and Senior Health Outreach Prevention Program, in cooperation with the County Islands Program.

# # #
LOCAL FOOD ESTABLISHMENTS RECEIVE AWARDS OF EXCELLENCE

(Santa Ana) – More than 1,100 Orange County food establishments were recently recognized for excellent food preparation standards and sanitation practices by the Orange County Health Care Agency’s Food Protection Program.

The Award of Excellence program was initiated in 1999 to provide an incentive for food establishments to consistently meet or exceed the health and safety standards of food facility operations. The award provides a way to acknowledge the consistency of facilities that are in compliance with California’s food safety requirements. Certificates are issued to establishments that have not received any violation that presents an immediate danger to the public’s health and safety during the program’s evaluation period.

“The program is an excellent opportunity to encourage food establishments to consistently meet the requirements for operating a safe and healthy food establishment,” said Julie Poulson, Director of the Health Care Agency. “The certificate of excellence further acknowledges the dedication of each recipient and highlights their diligent efforts in preventing any violations.”

To view a complete listing of Award of Excellence recipients categorized by city, visit the Health Care Agency’s Environmental Health Web site at www.ocfoodinfo.com.

HCA’s Food Protection Program focuses on the inspection of retail food facilities in order to promote the safe and sanitary preparation and service of foods, prevent food borne illness, and protect consumers from adulterated, mislabeled or fraudulently advertised food products. For further information, call the Food Protection Program Hotline at (714) 433-6000.

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For Immediate Release
JUNE 13, 2002

PAINKILLER POSES RISKS FOR HISPANICS

(Santa Ana) – The Orange County Health Care Agency reminds the public of the dangers of buying and using prescription medications from outside the United States.

Recently, a four-year-old Latino boy in Utah was treated for fever, stiff joints and a low white blood cell count after his parents treated him with Metamizole. Metamizole has potentially fatal side effects that include a severe white blood cell deficiency that can lead to fatal infection if left untreated.

Metamizole is also known by the generic names - Dipyrone, Mexican Aspirin and brand names - Neo-Melubrina, Magnopyrol, and Prodolina. FDA approval for the drug was withdrawn in 1977, but sales continue in Mexico and other developing countries. The drug is used to treat severe pain and fever. It may be mixed with other medications for stomach, gastrointestinal and kidney pain, nausea and vomiting.

Many county residents purchase medications from across the border or from illegal back-room stores not knowing the serious side effects or interactions they may have with the medications. Consumers should stop using these products and seek medical advice from a licensed physician.

The Health Care Agency’s toll-free health referral line, 1 (800) 564-8448, provides information about low-cost health resources in Orange County. Also, the Safe Healthcare Project, initiated in 1999, provides public education to the community and distributes a list of low-cost community health resources. To order materials or a group presentation by the Safe Healthcare Project, please call (714) 796-8295 or (714) 796-0251 or additional information may be obtained from the Web site www.ochealthinfo.com/safehealth.

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ORANGE COUNTY HEALTH CARE AGENCY OBSERVES NATIONAL HIV TESTING DAY

(Santa Ana) – HIV Testing is an essential component in providing early treatment and risk-reduction education to those who may be affected by the AIDS virus. In observance of National HIV Testing Day on Thursday, June 27, the Orange County Health Care Agency will provide a series of free and anonymous testing sites for individuals interested in participating.

“Don’t rely on symptoms to alert you to the need for HIV testing,” said County Health Officer Mark Horton, M.D. “If you believe you may be at risk of HIV infection due to blood-to-blood exposure or sexual contact, get tested and know your HIV status.”

The Orange County Health Clinic located at 1725 W. 17th Street in Santa Ana will offer free HIV testing from 8 p.m. to 4 p.m., Monday through Friday with extended hours until 5:30 p.m. on Tuesday evenings. HIV Testing will also be offered at satellite facilities located in Anaheim on Wednesdays and in San Juan Capistrano on Thursday afternoons. For more information on the availability of these testing locations, call (714) 834-8787.

Additional HIV testing will be offered at the following Orange County locations:

- The Center in Garden Grove provides testing every other Saturday Call (714) 534-0862 to verify testing dates
- Laguna Beach Community Clinic – (949) 494-0761 (Requesting $5 donation)
- Huntington Beach Community Clinic – (714) 847-4222

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TWO-DAY HEPATITIS SUMMIT SCHEDULED THIS WEEK

(La Mirada) – Hepatitis C, known to be one of the most important sources of chronic liver disease, claims an estimated 8,000 to 10,000 deaths annually in the United States. This week, the County of Orange Health Care Agency will co-sponsor a Hepatitis Summit and Symposium featuring the nation’s top hepatitis researchers and clinicians to educate local health care professionals and the community about the emerging epidemic.

The two-day summit will take place on Thursday, July 18 and Friday, July 19 at the La Mirada Holiday Inn and Conference Center located at 14299 Firestone Blvd. To register for the event or for more information, please call (800) 891-0707 or (949) 654-4250.

“The main goal of the Hepatitis Summit is to provide cutting edge education to health care professionals to assist them with patients with hepatitis B and C, as well as co-infection with HIV in both clinical and non-clinical environments,” said Thelma King Thiel, CEO for Hepatitis Foundation International.

Among the topics that will be discussed is the epidemiology of viral hepatitis; the role of IV drug abuse and alcohol; and hepatitis B and C treatment options. Included among the many speakers scheduled to present are leading clinicians Leonard B. Seeff, M.D., senior scientist for hepatitis C research at the National Institutes of Health and Joseph Perz, Ph.D., epidemiologist with the Centers for Disease Control.

Co-sponsored by the Orange County Health Care Agency, Hepatitis Foundation International and UCI Medical Center, the conference is available for medical professionals to obtain continuing education credits. Health care field clinicians as well as patients and members of the community are all encouraged to attend.

# # #
ANIMAL CARE SERVICES WINS ASPCA/FRISKIES® AWARD FOR ANIMAL CRUELTY PROGRAM

(Orange) – Orange County Animal Care Services (ACS) wins a $1,000 prize in the first ever American Society for the Prevention of Cruelty to Animals (ASPCA) and Friskies® Pet Protectors Contest. ACS was instrumental in creating a PowerPoint presentation to educate local law enforcement on the importance of responding to animal cruelty calls and following through with investigations.

While ACS officers are often first to the scene when responding to animal cruelty complaint calls, they rely on local Police Departments and Deputy District Attorneys to obtain a successful prosecution and conviction of a cruelty suspect since they do not have the powers of arrest.

To strengthen the communication and responsiveness of local law enforcement, ACS created an educational presentation on animal cruelty, which included topics on past cruelty case investigations and suggestions for more successful prosecutions. The PowerPoint presentation has been given to several police agencies and numerous District Attorneys, resulting in a marked improvement in the outcome of animal cruelty cases and investigations in Orange County.

The Pet Protectors contest was held during Animal Cruelty Month in April 2002 to identify outstanding animal cruelty prevention programs that can serve as models for animal protection organizations around the country. In addition to prizes, winners of the contest will have their programs listed as references in the Petfinder.com Library for view by Animal Welfare Professionals.

For more information about ACS or steps on how to report animal cruelty in your area, call (714) 935-6301 or visit the ACS Web site at www.ocpetinfo.com.

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YOUTH CREATED ANTI-TOBACCO AD UNVEILED

(Santa Ana) – The tobacco industry spends an alarming $16 million each day (or $11,000 a minute) on advertising and special promotions. To counter these negative effects, the County of Orange Health Care Agency’s Tobacco Use Prevention Program (TUPP) joins community leaders, educators and students on August 8 at 10 a.m. on the corner of Chapman and Beach Blvd. in Stanton for the unveiling of a student-created anti-tobacco bus shelter ad.

The unveiling will take place in front of the Fidelity Federal Bank located at 1200 Beach Blvd. and features the artwork of 11 year-old Pernilla Hanson, a local youth member of the Stanton Boys & Girls Club who participated in TUPP’s “Tune Out Tobacco” billboard workshop project. Pernilla’s artwork was chosen from more than 65 entries as best depicting the positive portrayal of tobacco in movies, television, billboards, magazines and in-store advertising. Her original design showcasing the negative side effects of tobacco, was selected through a contest held by TUPP’s “Back that Ash Up” youth coalition.

The “Tune Out Tobacco” project provides youth in grades 6 through 12 with the opportunity to make a positive impact on the entertainment and advertising industries through the development of innovative media products.

The Tobacco Use Prevention Program’s mission is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. TUPP provides services to Orange County residents through youth, community service and public policy programs. For more information, please call the TUPP program at (714) 834-3232.
FY 2002-03 TOBACCO SETTLEMENT PLAN UNANIMOUSLY APPROVED BY BOARD

(Santa Ana) – Today, the Orange County Board of Supervisors unanimously approved the Health Care Agency’s (HCA) Tobacco Settlement Spending Plan of $38,917,400 for Fiscal Year 2002-03 and authorized HCA to implement various health programs in accordance with the requirements of Measure H.

As part of this year’s focus, Tobacco Settlement Revenue (TSR) funds will be spent on health care services for seniors and the disabled ($11,556,500); tobacco prevention/control, other addictions and community mental health services ($6,583,800); community clinics ($8,305,000); emergency room physicians/on-call physician specialists ($10,430,000) and for hospitals providing charity care ($2,042,000).

“The overwhelming approval of the TSR spending plan today gives the Health Care Agency and the County’s community partners an opportunity to further reach out to the public by offering programs and services that will continue to enhance the health and well-being of Orange County,” said Julie Poulson, Health Care Agency Director.

This FY 2002-03 plan was developed by HCA and Orange County community stakeholders, which included advocates representing seniors, disabled persons, physicians, hospitals, non-profit community clinics, mental health interests, tobacco prevention, the faith community, and substance abuse prevention.

The health priorities will be funded by $9.4 million in carryover revenue from FY 2001-02 and $29.5 million projected for FY 2002-03.

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OC Public Health Nurse Receives 2002 Instructor of the Year Award

(Santa Ana) – Orange County Public Health Nurse, Patricia Place, RN was recently named 2002 Instructor of the Year from the University of Washington, Seattle’s prestigious Nurse Child Assessment Training (NCAST) program.

As a Supervising Public Health Nurse for the Nurse Family Partnership Program within the Orange County Health Care Agency, Place was recognized for her commitment and dedication to excellence in the promotion and use of NCAST tools in the community. As an NCAST instructor, she has provided training to more than 150 Orange County Public Health Field Nurses for the past 12 years.

“Pat’s dedication and enthusiasm in teaching the NCAST tools further enhances the services and programs the Health Care Agency’s Public Health Field Nurses provide to the Orange County community,” said Kathleen Parris, Director of Public Health Nursing.

During Place’s NCAST training classes, attendees are taught how to use and interpret assessment scales, designed to evaluate whether a caregiver/parent-child relationship contains problems within their interaction and communication patterns. Nurses are then able to apply this knowledge to educate the parent/caregiver in understanding and recognizing infant/toddler cues that are often displayed to signal their needs.

Place joined the NCAST program in 1987 and soon became certified in using the assessment scales. In 1990, she then became an Orange County NCAST instructor for public health field nursing and has since taught a new NCAST class and four re-certification classes each year. For more information on the NCAST training program, visit www.ncast.org.

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County of Orange  
Health Care Agency  
Public Health Services  
Press Release

For Immediate Release  
SEPTEMBER 12, 2002

Contact: Mark Horton, M.D.  
(714) 834-3155

Prevention an Important Step in Controlling West Nile Virus

(Santa Ana) – Orange County health and vector control officials are using their experience with other mosquito-borne illnesses already present in California to help prepare for the expected arrival of West Nile Virus.

“West Nile Virus (WNV) is similar to conditions like St. Louis encephalitis and Western Equine encephalitis, with which we have many years of experience,” said Mark Horton, M.D., Orange County Health Officer and Deputy Agency Director of the Orange County Health Care Agency. “WNV is another reason that we should all take a few simple precautions around our homes to reduce our chance of being bitten by mosquitoes.”

People and animals, such as horses, contract West Nile Virus (WNV) from the bite of an infected mosquito. WNV is not transmitted from person-to-person or from animal-to-person. Most people infected with WNV have no symptoms or only mild ones like fever, headache and body aches, but the elderly and those with weakened immune systems face a higher risk from WNV. An extreme form of the infection, called West Nile encephalitis, has been responsible for more than 40 deaths in the United States this year.

“The chance of contracting WNV infection is very small, so there is no reason to seek medical treatment or testing for a mosquito bite,” said Dr. Horton. “People with the severe form of WNV infection have symptoms like severe headache, high fever, muscle weakness, confusion, stiff neck and sensitivity to light. These can be symptoms of encephalitis and are cause for seeking immediate medical care.” Information for health care providers and others interested in learning more about West Nile Virus can be found on the Health Care Agency Web site at http://www.ochealthinfo.com/epi/wnv/.

To help control mosquitoes, eliminate standing water from around your home and property. Eliminating mosquito-breeding areas also helps prevent the other mosquito-borne diseases that occur locally, such as Western Equine encephalitis and St. Louis encephalitis. To deter mosquitoes, use insect repellants containing DEET, always following label directions. When using insect repellants on children, the American Academy of Pediatrics has recommended a cautious approach using products with a low concentration of DEET, 10% or less, on children aged 2 - 12. Other ways to avoid mosquito bites include limiting outside activity at dusk and dawn when mosquitoes are most active, wearing long sleeved shirts and long pants when outside, and making sure that doors and windows have tight fitting screens. Mosquito control information is available from the Orange County Vector Control District at
Birds, especially corvids like crows, ravens and jays, serve as a reservoir for the virus, so the discovery of dead birds in an area may be an indication that WNV is present. As part of their surveillance efforts, the Orange County Vector Control District is selectively testing crows, ravens, jays or magpies that may have been dead for less than 24 hours. To contact a Vector Control representative, call (714) 971-2421, extension 146. The State of California has also established a toll-free telephone number for the public to report birds that have been dead for less than 24 hours. That number is 1-877-WNV-BIRD.

A WNV vaccine for horses, which has been conditionally licensed, is approved for sale in California. However, the efficacy of the vaccine is unknown. Horse owners are advised to consult their veterinarian when considering vaccination. A WNV fact sheet for horse owners can be found on the Orange County Animal Care Services Web site at http://www.ocpetinfo.com/nile.htm.

# # #
For Immediate Release  
September 27, 2002

Animal Care Services and Borders Books Promote Reading With “Storytime With Professor Milo”  
A Countywide Effort to Promote Literacy And The Human/Animal Bond

(Rancho Santa Margarita) – A unique and interactive children’s reading program involving the use of animals will take place on Sunday, September 29 from 2:30 p.m. to 3:30 p.m. at the Borders Books and Music store in Rancho Santa Margarita located at 22372 El Paseo.

Research has shown that children with low self-esteem are often more willing to interact with an animal than with another person. To encourage reading and literacy among youth, Orange County Animal Care Services (ACS) and Borders Books will team together with Professor Milo, a registered canine member of Therapy Dogs International (TDI) who was also adopted from ACS. Owned by Gail Zukow of San Juan Capistrano, the Australian Cattle Dog helps children feel confident and relaxed and, therefore, have more fun reading books.

"We're thrilled about this event because it provides a wonderful opportunity to help children learn to read in an environment where they feel comfortable,” said Dr. Julie Ryan Johnson of Orange County Animal Care Services. "I encourage everyone to spread the word about this important event. Together, we can all help put an end to illiteracy in our community.”

In addition to “Storytime with Professor Milo,” on-site pet adoptions will take place from noon to 3 p.m. ACS staff and volunteers will be on hand to distribute materials and answer questions on responsible pet care and training.

For more information about the reading event or to view photos of available pets for adoption, visit Orange County Animal Care Services’ Web site at www.ocpetinfo.com.  

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Probable West Nile Virus Case Imported to Orange County

(Santa Ana) – According to the California Department of Health Services, the first probable case of West Nile virus imported to Orange County has been reported. The patient had recently traveled to Nebraska where it is believed that he was bitten by a mosquito infected with the virus.

The case involves a 70 year-old man who was hospitalized after being diagnosed with aseptic meningitis, an inflammation of the tissues covering the brain and spinal cord that is caused by a viral infection. Confirmation of West Nile virus infection is pending. “Since this is an imported case, one contracted outside of California, there is no reason for concern among the general public,’ said Mark Horton, M.D., County Health Officer. “It does serve as a reminder that we should take precautions to control mosquitoes by eliminating standing water and use mosquito repellents to avoid this and other mosquito-borne diseases.”

Most people who become infected with West Nile virus (WNV) do not experience symptoms or become ill. If symptoms develop, they will generally occur 3 to 14 days following the bite of an infected mosquito. In some individuals, especially the elderly, West Nile encephalitis is a serious, potentially fatal complication. It is estimated that 1 in 150 persons infected with the West Nile virus will develop the more severe form of disease. Since most mosquitoes do not carry WNV, a person bitten by a mosquito does not need to be tested for WNV. However, anyone who develops symptoms such as a high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately.

West Nile virus was first detected in the United States in 1999 when it was found in the New York City area. It is known to have spread to 43 states, including California, where there has been a single human case reported from Los Angeles County.
For Immediate Release
OCTOBER 9, 2002

Orange County Health Care Agency Executive Receives Award for Children’s Mental Health Support

(Santa Ana) – Douglas Barton, Orange County’s Deputy Agency Director of Behavioral Health, has received the Rose Jenkins Award from the California Institute for Mental Health and the California Mental Health Directors Association.

Barton was recognized for his tireless efforts and outstanding work for children’s mental health issues in the state. He was further acknowledged for advocating Assembly Bill (AB) 2781, which provides state funding for psychotherapy and other mental health services for special education children who are handicapped and/or disabled.

“Doug’s dedication and remarkable advocacy efforts, particularly his recent efforts in support of Assembly Bill 2781, will provide for full funding in the state for special education children who need mental health services,” said Health Care Agency Director Julie Poulson.

For the past 15 years, the Rose Jenkins Award has been presented to behavioral health administrators and directors who actively contribute to children’s mental health issues for the overall well-being of the state and community.

Barton holds more than 30 years of experience in the behavioral health arena serving children, adults and older adults in the areas of mental health, drug abuse and alcohol treatment services as a licensed clinician, supervisor and manager. He is a Managed Care Committee member of the California Mental Health Directors Association, sits on the Advisory Board of California State University, Fullerton’s Trauma Response Specialist Certificate Program and is a member of the California Association of Marriage and Family Therapists.

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Free Flu Shot Clinics Begin November 1, 2002

(Santa Ana) – Free flu shots for those at highest risk of contracting influenza will be available beginning Friday, November 1 at the County Health Care Agency’s operated clinics. This year’s supply of influenza vaccine is expected to be sufficient to meet the nation’s needs and the vaccine is expected to be delivered to providers earlier than last year. “Medicare and many insurance plans cover the cost of flu shots, so we encourage seniors and others who want flu shots to contact their private physician or other local providers, said Dr. Mark Horton, County Health Officer.

The County’s annual influenza vaccination program is targeted to protect people age 60 years and older and persons of any age with chronic diseases such as asthma and other respiratory problems, kidney disease, anemia, heart disease and diabetes. In addition, women who will be in their second or third trimester of pregnancy during the influenza season, children on long-term aspirin therapy and individuals with suppressed immune systems are eligible for the County’s flu shot program.

“The flu shot is one of the most effective public health measures we have. Some of the best advice I can give to our senior citizens and people of all ages with chronic health problems is to receive a flu shot annually,” recommended Dr. Horton.

Free flu shots for people age 60 years and older and others eligible for the County flu shot program will be available beginning November 1 at the following Health Care Agency walk-in immunization sites:

- Santa Ana – 1725 W. 17th Street: Monday through Friday, 8 a.m. to 4:30 p.m., Tuesday evenings until 7 p.m.
- Buena Park – 7342 Orangethorpe: Tuesdays, 12 noon to 4 p.m. and Thursdays, 8 a.m. to 7 p.m.
- Costa Mesa – 2845 Mesa Verde Drive East: Wednesdays, 11 a.m. to 7 p.m.
- San Juan Capistrano – 27512 Calle Arroyo: Thursdays, 11 a.m. to 7 p.m.

Information about community sites participating in the Health Care Agency’s flu shot program is available by calling the County of Orange Health Referral Line at 1-800-564-8448.
The 2002-2003 influenza vaccine contains protection against three strains of influenza viruses that are expected to cause illness this winter: A/Moscow, A/New Caledonia and B/Hong Kong. Since the flu viruses change frequently and protection declines within one year of vaccination, it is important that people at risk get a flu shot every year with the vaccine that is made for the current influenza season. Last year’s vaccine should not be used.

Many people overlook the fact that influenza (or flu) can be a serious disease. Nationwide, thousands of people die each year from influenza or related complications such as pneumonia. Most young people in good health are ill for only a few days (although they can spread the disease) but the elderly and those with already weakened respiratory systems or other problems that reduce immunity are at great risk of complications.

Flu symptoms may include sudden onset of illness, high fever, sore throat, cough and general aches and pains lasting three to five days. Recommendations for treating symptoms of influenza include acetaminophen for fever, lots of clear liquids, light meals and bed rest. A physician can prescribe antiviral drugs to reduce severity and duration of uncomplicated influenza. Emergency room care should only be considered in the most severe cases. Most healthy adults and children will recover without and complications. Elderly people and those with chronic diseases should see their doctor whenever illness is prolonged, they have a high fever or they experience difficulty breathing.

Basic preventive measures that can be taken to keep from getting or spreading influenza include washing your hands thoroughly and frequently; covering your nose and mouth when coughing or sneezing; getting plenty of rest; eating a healthy diet; dressing appropriately for the weather; minimizing time in crowded areas during the flu season; and avoiding contact with others when you have the flu or are not feeling well.

Although it is not available through the state’s influenza program, influenza vaccine is recommended for all infants and children ages 6-23 months and for people as young as age 50 who are in good health, particularly those who have regular contact with the elderly and person with high risk medical conditions, and persons of any age who wish to reduce their risk of having flu disease this winter. Such persons should contact their regular source of health care. Some private providers will offer low cost flu vaccinations at work sites, drug stores and other locations.
“Teach an Old Dog New Tricks Day” Kicks Off

(Orange) – Pet ownership can help older Americans lead more healthier, happier and active lives that those who don’t own pets, according to recent research. To promote the positive relationships between seniors and pets, Orange County Animal Care Services (ACS), on Saturday, October 26 from 10 a.m. to 3 p.m. will celebrate “Teach an Old Dog New Tricks,” a special day dedicated to mature pets and older Americans at the Animal Care Center located at 561 The City Drive South in Orange.

In celebration of October’s “Adopt-a-Shelter-Dog” month, Dr. Julie Ryan, Director of ACS created “Teach an Old Dog New Tricks Day” to demonstrate the long-lasting benefits for both people and pets as well as to encourage seniors and members of the community to participate in pet adoptions.

“It is my hope that ‘Teach an Old Dog New Tricks’ will help encourage Orange County residents to participate in adopting pets of all ages to help put an end to pet discrimination. Every animal, whether young or old, purebred or not, deserves an equal chance for a loving home,” said Dr. Ryan.

Sponsored by the Animal Health Foundation of California and IDEXX Laboratories, the event will feature demonstrations on how to train the mature dog as well as information on pet adoptions and animal care. Additionally, 20 qualified seniors who choose to adopt mature pets five years and older will be awarded free Veterinary Pet Insurance Wellness Policies on behalf of the Animal Health Foundation of California.

Orange County Animal Care Services offers numerous services to assist animals and people alike: rescuing injured or lost animals, returning lost pets safely to their homes and adopting new animals into new, loving families. For more information about the “Teach an Old Dog New Tricks” event or Orange County Animal Care Services, call (714) 935-6301 or visit the ACS Web site at www.ocpetinfo.com

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For Immediate Release
October 25, 2002

Contact: Maridet Ibanez
(714) 834-8092

A BLUEPRINT FOR BREASTFEEDING SUCCESS PROMOTED AT LOCAL CONFERENCE

(Orange) – Orange County health care professionals will learn the latest techniques for enhancing the success of breastfeeding mothers and their families at the Blueprint for Breastfeeding Success Conference to be held Monday, October 28 from 8 a.m.-5 p.m. at Children’s Hospital of Orange County, 455 S. Main St., Orange.

Breastfeeding offers positive health benefits for both babies and mothers, yet Orange County has lagged behind other California counties in the percentage of mothers exclusively breastfeeding their infants. The conference is open to nurses, registered dietitians, health educators, physicians and others who work with pregnant or parenting women. On-site registration will begin at 8 a.m., with a $50 registration fee for those signing up at the door.

The conference, sponsored by the Orange County Breastfeeding Coalition and the Nutrition Services Program of the Orange County Health Care Agency’s Public Health Services, will provide practical information to those who serve breastfeeding mothers. The speakers for the one-day event are International Board Certified Lactation Consultants (IBCLC), trained to offer assistance to mothers desiring to breastfeed their babies, even in challenging situations.

###
ORANGE COUNTY RECORDS FIRST LOCAL CASE OF THIS YEAR’S INFLUENZA

(Santa Ana) – The County’s first case of influenza B has been reported to the Orange County Health Care Agency. Influenza type B was reported from a North Orange County child on October 21.

“This is not an unusual time of year to see our first case of influenza,” said Dr. Mark Horton, County Public Health Officer. “However, we cannot predict whether this flu season will be light or heavy, so getting immunized remains the best protection.”

This year’s vaccine supply is expected to be sufficient to meet the nation’s needs and is designed to protect the public from the three strains of influenza virus expected to be present this season. Influenza vaccination is the single most important measure in preventing influenza. It is especially important for people at high risk of serious complications, such as pneumonia or exacerbation of underlying cardiac or lung disease, to get immunized. However, anyone who would like to be protected from influenza can be vaccinated, and many physicians offer the vaccine to their patients.

The County’s annual influenza vaccination program will begin on November 1 and is targeted to protect people age 60 years and older and persons of any age with chronic diseases such as asthma and other respiratory problems, kidney disease, anemia, heart disease and diabetes. In addition, women who will be in their second or third trimester of pregnancy during the influenza season, children on long-term aspirin therapy and individuals with suppressed immune systems are eligible for the County’s flu shot program.

Information about community sites participating in the Health Care Agency’s flu shot program is available by calling the County of Orange Health Referral Line at 1-800-564-8448 or for a listing of other available flu shot resources, visit www.findaflushot.com.

###
Student Anti-Tobacco Ad Unveiled

(Santa Ana) – The tobacco industry spends an alarming $16 million each day (or $11,000 a minute) on advertising and special promotions. To counter the negative impact of tobacco industry marketing on youth, the County of Orange Health Care Agency’s Tobacco Use Prevention Program (TUPP) joins community leaders, educators and students on November 6 at 10 a.m. on the corner of Edinger and Springdale in Huntington Beach for the unveiling of a student-created, anti-tobacco bus shelter ad.

The unveiling will take place on the corner adjacent to Marina High School, 15871 Springdale, and features the artwork of Jamie McGraw, a Marina High student who participated in TUPP’s “Tune Out Tobacco” billboard workshop project. Jamie’s artwork was chosen from more than 75 entries as best depicting the positive portrayal of tobacco in movies, television, billboards, magazines and in-store advertising. Her original design showcasing the negative side effects of tobacco, was selected through a contest held by TUPP’s “Back that Ash Up” youth coalition.

The “Tune Out Tobacco” project provides youth in grades 6 through 12 with the opportunity to make a positive impact on the entertainment and advertising industries through the development of innovative media products that counter tobacco industry advertisements and promotions.

The Tobacco Use Prevention Program’s mission is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing a broad-based network of community organizations and committed individuals. TUPP provides services to Orange County residents through youth, community services and public policy programs. For more information, please call the TUPP program at (714) 834-3232.

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El Modena Family Resource Center Offers Health Fair & Flu Shots

(Orange) – Free health screenings and health information will be featured at the El Modena Family Resource Center Health Fair and Flu Shot Clinic, to be held Thursday, November 21 from 9 a.m.-12 Noon at the Center, 18672 E. Center Street, Orange.

Flu shots will be provided to those 60 years of age and older, as well as those who are at high-risk of influenza related complications due to chronic diseases. Health screenings offered will include mammograms for women age 40 and older, height and weight checks, blood pressure and blood sugar screenings and osteoporosis screening. Health fair participants will have the opportunity to meet with a pharmacist and a nutritionist, while nurses will offer health assessments.

The Orange County Health Care Agency (HCA) and the El Modena Family Resource Center are sponsors of the Health Fair. Several HCA programs will be represented, including Preventive Health Care for the Aging, the Senior Health Outreach and Prevention Program and Older Adult Services. Other participating organizations include CalOptima, Pacific Coast Mobile, Western Medical Center and the County Islands Program. Health Fair participants will be able to register for gift baskets to be given away hourly.

For more information about the Health Fair, contact the El Modena Family Resource Center at (714) 532-3519.
For Immediate Release
November 18, 2002

HCA Warns About Risks of Unlicensed Health Care Providers

(Santa Ana) - The Orange County Health Care Agency (HCA) reminds the public of the dangers of receiving medical diagnosis, treatment, and/or medications from unlicensed healthcare providers.

A 54-year-old Santa Ana man, who sought assistance from a Van Nuys faith healer for a persistent rash, recently died after receiving an injection containing an unidentified substance.

Many county residents seek the medical attention of unlicensed providers through word-of-mouth recommendations from friends and/or family or through various ethnic publications which cannot substantiate the medical claims posed in their advertisements. The illegal health services offered through these providers are unsafe and may even cause death.

Along with visiting unlicensed providers, many also purchase medications from across the border or from illegal, back-room stores without knowing the serious side effects or interactions they may have with the medications they currently take. Consumers are urged to seek medical advice from a licensed physician and only take medications prescribed by their doctors to treat their illnesses.

The Health Care Agency’s toll-free health referral line, (800) 564-8448, provides information about low-cost health resources in Orange County. HCA’s Safe Healthcare Project also provides public education to the community about the dangers of using unlicensed providers. The Project also distributes information about low-cost community health resources. For more information about licensed health providers, the Safe Healthcare Project or to order materials and/or a request a group presentation from the program, call the Safe Healthcare Project at (714) 796-8295 or (714) 796-0251. Additional information is available on HCA’s Web site at www.ochealthinfo.com/safehealth.

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Great American Smokeout Encourages Smokefree Lifestyle

(Santa Ana) – Smoking is the number one preventable cause of premature disease and death in the United States, killing 434,000 smokers and 53,000 non-smokers a year. The Great American Smokeout, an annual nationwide celebration occurring on Thursday, November 21 along with the Health Care Agency’s Tobacco Use Prevention Program (TUPP) aims to help all smokers and non-smokers take a healthy approach on life.

People are encouraged to stop smoking or to support someone to be smokefree on November 21 to help curb these alarming statistics. Addiction to smoking is caused by nicotine, one of the 4,000 chemicals contained in a single cigarette along with 43 other cancer causing chemicals.

Once addiction sets in, physical dependence on cigarettes becomes an increasingly part of everyday activities and leads people on a road of unhealthy living. Following the “4 D’s” or healthy lifestyle tips will help in the process of becoming smokefree:

- **Distract Yourself:** Exercise is the best substitute for smoking and helps keep people relaxed and maintains weight. Chewing on items such as carrots, sugarless gum, celery sticks, toothpicks or breath mints will help suppress cigarette cravings. Reading, writing and keeping a journal are other suggestions. Spend time in a restaurant, theatre or library where smoking is prohibited.

- **Drink Water:** Drinking eight glasses of water every day will help flush harmful cigarette chemicals out of the body.

- **Deep Breathing:** Taking a few deep breaths by inhaling and exhaling slowly helps the body relax and release stress.

- **Delay:** Wait! The urge to smoke passes within 5-10 minutes and will become weaker over time. Taking a walk, calling a person for support or reminding yourself of why you are trying to quit will help pass the time.

When smokers begin to take the first steps in the quitting process, the positive benefits gained will help lead them on a road of healthy living free of chemical dependency. The following positive effects from smoking cessation occur during the listed lengths of time:

- **After 8 hours:** Carbon monoxide level in blood drops to normal; oxygen level in blood increases to normal.
After 48 hours: Nerve endings start regrouping; ability to smell and taste is enhanced.

After 72 hours: Bronchial tubes relax, making breathing easier.

After 2 weeks to 3 months: Circulation improves; walking becomes easier; lung function increases.

After 1 to 9 months: Coughing, sinus congestion, fatigue, and shortness of breath decrease; body’s overall energy level increases.

After 5 years: Lung cancer death rate for average smoker (one pack a day) decreases by almost half; risk of heart disease decreases.

After 10 Years: Precancerous cells are replaced by new cells; lung cancer death rate has decreased to nearly that of non-smokers; risk of cancer of the mouth decreases.

Participating in the “4 D’s” will aid in the process of becoming smokefree and prevent life threatening illnesses caused by smoking and second-hand smoke. For additional information, contact the Health Care Agency’s Tobacco Use Prevention Program information line at 1-866-NEW-LUNG. Trained counselors are available to provide free self-help quit tips, one-on-one telephone counseling and other services in English, Spanish and Vietnamese.

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El Gran Apagón promueve una vida sin tabaco

(Santa Ana) - La principal causa de enfermedades prematuras y de muertes que se pueden evitar en los Estados Unidos es el hábito de fumar: es responsable de la muerte de 434.000 fumadores y 53.000 no fumadores anualmente. El Gran Apagón, una evento anual que se celebrará el jueves 21 de noviembre, y el Programa para la Prevención del Tabaquismo (TUPP), buscan promover una vida sana tanto para los fumadores como para los no fumadores.

Con el fin de contrarrestar esas estadísticas aterradoras se aconseja que el 21 de noviembre se deje de fumar, o se ayude a alguien a que no fume. La adicción al tabaco la produce la nicotina, una de las 4.000 sustancias químicas que contiene el tabaco; de estas sustancias, 43 producen cáncer.

Una vez que se ha establecido la adicción, la dependencia física se vuelve parte de la vida íntima y hace que la gente haga cosas dañinas para la salud. Recuerde que lo siguiente le dará (d: distráigase; a: agua, tome agua; r: respire; a: aguántese) resultados y lo mantendrá alejado del tabaco.

- **Distráigase**: hacer ejercicio es la mejor manera de alejarse del tabaco, relajarse y mantener un buen peso. Para ayudar a controlar el deseo de fumar mastique zanahorias o productos parecidos, chicles sin azúcar, use palillos o chupe pastillas para el buen aliento. También le sugerimos que lleve un diario, lea o escriba. Vaya a sitios donde no puede fumar: restaurantes, teatros o bibliotecas.

- **Agua (tome agua)**: tomar ocho vasos de agua al día ayuda a que el cuerpo elimine las sustancias nocivas del tabaco.

- **Respira**: inhalar profundamente y exhalar lentamente ayudan a que el cuerpo se relaje y alivie las tensiones.

- **Aguántese**: no se precipite, contrólese. El deseo irresistible de fumar sólo dura de cinco a diez minutos y a la larga disminuye. Para acelerar el paso del tiempo, camine, busque ayuda o acuérdese de por qué no debe fumar.

Empezar a dar los primeros pasos para dejar de fumar produce beneficios positivos que hace que los fumadores puedan iniciar una vida que los libera de la dependencia de las sustancias químicas. A continuación se enumeran algunos de los beneficios:

- **Después de ocho horas**: se normalizan las concentraciones de monóxido de carbono y de oxígeno en la sangre.
• **Después de 48 horas:** vuelven a crecer las terminaciones nerviosas; mejoran el olfato y el gusto.

• **Después de 72 horas:** se relajan los bronquios y se respira mejor.

• **Dos semanas a tres meses después:** mejora la circulación, resulta más fácil caminar y aumenta la capacidad pulmonar.

• **Uno a nueve meses después:** disminuyen la tos, la congestión nasal y la sensación de ahogo; aumenta la energía de todo el cuerpo.

• **Después de cinco años:** la mortalidad por cáncer pulmonar del fumador promedio, un paquete al día, baja casi a la mitad; disminuye el riesgo de un ataque al corazón.

• **Después de diez años:** nuevas células reemplazan a las células precancerosas; la mortalidad por cáncer pulmonar es casi igual a la de los no fumadores; disminuye el riesgo de cáncer de boca, garganta, esófago, vejiga y páncreas.

Seguir los pasos anteriores lo ayudará a que deje de fumar y evitará que el hábito de fumar y el humo de segunda mano lo expongan a enfermedades que pueden poner en peligro su vida. Llame al 1-866-NEW-LUNG (1-866-639-5864), la línea de información del Programa para la Prevención del Tabaquismo (TUPP), y recibirá otras sugerencias y consejería individual para dejar de fumar. Estos, y otros servicios, están disponibles en español, inglés y vietnamita.

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Thoáng Caúo Bàu Chì Khaán
Ngăoỳ 19 tháng 11 naêm 2002

MOÄT CUOÄC SOÀNG KHOÂNG COØN THUOÄC LAÙ

(Santa Ana) - Chuông ta coù theá ngaën ngöoа nööic vieäc huùt thuọać làù voàn laо nguyeăn naаn gaây bænh vaø cheát sòûm haông ñàáu tài Hoa Kyô. Moái naém coù 434,000 ngööoi huùt thuọać vaø 53,000 ngööoi khoâng huùt thuọać ñàõ coù vieäc thuọać làù. Naém say ngaän leä kyû nieäm Ngaöy Töï Nguyeän Boû Huùt Thuọać (The Great American Smokeout) treän toaøn làôn thuọếc Hoa Kyô seö nööic toä cheg vaø ngoay thöù naêm 21 tháng 11, cuóng luüc Chöông Trình Ngaën Ngoàa Vieäc Huùt Thuọać Làù (TUPP) cuûa Cô Quan Y Téa Quaän Cam muoàn ñaë troãng taäm vaøo vieäc giuùp ñöô taát caû nhöõng ngööoi huùt thuọać vaø ngööoi khoâng huùt thuọać làù ñaït nööic cuoäc soáng laõnh máïnh.

Moïi ngööoi nööic khuyeán khich ngông huùt thuọać hay yeâm troïi ngööoi khoâng boû huùt thuọać làù vøøo ngøy 21 tháng 11 ñeå giûp giaûm bọùt nhöõng thoäng keä ñaâug sói naøy. Nicotin, moät trong 4000 hoaù chaát cuøng vøøi 43 hoaù chaát khaùc giûp baût ngöîm ñeâ nhöõng hoûa chaát thuoäc làù. Sau ñaây laø coâng thöùc “4 T” hoaëc vaøi chæ daän veà loi soáng laõnh máïnh seö giûp vaøo tieän trînh ñeå trôû thaønh ngöôøi khoâng coøn huùt thuọać nöõa:

• Thay theá: Töüc laø laõm vieäc gi khoáu. Taäp theá duïc laø caùch thay theá toät naaáu cho vieäc huùt thuọac làù vaø giûp thuôøng thö giûm tinh thaan cuông nhö duy tri tröûng lõiõng vôøa phuái cho thaan theá. Nhaï caø roät, këøo caø su khoâng nöôong, khuùc caân tay, ngaâm taém hay keiö baïc haø seö giûp cheá ngöîi nööic cõn them thuọać làù. Ñoïc saùch baùo, vieät laûc hay vieät nhaáu kyû cuông laø nhöõng ñeá nghö hoûo ich. Ñeá giaûi tri haøy ñeàn tieäm aën, raïp hau y thö vieän laø nhöõng nóì bò caâm huùt thuọać làù

• Theâm nöôuc: Moái ngaøy haøy uesto 8 ly nöôuc locï seö giûp toäng heáy nhöõng hoûa chaát thuọac làù nöøac haei ra khoúi có theá.

• Thoùú hôi daoi: Thòo vaøi hôi daoi baëng caùch chaám røí hìt raøi, thoù vaøo ñeå giûp có theá nööic thanh thauñ vaø thoauûi maûi.

• Tri hoaõn: Haøy nöôi! Cõn thuçi hoái phau huùt thuọac seö qua ñi trong 5-10 phuùt vao söi hoái thuçi naøy seö yeâu daän theo thöi gian. Haøy ñi boâ, goiìngööoi ñeå nööic giûp nöô boâ tìi naaëc nhöõng lýë do tôïi saø quyû vø ñăng cóa gaëng boû huùt seö giûp qua nööic khoâung thöi gian theóm thuọać.

Trong bôûc ñàáu cuûa tieän trînh boù ñau huu thuọac làù, vieäc thâu löôim thauñ quaû ñaâug keá seö giûp ngööoi huùt cuûng cõi nööic nöôi soáng khoëu máïnh khoâng bò naøt leá bóûi hoäu chaát. Sau ñaây laø nhöõng thauñ quaû ñaâug keá xaûy ra trong thöi gian boù huùt thuọac:

• Sau 8 giôø ñoàng hoà: Thauñ kíi carbon monoxide trong maùu seö giaûm xuóøng bính thööong; lôïíng
• Sau 48 giờ ngưỡng hoá: Phaàn taän cuong cuûa nhuânh daay than kinh seõ baët ñaad thö hîp, gia taeng khoû naêng cuûa vô giaûc vaø khoûu giaûc

• Sau 72 giờ ngưỡng hoá: Cuøáng phoåi sëo dòu laï laøm deã thôû hòn.

• Sau 2 tuaàn leã ñéán 3 thâung: CâûÑ theiân heä thöang tuaän hoæñ; ñi ñøòng troî neån deã hòn; gia taeng chöüc naêng cuûa laû phoåi.

• Sau 1 ñéán 9 thâung: Giaûm chöung ho, ngheït muõi, moûi meät, vaø hoi thôû ngaên; naêng löïc toaøn than seõ taêng leán.

• Sau 5 ñaëm: Nguy cò bo cheát vi beânñh unng thö phoåi cuûa nhöõng ngöôoi huût thuóac lâû trung binh (moät goûi moät ngaøy) giaûm gaân phaân nôûa; nguy cò maéc beânñh tim seõ giaûm xuoång.

• Sau 10 ñaëm: Çaûc teá baøo tieán ung thö ñøöic thay theá boûi nhöõng teá baøo móû; tyû leä tôû vong vi beânñh unng thö phoåi giaûm gaân baèng ngöôoi khoâng huût thuóac lâû; giaûm ruûi ro bò ung thö mieång.

Tham gia vaøo coâng thöùc “4 T” seõ giuùp quyù vò trong tieán trình boû huût thuóac lâû vaø ngaên ngoäa nhöõng beânñh taät ñë doâi ñøïi soång gaây ra bòi vieäc huût thuóac vaø hit thôû khoûi thuóac tôo ngöôoi khauç. Caån theâm chi tieát, xin vui loøoŋ goïi Chöông Trinh Nguøa Vieäc Huût Thuóac Lâû cuûa Cô Quan Y Teá Quaân Cam ó ño á soá mieãn phi 1-866-NEW LUNG (1-866-639-5864). Coù saûn Coá Vâaنبي tieân kinh ngheïäm ñeä giuùp ñøö miën phì caûch thuóac tôo boû huût thuóac, ñøöic chær daän tröïc tieáp treåñ ñieän thoaïi vaø trong caûc dòch vuï khauç baèng tieáŋ Anh, tieáŋ Taây Ban Nha vaø tieáŋ Vieät.

###
Simple Steps Prevent Foodborne Illness at Thanksgiving

(Santa Ana) – In planning for Thanksgiving and all the cooking that comes along with this holiday season, consumers must take precautionary steps when preparing favorite holiday foods to help prevent a foodborne illness. Popular Thanksgiving items such as poultry, dressings and gravy are excellent sources where bacteria may thrive.

“During this celebratory season, proper handling and preparation of a holiday turkey or other foods are essential in preventing cases of foodborne illness,” said Julie Poulson, Health Care Agency Director.

Bacteria such as Salmonella, Campylobacter and E. coli are the primary causes of foodborne illness in the United States. These types of bacteria grow rapidly on foods that are moist, rich in protein and held at temperatures between 41 degrees Fahrenheit and 140 degrees Fahrenheit.

To help keep any type of foodborne illness from joining a Thanksgiving meal, follow the simple food preparation guidelines below:

- Thaw frozen turkey inside the refrigerator on the bottom shelf in its original wrapping. Make sure that other foods are above the thawing turkey to prevent contamination. Thawing a moderate sized turkey in this manner may take one to three days. If time does not permit a gradual thaw, place the frozen turkey in a watertight wrapper and immerse in cold water until the meat is pliable. Change the water every half-hour.

- Wash your hands, utensils, cutting boards and other items that have been in contact with the raw meat or poultry with soap and hot water to prevent contaminating other foods or re-contaminating the cooked turkey.

- Set the oven temperature at 325 degrees Fahrenheit or higher.

- Use a meat thermometer to make sure the meat and poultry are cooked all the way through. Place the thermometer within the thickest section of meat or poultry.

- Cook the whole turkey to an internal temperature of at least 180 degrees Fahrenheit. The giblets and stuffing should be cooked separately until they reach at least 165 degrees Fahrenheit. The recommended cooking time for your turkey
can be obtained from instructions on the poultry wrapper, a cookbook or you can call the U.S. Department of Agriculture’s Meat and Poultry Hotline at (800) 535-4555.

- Don’t let the turkey, dressing or gravy sit at room temperature for more than two hours. These foods are particularly high in protein and moisture and should be kept above 140 degrees Fahrenheit or below 41 degrees Fahrenheit at all times. Refrigerate leftovers promptly.

- Reheat leftovers to at least 165 degrees Fahrenheit prior to serving.

The Orange County Health Care Agency’s Food Protection Program participates in the inspection of retail and wholesale food facilities to prevent foodborne illness. It also promotes the safe and sanitary preparation and service of foods and protects consumers from adulterated, mislabeled or fraudulently advertised food products. For more information about the program or to obtain guidelines for safe food preparation, call (714) 667-3600 or visit www.ocfoodinfo.com.
Orange County Health Care Agency Offers Free HIV Testing

(Santa Ana) – As of December 2001, an estimated 2,851 Orange County residents were living with AIDS. With World AIDS Day approaching December 1, Orange County’s Public Health officials say that knowledge and information are the keys to combating the ongoing AIDS epidemic.

The theme for the fifteenth observance of World AIDS Day is “Stigma and Discrimination” emphasizing the role that attitudes and perceptions play in the worldwide effort against AIDS. From the moment scientists identified HIV and AIDS, social responses of fear, denial, stigma and discrimination have accompanied the epidemic. Discrimination has spread rapidly, fuelling anxiety and prejudice against the groups most affected, as well as those living with HIV or AIDS. HIV disease is also associated with stigma, repression and discrimination, as individuals affected (or believed to be affected) by HIV have been rejected by their families, their loved ones and their communities. “The campaign is intended to highlight the impact of stigma and discrimination on community responses to the AIDS epidemic,” said County Health Officer Dr. Mark Horton. “This is also important in Orange County, since various racial and ethnic groups here are disproportionately affected.”

“There are still far too many people who don’t know that they’re HIV positive and far too many myths and misconceptions about HIV and AIDS,” said Penny Weismuller, HCA Division Manager for Disease Control and Epidemiology. “In addition to providing information about HIV and AIDS, the Orange County Health Care Agency (HCA) offers free, anonymous and confidential HIV testing, with counseling available as part of this service.”

HCA offers HIV testing at two convenient locations:

- 1725 W. 17th Street, Santa Ana
  Monday-Friday 8 a.m.-4 p.m., open Tuesday until 5:30 p.m.
  (714) 834-8787

- 27512 Calle Arroyo, San Juan Capistrano
  Thursday 8 a.m.-12 p.m. and 12:30 p.m.-4 p.m.
  (949) 248-2216

For information on free HIV testing, call (714) 834-8129. World AIDS Day information, including links to other resources, can be found on the HCA web site at
2002 Flu Shot Supply Still Available At OC Health Care Agency Clinics

(Santa Ana) - An ample supply of flu vaccine is available and there’s still time to get immunized, said Dr. Mark Horton, County Public Health Officer. The County’s Health Care Agency continues to offer free flu shots at its regular immunization clinics for those who qualify to participate in the annual influenza program.

The County vaccination program is targeted to protect people age 60 years and older and persons of any age with chronic diseases such as asthma and other respiratory problems, kidney disease, anemia, heart disease and diabetes. Other individuals who are interested in receiving a flu shot should contact their private physician or health care provider.

Since influenza in California usually peaks during the months of February or March, there is still time in December and January to gain the protection a flu shot offers.

Those who qualify for HCA’s influenza program may obtain a flu shot by visiting one of the following Health Care Agency walk-in Immunization sites:

- **Santa Ana** - 1724 W. 17th Street: Monday through Friday, 8 a.m. to 4:30 p.m., Tuesday evenings until 7 p.m.
- **Buena Park** - 7342 Orangethorpe: Tuesdays, 12 noon to 4 p.m. and Thursdays, 8 a.m. to 7 p.m.
- **Costa Mesa** - 2845 Mesa Verde Drive East: Wednesdays, 11 a.m. to 7 p.m.
- **San Juan Capistrano** - 27512 Calle Arroyo: Thursdays, 11 a.m. to 7 p.m.

For more information about flu vaccinations call the Immunization Assistance Project at (714) 834-8560.
Helping Children Cope with the Columbia Space Shuttle Tragedy

(Santa Ana) – The loss of the Space Shuttle Columbia and its crew is difficult for all of us to accept, but the accident may present special coping challenges for children.

“Parents should limit the amount of news coverage of the event watched by children and provide a supportive atmosphere in which to discuss the tragedy,” says Health Care Agency Behavioral Health Children and Youth Services Program Manager James Harte, Ph.D. “Maintaining the child’s routine and encouraging them to participate in physical and social activities are other ways to help children cope with a disaster.”

How children react to this event will vary depending on their age and maturity. “Parents are the best judges of what is normal behavior for their children, so be aware of any changes that may result from stress or anxiety,” stated Harte. Some general signs of concern to look for in children’s behavior include:

- Being excessively withdrawn or depressed
- Engaging in self-destructive behaviors
- Acting out in an aggressive manner
- Changes in behavior such as refusing to eat

If these changes persist, professional assistance may be necessary. HCA’s Children and Youth Services (CYS) provides outpatient assistance through regional clinics and school based sites. Information on CYS clinics can be found at [http://www.ocgov.com/hca/behavioral/cysclinics.htm](http://www.ocgov.com/hca/behavioral/cysclinics.htm).
For Immediate Release
March 5, 2003

YOUTH CREATED ANTI-TOBACCO AD UNVEILED

(Santa Ana) – The tobacco industry spends an alarming $16 million each day (or $11,000 a minute) on advertising and special promotions. To counter these negative effects, the Orange County Health Care Agency’s Tobacco Use Prevention Program (TUPP) joins community leaders, educators and students on Thursday, March 6 at 10:30 a.m. in the City of Fullerton for the unveiling of a student-created anti-tobacco bus shelter ad.

The unveiling will take place on the corner of Nutwood and Commonwealth, which is adjacent to California State University, Fullerton. The ad features the artwork of Chad Kellerman, a student attending Troy High School who has participated in TUPP’s “Tune Out Tobacco” billboard workshop project. Chad’s artwork was chosen from more than 100 entries as best depicting the positive portrayal of anti-tobacco in movies, television, billboards, magazines and in-store advertising. His original design showcasing the negative side effects of tobacco, was selected through a contest held by TUPP’s “Back that Ash Up” youth coalition.

The “Tune Out Tobacco” project provides youth in grades 6 through 12 with the opportunity to make a positive impact on the entertainment and advertising industries through the development of innovative media products.

The goal of the County’s Tobacco Use Prevention Program’s is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by working with local community organizations and committed individuals. TUPP provides services to Orange County residents through its youth, community service and public policy programs. For more information, please call the TUPP program at (714) 541-1444.
County of Orange
Health Care Agency
Public Health Services
Press Release

For Immediate Release
March 11, 2003

Contact: Howard Sutter
(714) 834-2178

Orange County To Begin Smallpox Vaccinations

(Santa Ana) – Vaccination of Orange County Public Health response team members against smallpox will begin Thursday, March 13 as part of the nationwide program to protect the public from any potential outbreak of the disease.

“Countywide, we expect as many as 500 people to participate in this first phase of the vaccination program,” said Mark B. Horton, M.D., Orange County Health Officer. “We will first vaccinate those who would be involved in the investigation of any potential case of smallpox, including nurses, physicians and laboratory personnel. These individuals have volunteered to respond to a smallpox outbreak and participate in this vaccination program for the public’s protection.”

Over 800 Health Care Agency (HCA) employees have attended educational sessions to learn about smallpox and the vaccination program. After each session, staff members had the opportunity to volunteer for participation on the Public Health Response Teams. Each volunteer will be carefully screened to reduce the likelihood of an adverse reaction to the vaccine. After vaccination, they will be closely tracked to make sure the vaccine ‘takes’ and to document and manage any adverse reaction.

The smallpox vaccine received from the California Department of Health Services will later be used to vaccinate hospital response team members. Since mid-December, HCA has been working with area hospitals to provide educational materials on smallpox and the risks and benefits of the smallpox vaccine. Hospitals that select not to participate in the pre-event vaccination program are encouraged to educate their staff about smallpox, increasing their ability to recognize any potential smallpox case. The smallpox vaccine is not recommended for the general public at this time.

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Local Food Establishments Receive Awards Of Excellence

(Santa Ana) – From a qualifying group of 8,585 food facilities throughout the County, the Health Care Agency’s Environmental Health Division has issued 886 Award of Excellence Certificates to local Orange County food facilities this month. The Food Protection Program recognizes these facilities for their outstanding food safety and sanitation practices. The certificate acknowledges the dedication of each recipient and highlights their diligent efforts in preventing health code violations.

The Food Protection Program created this annual Award of Excellence in an effort to provide an incentive for food establishments to consistently meet or exceed health and safety standards for food facility operations. Eligible food establishments throughout the County may receive this annual award each year that they exhibit excellent food safety and sanitation practices.

The Food Protection Program focuses on the inspection of retail and wholesale food facilities in order to promote the safe and sanitary preparation and service of foods, prevent foodborne illness, and protect consumers from adulterated, mislabeled or fraudulently advertised food products. For further information regarding HCA’s Food Protection Program, call the hotline at (714) 667-3600 or for a complete listing of all the award recipients visit us at our Food Awards Web site.

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Uncertain Times Call For Preparedness

(Santa Ana) – Current events make it more important than ever that Orange County residents have a preparedness plan for their homes and families.

“Although there are no specific threats to our area at this time, it is important that all of us do our part to prepare for any possible emergency,” said Health Care Agency Director Juliette A. Poulson, RN, MN. “Because of the potential for earthquakes and wildfires, Californians are considered to be better prepared than most Americans for emergencies. However, increased preparedness will help us to maintain as normal a routine as possible during difficult times.”

Actions to consider include:

- Refreshing your home emergency kit and plans. Essential items include a three to four day supply of food and water for each family member, especially formula for infants; prescription drugs for those taking medications; special care items needed by the elderly, infants and the disabled; and a battery powered radio to listen for instructions from Public Health and Safety officials.

- Reviewing a meeting place or communication contact point that all family members understand, with a back-up plan in case phone service and travel are disrupted.

- Mentally rehearsing or practicing your action and communications plans.

- Learning how to shut off the gas, electric and water supply to your home.

- Practicing good personal hygiene, especially washing your hands with soap. Remember to cover your mouth when sneezing and coughing.

- Maintaining your personal health with activity, exercise, good nutrition and regular sleep.

- Enjoying family activities and working cooperatively in challenging situations.

- Understanding that uncertainty is difficult for some individuals and that coping can be enhanced by tolerance, patience and love.

- Limiting news coverage. Remain informed and help interpret the information for children who may not need to know some things.
• Preventing overreaction to events. Use reasonable thought and consideration when making decisions.

• Planning ahead to complete tasks and allow extra travel time to avoid unnecessary haste.

There are many excellent emergency preparedness resources available on the Internet. These include:

- American Red Cross: www.redcross.org

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Send comments to HCA Public Information
(Santa Ana) – Orange County Health Care Agency officials have received reports of possible cases of Severe Acute Respiratory Syndrome (SARS), an atypical respiratory illness recently reported in Asia, North America and Europe. After initial review, two of these cases are being reported to the California Department of Health Services as suspected SARS cases. Both individuals had a recent history of travel to China. Neither of the patients was admitted to the hospital for care and both are now recovering at home.

"We are working closely with the providers caring for the patients to ensure that all necessary precautions are taken to prevent the spread of the illness," said Mark Horton, M.D., Orange County Health Officer. “Anyone in close contact with the patients will be urged to monitor their health and promptly report any symptoms that could indicate the presence of SARS.”

Dr. Horton noted that the mere presence of symptoms like fever or cough should not be a cause of heightened concern for the general public, because respiratory illnesses are very common at this time of the year. The Centers for Disease Control and Prevention (CDC) has established criteria that must be met for an illness to be classified as SARS (CDC case definition 3/29/03). This includes a respiratory illness of unknown cause with onset since February 1, 2003, and the following criteria:

- Measured temperature of 100.5°F or higher (>38° C) **AND**
- One or more clinical findings of respiratory illness (e.g. cough, shortness of breath, difficulty breathing, hypoxia, or radiographic findings of either pneumonia or acute respiratory distress syndrome) **AND**
- Travel within 10 days of onset of symptoms to an area with documented or suspected community transmission of SARS, such as the Peoples' Republic of China (i.e., mainland China and Hong Kong Special Administrative Region); Hanoi, Vietnam; and Singapore **OR**
- Close contact within 10 days of onset of symptoms with either a person with a respiratory illness who traveled to a SARS area or a person known to be a suspect SARS case. Close contact is defined as having cared for, having lived with, or having direct contact with respiratory secretions and/or body fluids of a patient known to be suspect SARS case.
Health officials advise that, in the event a traveler experiences this combination of symptoms and has traveled to the identified countries in the last 10 days, they should seek medical attention and inform the health care staff about their recent travel. Physicians should report any suspected case of SARS in a person who has recently traveled to areas with documented or suspected community transmission of SARS or who has had close contact with someone who has recently traveled to these locations by calling Orange County Public Health Epidemiology at (714) 834-8180. Each report will be carefully compared to the CDC’s case definition and suspected cases will be referred to the California Department of Health Services. Due to the non-specific nature of the case criteria and the frequency of respiratory symptoms, the number of suspected cases in Orange County may fluctuate, at least until such time as there is a confirmatory laboratory test.

The CDC has expanded its travel advisory for SARS to include all of mainland China, as well as Hanoi, Vietnam and Singapore. People planning non-essential travel to mainland China, Hong Kong, Singapore and Hanoi, Vietnam may wish to postpone their trips until further notice. For more information about SARS, please see the CDC and World Health Organization Web sites at www.cdc.gov and www.who.int.

Through the end of March, CDC reported a total of 72 suspected SARS cases under investigation in the United States, including 16 in California. No deaths from SARS have been reported in the United States.

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For Immediate Release
April 17, 2003

Local Clinical Psychologist Participates In First Bi-National Fellowship Collaboration

(Newport Beach) – As an Orange County Health Care Agency Educator and a 2002-2004 Fellow for the International Center for Health Leadership Development (ICHLD), Casey Dorman, Ph.D. participated in the organization’s first bi-national session. Held on the U.S. – Mexico border, the session united health professionals from Malaysia, Australia, Colombia, the Philippines and South Africa to gain insight on the Country’s various health services and implications.

ICHLD hosted the session in the border communities of El Paso, Texas and Ciudad Juárez, Chihuahua for its Fellows to learn how governments and agencies in a bi-national community worked together to deal with issues involving a fast-growing population, health care needs, poverty, drug trafficking and abuse, education, sever water shortages and pollution.

As one of 28 session participants, Dr. Dorman was selected as an ICHLD Fellow in 2002 and has since participated in various seminars addressing issues such as coalition building, community/campus partnerships and collaborative relationships in diverse environments to name a few. He is currently a psychologist and child development specialist who has worked with the Orange County Health Care Agency’s Children and Youth Services program for the past 12 years. A Newport Beach resident, Dr. Dorman further provides training for professional staff and works with community groups in the area of early childhood mental health and is also a Professor at Alliant International University in San Diego.

ICHLD is a 6-year-old nonprofit center of the University of Illinois at Chicago’s School of Public Health and offers it’s prestigious 2-year Fellows program to those interested in the opportunity to develop collaborative leadership skills and professional relationships. For more information visit ICHLD online at www.uic.edu/sph/healthleaders.

# # #
For Immediate Release
April 21, 2003

State Ranks Orange County’s Health Status

(Santa Ana) – The annual report card on the health of Californians shows Orange County residents are making progress in several areas, including key indicators of infant health.

“We’re encouraged that more expectant mothers are seeking timely and adequate pre-natal care and that more women are breastfeeding their babies,” said Mark B. Horton, M.D., Orange County’s Health Officer. “However, the report also shows that there’s still room for Orange County residents to reduce their risk of several major diseases like cancer and heart disease.”

Orange County has already achieved the Healthy People 2010 objectives for breastfeeding initiation and for reducing death rates due to motor vehicle accidents and homicide. The report, based on information from 1999-2001, also shows a reduction in the rates of infant mortality and in the incidence of both AIDS and Tuberculosis (TB). While overall progress is being made, there are still differences in health status among population groups in Orange County. “We need to focus our efforts and resources on reducing these known disparities, like infant mortality rates among African-Americans and TB in the Vietnamese community,” Dr. Horton stated.

Death rates in Orange County from cancers, coronary heart disease and cerebrovascular disease remain higher than the statewide average. “These are diseases in which lifestyle factors like tobacco use, alcohol consumption, diet and exercise make a difference,” said Dr. Horton. “By leading healthier lifestyles, we should be able to reduce our death rates from these diseases.”

The 2003 County Health Status Profiles are produced by the California Department of Health Services and the California Conference of Local Health Officers. The report is available online at http://www.dhs.cahwnet.gov/hisp/chs/phweek/cprofile2003/Profile2003.pdf.
For Immediate Release  
April 23, 2003

Youth Created Anti-Tobacco Posters Unveiled

(Santa Ana) – The tobacco industry spends an alarming $16 million each day (or $11,000 a minute) on advertising and special promotions. To counter the related negative effects, the Orange County Health Care Agency’s Tobacco Use Prevention Program (TUPP) joins community leaders, educators and students on Thursday, April 24 from 12 noon to 12:30 p.m. in the city of San Clemente for the unveiling of student-created anti-tobacco posters.

The unveiling will take place at the Krikorian Movie Theatre located at 641 Camino De Los Mares. The posters feature the artwork of four San Clemente High School students who participated in TUPP’s “Tune Out Tobacco” billboard project. The student’s artwork was chosen from more than 100 entries as best in countering the positive portrayal of tobacco in movies, television, billboards, magazines and store advertising. Their original designs showcase the negative side effects of tobacco, which was selected through a contest held by TUPP’s “Back that Ash Up” youth coalition.

The “Tune Out Tobacco” project provides youth in grades 6 through 12 with the opportunity to make a positive impact on the entertainment and advertising industries through the development of innovative media products.

The goal of the County’s Tobacco Use Prevention Program is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by working with local community organizations and committed individuals. TUPP provides services to Orange County residents through its youth, community service and public policy programs. For more information, please call the TUPP program at (714) 541-1444.

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Send comments to HCA Public Information
For Immediate Release
April 24, 2003

Public Hearing Rescheduled

(Santa Ana) A State-mandated public hearing by the Orange County Board of Supervisors, called a “Beilenson Hearing” after the legislator who wrote the law, has been rescheduled from the previously announced date of Tuesday, April 29, 2003. The new public hearing date is Tuesday, June 10, at 1:30 p.m., the Robert E. Thomas Hall of Administration Building, 10 Civic Center Plaza, Santa Ana, California.

At this hearing, members of the community will be given the opportunity to comment on the potential reductions of approximately $12.1 million to health care services provided to indigent or low-income persons.

# # #
Public Forum Addresses Mental Health Issues

(Santa Ana) To hear about public concerns and suggestions for mental health services in Orange County, the public is invited to attend a forum on Thursday, May 8 from 9 a.m. to 11:30 a.m. at the Hall of Administration, Board of Supervisors & Planning Commission Meeting Room located at 10 Civic Center Plaza in Santa Ana.

Sponsored by the Orange County Mental Health Board, the hearing will provide an open forum for clients and family members, mental health professionals and interested community members to voice their thoughts or concerns or pose questions about mental illness. One in five families is affected by mental illness and if left untreated, mental illness can affect relationships and may even lead to suicide.

“May is Mental Health Month and it provides an excellent opportunity to remind us that mental illness is a brain disease, not unlike any other physical illness that affects at least one of five people, personally or through a family member,” said Julie Poulson, Health Care Agency Director.

Mental Health Month highlights the importance of educating the public about mental illness and emphasizes ways to reduce the stigma involved with the illness.

The free event is open to all community members interested in providing comments and/or suggestions on mental illness and the stigma of mental illness in Orange County. For further information about the forum, please call (714) 834-5481.

# # #
For Immediate Release

May 15, 2003

Will West Nile Virus Arrive in 2003?

(Santa Ana) – The rapid progression of West Nile Virus (WNV) across the United States has Orange County health and vector control officials anticipating the first locally acquired case of WNV to occur this year.

“Based on the spread of WNV last year, it is very possible that the virus will become a public health threat in Orange County this year,” said Mark Horton, M.D., Orange County Health Officer. “WNV is another reason that we should all take a few simple precautions to reduce our chance of being bitten by mosquitoes.”

WNV has now been confirmed in 44 states, with over 4,000 human WNV cases in the United States during 2002. The majority of WNV cases are contracted through the bite of an infected mosquito. Most people infected with WNV have no symptoms or only mild ones like fever, headache and body aches, but the elderly and those with weakened immune systems face a higher risk from WNV.

“The chance of contracting WNV infection is very small, so there is no reason to seek medical treatment or testing for a mosquito bite,” said Dr. Horton. “People with the severe form of WNV infection have symptoms like severe headache, high fever, muscle weakness, confusion, stiff neck and nausea. These symptoms of serious illness require immediate medical attention.”

The key to reducing the risk of WNV infection is controlling the mosquito population. This can be accomplished by eliminating standing water from around your home and property. Out of service pools and backyard ponds, for example, are capable of producing thousands of mosquitoes daily. Mosquitoes can develop in anything that holds water for more than a week. Eliminating mosquito-breeding areas also helps prevent the other mosquito-borne diseases that occur locally, such as Western Equine encephalitis and St. Louis encephalitis. Mosquito control information is available from the Orange County Vector Control District at www.ocvcd.org or by calling (714) 971-2421.

To deter mosquitoes from biting, use insect repellents containing DEET, always following label directions. When using insect repellents on children, the American Academy of Pediatrics has recommended a cautious approach using products with a low concentration of DEET, 10% or less, on children aged 2 - 12. Other ways to avoid mosquito bites include limiting outside activity at dusk and dawn when mosquitoes are most active, wearing long sleeved shirts and long pants when outside, and making sure that doors and windows have...
tight fitting screens.

As part of their WNV surveillance efforts, the Orange County Vector Control District is testing birds that have been dead for less than 24 hours. For more information regarding dead bird testing, visit www.ocvcd.org or call (714) 971-2421. The State of California has also established a toll-free telephone number for the public to report dead birds. That number is 1-877-WNV-BIRD.

A WNV vaccine for horses has been licensed by the US Department of Agriculture. Horse owners are advised to consult their veterinarian when considering vaccination. WNV information for horse owners can be found on the Orange County Animal Care Services Web site at www.ocpetinfo.com/nile.htm.

The Centers for Disease Control and Prevention (CDC) has WNV information posted at www.cdc.gov/ncidod/dvbid/westnile/index.htm.

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Send comments to HCA Public Information
For Immediate Release
May 19, 2003

OC Youth ‘Tune Out Tobacco’

(Santa Ana) – Joe Camel isn’t cool. Although the tobacco industry spends more than $11,000 a minute every day to promote cigarette sales, Orange County youth artists of project “Tune Out Tobacco” are fighting back.

Anti-tobacco themed art, developed to counter advertising efforts of the tobacco industry, will be on display from 4 p.m. to 6 p.m., Tuesday, May 20 at the Orange County Department of Education (OCDC), in room D1001, at 200 Kalmus Drive in Costa Mesa.

Artwork developed by more than 60 students in grades 6-12 will be on display at the Youth Art Exhibition, hosted by the Tobacco Use Prevention Program's (TUPP) "Back That Ash Up" youth coalition. "Tune Out Tobacco" is a project of the Orange County Health Care Agency's TUPP Program that helps youth counter the positive portrayal of tobacco in movies, television, billboards, magazines and window advertisements.

The exhibit will include items previously placed in the community such as a billboard, cinema screen ad and public service announcements.

The goal of the Tobacco Use Prevention Program is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by mobilizing community organizations and committed individuals. TUPP provides services to county residents through youth, community service and public policy programs. For TUPP information online, visit the Health Care Agency Web site at www.ochealthinfo.com/tupp. For more information on the Youth Art Exhibition or "Tune Out Tobacco" project, call (714) 834-3232.

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For Immediate Release
June 5, 2003

Orange County Animal Care Center Hosts 15th Annual Pet Faire

In recognition of the American Humane Association’s “Be Kind to Animals” week, Orange County Animal Care Center (ACS) will host its 15th annual Pet Faire on June 7 from 10 a.m. to 3 p.m. at the ACS facility located at 561 The City Drive South, Orange. The event will showcase hundreds of animals available for adoption. Last year, the Center was able to place 30 dogs and 42 cats into new homes.

In addition to the many wonderful animals available for adoption, a variety of wildlife and exotic exhibits, pet product vendors, breed rescue groups and animal emergency first aid will be on hand. There will also be working dog demonstrations, plenty of free samples, opportunity drawings courtesy of the Animal Assistance League and refreshments for purchase provided by Explorer Post 538. In the past, the Center has had thousands of visitors attend this 1-day event. The staff and volunteers of ACS would like to invite you to be a part of the festivities. Putting your best paw forward will help make this event a success.

“We encourage animal lovers of all ages to join the celebration,” said Dr. Julie Ryan, Director of the Animal Care Center. “The Pet Faire gives us the opportunity to welcome the community, increase awareness on responsible pet ownership, promote our volunteer program, and of course, place many animals into new loving homes.

For more information about the Pet Faire, contact Kathy Francis at (714) 935-6301. Visit Animal Care Services online at www.ocpetinfo.com for a listing of available animals for adoption or to learn more about the program.

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Send comments to HCA Public Information
Orange County Health Care Agency Observes National HIV Testing Day

(Santa Ana) – HIV Testing is an essential component in providing early treatment and risk reduction education to those who may be affected by HIV. According to the Centers for Disease Control and Prevention, an estimated 180,000 to 280,000 Americans don’t know they are infected with HIV. In observance of National HIV Testing Day on June 27, the Orange County Health Care Agency encourages willing participants to visit one of its free anonymous HIV testing sites.

“Anyone can become infected with HIV through risky behaviors,” said County Health Officer Mark Horton, M.D. "And many individuals are unaware of their personal risks or that they are actually infected. If you believe that you have been at risk for HIV infection, you have also been at risk for other Sexually Transmitted Diseases (STDs). Get tested for HIV and STDs and take care of yourself and those around you."

With today’s advances in testing and treatment, it is imperative for individuals who may be at risk to get tested. Knowing the results earlier can help those who test positive to obtain immediate care and the necessary treatment to help them stay healthy longer.

The Orange County Health Clinic located at 1725 W. 17th Street in Santa Ana offers free HIV and STD testing from 8 a.m. to 4 p.m., Monday through Friday with extended hours until 5:30 p.m. on Tuesday evenings. HIV Testing is also offered at its San Juan Capistrano satellite facility on Thursdays. For more information on the availability of this testing location, call (714) 834-8787.

Additional HIV Testing will be offered at the following Orange County locations:

- The Center in Garden Grove provides testing every Thursday and Saturday – (714) 534-0862 to verify testing hours
- Laguna Beach Community Clinic – (949) 494-0761 (Requesting a donation)

# # #

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Send comments to HCA Public Information
For Immediate Release
June 30, 2003

Contact: Pat Markley
(714) 834-2178

Unparalleled Water Quality Lab Opens at Shellmaker Island

(Santa Ana) - The first dedicated County Public Health Department Water Quality Laboratory in California opened today at Shellmaker Island in Newport Back Bay. This facility is responsible for testing water samples to protect the public from exposure to ocean and bay water that may be contaminated with sewage or may cause illness due to elevated bacteria levels.

“We are extremely proud of our new lab that is totally dedicated to water quality testing and research,” said Health Care Agency Director Julie Poulson. “It will allow for faster turnaround of water samples since it is closer to the coast and samples arrive more quickly. It is also designed so that it can absorb a workload 2 to 4 times of previous routine processing. This allows for expanded testing to support other County Departments and performing extensive watershed/research studies.”

Five full time employees will staff the laboratory that is certified by California Department of Health Services to test drinking and recreational water. The Orange County Board of Supervisors and the health care community took a major leadership role in supporting the lab by approving $1.23 Million from Tobacco Settlement funds that are being held in trust for a permanent Water Quality Laboratory at the future Marine Studies Center.

According to the EPA Office of Water, only a few states in the country have comprehensive beach monitoring programs to test the safety of water for swimming. Many states have limited programs and some have no monitoring programs linked to swimming beaches. There is still limited information about safety of swimming at beaches across the country, which is why further studies are needed.

###
Virus-Bearing Mosquitoes Found In Riverside County

(Santa Ana) – The discovery in Riverside County of mosquitoes carrying the virus that causes St. Louis encephalitis has Orange County public health officials calling for precautions to reduce the risk of mosquito-borne illnesses.

“St Louis encephalitis (SLE) is typically found in southeastern California during the summer, but its discovery in a neighboring county serves as a reminder that we should all do our part to eliminate mosquitoes and reduce our chances of being bitten by mosquitoes,” said Mark Horton, M.D., Orange County Health Officer.

To reduce the risk of mosquito-borne illnesses, follow these precautions:

- Eliminate all sources of standing water on your property. Any water accumulation in a flowerpot, roof gutter or other container that lasts a week or more can support the breeding of mosquitoes.
- When outdoors, apply insect repellent according to label directions.
- Make sure that doors and windows have tight fitting screens.
- Avoid spending time outside when mosquitoes are most active, such as at dawn and dusk.
- Wear long pants and long sleeved shirts to discourage mosquito bites.

No human cases of SLE have been reported in California this year. The illness is closely related to West Nile virus and causes a similar illness. While most healthy individuals may have no symptoms or just a mild illness, severe and potentially fatal illness can occur among the elderly and those with weakened immune systems. More information on SLE is available on the Centers for Disease Control and Prevention Web site at http://www.cdc.gov/ncidod/dvbid/arbor/SLE_QA.htm.

###
Innovative Ideas to Teach Lifelong Health in Orange County

(Santa Ana) – While the Surgeon General of the United States recently added his voice to the call for action against childhood obesity, several Orange County school districts and community organizations are already actively involved in the fight.

Today’s schools are filled with more overweight children than ever, some at risk for — if not already suffering from — high cholesterol, Type 2 diabetes, and early signs of cardiovascular disease. In the 69th Assembly District, which includes Santa Ana, 36% of children are overweight. Because most overweight kids become overweight adults, experts have recognized that stopping the problem early represents the best hope for success in saving both lives and health-care dollars.

The Health Care Agency’s (HCA) Nutrition Services has received California Nutrition Network (CNN) funds to assist other agencies, schools, and organizations in Orange County in tackling the problems associated with childhood obesity, and solutions are already emerging. Schools in the Santa Ana Unified School District and the Anaheim City School District have been awarded CNN mini-grant funds by HCA to conduct on-site taste tests, organize physical activity games and conduct cooking classes. Several Boys and Girls Clubs in Orange County have also been awarded funds to create healthy cooking classes for children and their parents while adding nutrition education to their fitness programs.

Observing the current nationwide rise in childhood obesity, the Newport-Mesa Unified School District has received CNN funding to assist their Nutrition Services Department in promoting healthy eating through increased nutrition education for children and families. They currently provide teacher training, parent classes, and student lessons about nutrition, as well as physical education. Special activities teach youngsters about eating five servings of fruits and vegetables a day, and how to prepare healthy snacks during after school programs. Nutrition Services also launched the “Breakfast Club” at several schools to promote their National School Breakfast Program. All of the programs receiving CNN funds promote the same messages and are responsible for evaluating their success. The information gained will be used in developing future programs to fight childhood obesity.

The California Nutrition Network and the U.S. Department of Agriculture provide funds to local agencies to promote better health by encouraging Californians to:
- Eat five or more fruits and vegetables a day
- Become physically active
- Learn more about Food Assistance Programs for those who qualify.
For Immediate Release
August 11, 2003

Viral Meningitis Cases Increase

(Santa Ana) – County health officials say viral meningitis cases in Orange County are up 36% this year as compared to 2002 and are urging increased handwashing and other hygienic precautions to prevent infection with the virus.

Year to date, 223 cases of viral meningitis have been reported in Orange County, compared to 164 during the same time period last year. Statewide, viral meningitis cases are increasing, with some counties reporting a doubling or tripling of cases compared to just a year ago. “Viral meningitis is a seasonal illness, with the last significant increase in Orange County occurring in 1998,” said County Epidemiologist Dr. Hildy Meyers. “Most cases of viral meningitis are reported in the summer and fall, and the increase in cases this year appears to be widespread.”

While viral meningitis is typically a milder illness than the bacterial form of meningitis, it can be difficult to differentiate between the two conditions. “Anyone exhibiting meningitis symptoms beyond fever and headache, including stiff neck; nausea and vomiting; and mental status changes like drowsiness or confusion, should seek medical attention immediately,” said County Health Officer Dr. Mark Horton.

Most viral meningitis in the summer and fall is caused by enteroviruses, which can also cause other illness such as diarrhea. To help prevent infection, good hygiene is important. Recommendations include:

- Washing your hands after using the bathroom or changing diapers and before preparing food.
- Avoiding the sharing of water bottles or drinking from another person’s beverage container.
- Covering your mouth when coughing or sneezing.

While meningitis can be caused by a number of viruses, including West Nile virus (WNV), there is no indication that WNV is related to this increase in cases.

# # #
Approach of West Nile Virus Calls for Prevention

(Santa Ana) – The detection of West Nile virus in Imperial County means it is time for Orange County residents to take precautions that can reduce the risk of infection. While no locally-acquired human cases have been reported in California, there have already been more than 700 cases reported in the United States this year with at least 16 deaths.

“The arrival of West Nile Virus in Orange County is just a matter of time, so we must all take action to protect ourselves from mosquitoes that may carry the virus,” said Mark Horton, M.D., Orange County Health Officer. “Through prevention, we can reduce our risk of exposure to West Nile virus.”

People and animals, such as horses, most commonly contract West Nile virus (WNV) from the bite of an infected mosquito. Most people infected with WNV have no symptoms or only mild ones like fever, headache and body aches, but adults over 50 years of age face a higher risk of severe illness. “The chance of contracting WNV infection is very small, so there is no reason to seek medical treatment or testing for a mosquito bite,” said Dr. Horton. “People with the severe form of WNV infection have symptoms like severe headache, high fever, muscle weakness, confusion, stiff neck and nausea. These can be symptoms of encephalitis and are cause for seeking immediate medical care. I also want to encourage physicians to look for the signs and symptoms of WNV infection and report any suspected cases to Public Health Epidemiology.”

To help control mosquitoes and reduce mosquito bites, Orange County residents are urged to take the following precautions:

- Eliminate standing water from around your home and property
- Use insect repellents containing DEET, always following label directions
- Limit outside activity at dusk and dawn when mosquitoes are most active
- Wear long sleeved shirts and long pants when outside
- Make sure that doors and windows have tight fitting screens.

Dr. Horton urged the public to play an active role in controlling mosquitoes. “While the
Orange County Vector Control District is working hard to control mosquito breeding areas on public property, the responsibility for private property rests with the property owner or resident. Improperly maintained private swimming pools are one of the prime backyard mosquito breeding areas.”

Vector Control is also conducting active surveillance to detect the presence of West Nile virus in mosquitoes and birds. The public is encouraged to participate in this effort by bringing birds that have died recently, including crows, ravens and birds of prey, to the Vector Control District office in Garden Grove or to call their local animal control agency for pick-up of the bird. When collecting a dead bird, wear disposable gloves and place the specimen in a plastic bag. More information on reporting dead birds is available on the Vector Control Web site at www.ocvcd.org.

The only WNV vaccine currently available is for use with horses, and the best protection against WNV is afforded after a series of two vaccinations. Horse owners should consult their veterinarian about having their horses vaccinated or revaccinated. More information about West Nile virus is available on a number of Web sites, including:

- Centers for Disease Control http://www.cdc.gov/ncidod/dvbid/westnile/index.htm
- State of California http://www.westnile.ca.gov/
- Orange County Health Care Agency http://www.ochealthinfo.com/epi/wnv

# # #
Student Created Anti-Tobacco Bus Shelter Unveiling

WHAT: A tobacco free bus shelter ad unveiling event will take place in the City of Fullerton to showcase the winning artwork of a Nicholas Jr. High eighth grade student. The student’s design was chosen from more than 100 entries from the Health Care Agency’s Tobacco Use Prevention Program’s (TUPP) “Tune Out Tobacco” billboard workshop project. Sponsored by TUPP’s “Back That Ash Up” youth coalition, the student’s artwork was chosen as best in countering the positive portrayal of tobacco in movies, television, magazines and store advertising.

WHEN: Wednesday, September 3, 2003 at 10 a.m.

WHERE: Bus shelter located on the Corner of Euclid and Hill near Nicolas Jr. High School (1100 W. Olive, 92833) in the City of Fullerton.

WHO: Artwork winner Patrick Wongprasert, local city dignitaries, students, teachers and principal from Nicolas Jr. High School, and local community members will be on hand to support the unveiling of the bus shelter ad.

WHY: The tobacco industry spends an alarming $16 million each day (or $11,000 a minute) on advertising and special promotions. To counter these negative effects, the TUPP program’s goal is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by working with local community organizations, schools and committed individuals. TUPP provides services to Orange County residents through its youth, community service and public policy programs. For more information, please call the TUPP program at (714) 541-1444.
For Immediate Release  
October 17, 2003

Update on Increase in Meningitis

(Santa Ana) - Orange County, along with the rest of the state and other areas of the country, is experiencing an increase of viral meningitis, which is typically a milder illness than the bacterial form of meningitis. "Viral meningitis is generally not a threat to a person’s health, however it must be differentiated from bacterial meningitis. Bacterial meningitis is a medical emergency and must be treated with antibiotics as soon as possible," said County Epidemiologist Dr. Hildy Meyers.

Bacterial meningitis does occur every year here in Orange County, but there is no increase in this type of meningitis and no outbreaks at this time. Recently there was a death due to bacterial meningitis in a young child who attended a pre-school in the City of Orange. No one else became ill. There was an unrelated case of viral meningitis in a child who attends a different pre-school, also in the City of Orange. These cases may have sparked concerns of an outbreak. There is also a case of bacterial meningitis in an adult in Anaheim—again there is no evidence that any of these cases are related.

“Anyone exhibiting meningitis symptoms such as fever and headache with a stiff neck; nausea and vomiting; or mental status changes like drowsiness or confusion, should seek medical attention immediately,” said County Health Officer Dr. Mark Horton.

The Health Care Agency is working to ensure that all necessary precautions are taken to prevent the spread of the disease.

To help prevent infection, good hygiene is important. Recommendations include:

- Washing your hands after using the bathroom or changing diapers, before preparing food, and after any contact with oral secretions.
- Avoiding the sharing of water bottles or other items that might go into the mouth.
- Covering your mouth when coughing or sneezing.

# # #
Women, Infants & Children Program Celebrates Opening of New Fountain Valley Center

(Fountain Valley/Huntington Beach) – The Orange County Health Care Agency’s Women, Infants & Children (WIC) Supplemental Nutrition Program will celebrate the opening of a new WIC center in Fountain Valley at an open house on October 29 from 11 a.m. to 3 p.m. The new center located at 8570 Warner Street will offer services to the Fountain Valley and Huntington Beach communities. Guests at the open house will tour the new center and have the opportunity to meet WIC staff to discuss the program’s services.

Prior to the new center, the WIC Program provided services for the Oakview neighborhood/community at the Oakview Family Resource Center (FRC) and at the Jeanne Hardy Head Start Centers in Huntington Beach. Having limitations to expand at the Huntington Beach locations and the need to accommodate eligible participants, the WIC program moved into a larger space close to the Oakview community.

WIC is now able to accommodate and serve more participants, both from Huntington Beach and Fountain Valley, as well as provide a more accessible location to better serve its clients. WIC will continue to serve Oakview residents at the Oakview FRC located at 17261 Oak Lane in Huntington Beach once a month.

The WIC Program serves pregnant, breastfeeding and postpartum women, as well as infants and young children, up to five years of age, who meet nutritional need and income criteria. WIC’s mission is to prevent health problems and to improve the health of program participants through nutritional education and supplemental foods during critical times of growth and development. Other WIC centers are located in the cities of Buena Park, Santa Ana, Westminster, Costa Mesa, San Juan Capistrano and Anaheim. For more information about WIC and the Fountain Valley Center Open House, call (714) 834-8333. Information is also available online at: www.ochealthinfo.com/public/nutrition/wic.htm.

# # #
Free Flu Shot Clinics Begin November 3

(Santa Ana) – Free flu shots for those at highest risk of complications from influenza will be available beginning Monday, November 3 at the County Health Care Agency’s operated clinics. “Medicare and many insurance plans cover the cost of flu shots, so we encourage seniors and others who want flu shots to contact their private physician or other local providers,” said Dr. Mark Horton, County Health Officer.

The County’s annual influenza vaccination program is targeted to protect people age 60 years and older and persons of any age with chronic diseases such as asthma, lung disease, heart disease, metabolic disorders, kidney disease and immune-suppression. In addition, women who will be in their second or third trimester of pregnancy during the influenza season and children on long-term aspirin therapy are also eligible for the County’s flu shot program.

“The flu shot is one of the most effective public health measures we have. Some of the best advice I can give to our senior citizens and people of all ages with chronic health problems is to receive a flu shot annually,” recommended Dr. Horton.

Free flu shots for people age 60 years and older and others eligible for the County flu shot program will be available beginning November 3 at the following Health Care Agency walk-in immunization sites:

- **Santa Ana** – 1725 W. 17th Street: Monday through Friday, 8 a.m. to 4:30 p.m., Tuesday evenings until 7 p.m.
- **Buena Park** – 7342 Orangethorpe: Tuesdays, 8 a.m. to 4 p.m. and Thursdays, 11 a.m. to 7:30 p.m.
- **Costa Mesa** – 2845 Mesa Verde Drive East: Tuesdays, 8 a.m. to 4:30 p.m.
- **San Juan Capistrano** – 27512 Calle Arroyo: Thursdays, 11 a.m. to 7:30 p.m.

Although it is not available through the state’s influenza program, influenza vaccine is recommended for all infants and children ages 6-23 months, and for people as young as age 50 who are in good health, particularly those who have regular contact with the elderly and persons with high risk medical conditions, and persons of any age who wish to reduce their risk of having flu disease this winter.
Information about community sites participating in the Health Care Agency’s flu shot program is available by calling the County of Orange Health Referral Line at 1-800-564-8448. Persons who are not eligible for the Health Care Agency’s flu shot program can obtain flu shots from their health care provider, local pharmacies and other locations in the community for a reasonable cost. Visit www.findaflushot.com to find a participating location near you.

Influenza and Influenza Vaccine - Fact Sheet
To Trick Or Treat Or Not To Trick Or Treat, That Is The Question

(Santa Ana) – Public health concerns about Southern California’s smoky air have many parents wondering if they should change or cancel their children’s plans for Halloween trick or treat activities.

While there is no exact answer for this question, Orange County Health Officer Dr. Mark Horton says parents should take certain factors into consideration. “Much will depend on the air quality Friday and the proximity of the individuals to the fires. Safety should be our first concern when it comes to the health of our children and our families,” said Dr. Horton. “This may be a good year to consider participating in the indoor activities offered in many communities, such as Halloween carnivals or Fall Festivals held at schools, community centers and other community facilities.”

The South Coast Air Quality Management District provides forecasts of air quality on its Web site at www.aqmd.gov and offers information by telephone at 1-800-CUT-SMOG (800-288-7664). Area newspapers also feature air quality information on their weather pages. If air quality is still considered to be “unhealthy for sensitive groups,” children, the elderly, pregnant women and those with heart and lung disease should limit the time they spend outdoors and minimize physical exertion. Parents should monitor their children’s health for physical symptoms including shortness of breath, coughing and wheezing. Asthma management plans should be followed carefully and parents should ensure they have adequate medication on hand for children with asthma and other lung conditions.

The use of filtration masks is not recommended for most people. These masks may not filter out the most harmful particles and they may interfere with children’s costumes or become a distraction, creating a potential safety hazard.

# # #
Simple Steps Prevent Foodborne Illness at Thanksgiving

(Santa Ana) – In planning for Thanksgiving and all the cooking that comes along with this holiday season, consumers must take precautionary steps when preparing favorite holiday foods to help prevent a foodborne illness. Popular Thanksgiving items such as poultry, dressings and gravy are excellent sources where bacteria may thrive.

“During this celebratory season, proper handling and preparation of a holiday turkey or other foods are essential in preventing cases of foodborne illness,” said Julie Poulson, Health Care Agency Director.

Bacteria such as Salmonella, Campylobacter and E. coli are the primary causes of foodborne illness in the United States. These types of bacteria grow rapidly on foods that are moist, rich in protein and held at temperatures between 41 degrees Fahrenheit and 140 degrees Fahrenheit.

To help keep any type of foodborne illness from joining a Thanksgiving meal, follow the simple food preparation guidelines below:

- Thaw frozen turkey inside the refrigerator on the bottom shelf in its original wrapping. Make sure that other foods are above the thawing turkey to prevent contamination. Thawing a moderate sized turkey in this manner may take one to three days. If time does not permit a gradual thaw, place the frozen turkey in a watertight wrapper and immerse in cold water until the meat is pliable. Change the water every half-hour.

- Wash your hands, utensils, cutting boards and other items that have been in contact with the raw meat or poultry with soap and hot water to prevent contaminating other foods or re-contaminating the cooked turkey.

- Set the oven temperature at 325 degrees Fahrenheit or higher.

- Use a meat thermometer to make sure the meat and poultry are cooked all the way through. Place the thermometer within the thickest section of meat or poultry.

- Cook the whole turkey to an internal temperature of at least 180 degrees Fahrenheit. The giblets and stuffing should be cooked separately until they reach at least 165 degrees Fahrenheit. The recommended cooking time for your turkey can be obtained from instructions on the poultry wrapper, a cookbook or you can call the U.S.
Don’t let the turkey, dressing or gravy sit at room temperature for more than two hours. These foods are particularly high in protein and moisture and should be kept above 140 degrees Fahrenheit or below 41 degrees Fahrenheit at all times. Refrigerate leftovers promptly.

Reheat leftovers to at least 165 degrees Fahrenheit prior to serving.

An often overlooked food that can carry contamination is produce. Before cutting or eating raw fruits and vegetables, thoroughly wash them in order to eliminate soil and other contaminants from their exterior. Cooked vegetables should be kept above 140 degrees Fahrenheit or below 41 degrees Fahrenheit at all times. Refrigerate leftovers promptly.

The Orange County Health Care Agency’s Food Protection Program participates in the inspection of retail and wholesale food facilities to prevent foodborne illness. It also promotes the safe and sanitary preparation and service of foods and protects consumers from adulterated, mislabeled or fraudulently advertised food products. For more information about the program or to obtain guidelines for safe food preparation, call (714) 667-3600 or visit www.ocfoodinfo.com
Influenza Cases Confirmed In Orange County

(Santa Ana) – Laboratory testing has confirmed that Orange County’s influenza season is underway, with an increase in positive tests for Influenza A in recent days.

“Influenza can be a serious illness, especially for people 65 years of age and older or those who have chronic medical conditions,” said County Health Officer Dr. Mark Horton. Some of the recent positive tests for Influenza A are from school-aged children, following a trend seen in other states.

“The first line of defense is to get a flu shot every year,” stated Dr. Horton. Information about the Health Care Agency’s flu shot program for those 60 years of age and older and those with chronic medical conditions is available by calling the County of Orange Health Referral Line at 1-800-564-8448 or on the Internet at www.ochealthinfo.com. Older adults and those with chronic medical conditions are not the only ones at risk from influenza, with young children between six months and 23 months of age at increased risk of hospitalization from influenza complications.

Respiratory (breathing) illnesses can be spread by coughing, sneezing or talking, which produce tiny droplets that contain virus. Always cover your nose and mouth when you cough or sneeze and wash your hands afterward. You can decrease your chances of getting a cold or influenza by frequently washing your hands and avoiding touching your nose, eyes, and mouth.

Public health officials urge those with flu-like illnesses to carefully consider their health and the health of others when deciding whether to attend holiday activities and events. “Those who are ill with fever and cough or sore throat should stay home and avoid contact with others at holiday or family gatherings,” added Dr. Horton. “While we know missing a special occasion is a disappointment, no one wants to be responsible for a potentially serious illness among family or friends.”

# # #
For Immediate Release
December 10, 2003

Targeted Use of Influenza Vaccine Urged

(Santa Ana) – Orange County Public Health officials recommend that individuals at the highest risk of severe complications from the flu be given priority for the remaining supply of injectable influenza vaccine for the 2003-04 flu season.

“Higher than expected demand for flu shots has made it necessary for us to take this precaution,” said County Health Officer Dr. Mark Horton. “We want to make sure there is vaccine available for those who could be hardest hit by influenza and could face hospitalization from its complications.”

Those in the high-risk groups include:

- Persons 50 years and older.
- Residents of nursing homes and other long-term care facilities.
- Persons six months of age and older who have chronic heart or lung conditions, including asthma.
- Persons six months of age and older who need regular medical care or have been hospitalized because of a metabolic disease (like diabetes), chronic kidney disease, or a weakened immune system.
- Children six months through 23 months of age.
- Children and teenagers six months to 18 years who are on long-term aspirin therapy and therefore could develop Reye syndrome after the flu.
- Women who will be more than three months pregnant during the flu season.

The Centers for Disease Control and Prevention is also recommending flu shots for health care workers and those who live with or provide care for people in high-risk groups. While it is more costly than a flu shot, an intranasal influenza vaccine that may be appropriate for certain otherwise healthy individuals who are at low risk of influenza complications is available from private physicians and other health care providers.

# # #
Influenza Care Reminders

(Santa Ana) – When it comes to caring for someone with influenza, a little old fashioned TLC may be among the best remedies.

“The good news is that most people will recover from influenza without complications, although they will experience the symptoms of influenza for several days,” said Dr. Mark Horton, County Health Officer.

Uncomplicated influenza can last from two to seven days, with full recovery taking one to two weeks. Self-care recommendations for influenza include:

- Rest
- Drinking plenty of liquids
- Avoiding the use of alcohol and tobacco
- Taking medication to relieve the symptoms of flu (never give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor.)

Those with chronic illnesses such as heart or lung problems should contact their physician if they become ill. Medical attention may be advisable if the patient is not better after five to six days of illness or if their flu symptoms are unusually severe. Indications to seek medical treatment include the patient’s condition worsening after an initial improvement; difficulty breathing; an inability to drink or keep down fluids; or coughing up a large amount of yellow or greenish material, especially with shortness of breath or weakness.

Hospital emergency rooms in Orange County are experiencing an increase in visits for flu-like illnesses. The public is urged to seek care from their private physician, medical clinics or urgent care centers whenever possible so that emergency rooms are available for the most seriously ill patients.

Public health officials also recommend that those with flu-like symptoms remain home from work, school or other activities to help prevent the spread of the virus. Additional ways to limit the spread of influenza and other respiratory illnesses include frequent hand washing with soap and water and covering your mouth with a tissue when you cough or sneeze.
For Immediate Release
December 22, 2003

Contact: Pat Markley or Howard Sutter
(714) 834-2178

Orange County Records First Influenza Death

(Santa Ana) – The County’s first influenza-related death has been reported to the Orange County Health Care Agency. The confirmed influenza death occurred with an individual in one of the categories considered at high-risk for complications from influenza.

The Health Care Agency is unable to release more specific information about the deceased patient due to patient confidentiality.

Annually, over 8,000 deaths in California are attributed to flu and pneumonia, and based on a review of death certificate information from recent years, there are approximately 650 influenza and pneumonia deaths in Orange County each year.

The influenza season has started early this year and is having a definite impact on the health care system. Hospitals are seeing an increase in patients with respiratory illnesses and physician offices have also reported an increase in visits for flu like illnesses. Some schools have reported increased absenteeism and there is greater than usual demand for the influenza vaccine. However, we don’t know at this time if this influenza season will turn out to be more severe than other years.

Information about the current influenza season is available at the Web site www.ochealthinfo.com/epi/flu. Information about flu shots for individuals in high risk groups available through the Health Care Agency’s flu shot program, as well as information about community providers that may have flu shots available, is available by calling the County of Orange Health Referral Line at 1-800-564-8448.
Holiday Schedules May Require Advance Planning For Health Care Services

(Santa Ana) – This year’s holiday schedule may impact the office hours for many physicians and may require that those with routine health care needs plan ahead to ensure their needs are met.

“Since both Christmas and New Year’s Day fall on a Thursday, some physician offices may be closed on Friday,” said Dr. Mark Horton, County Health Officer. “Individuals who feel like they are becoming ill, those who need prescription refills or have other routine needs should contact their physician’s office now to make arrangements prior to the holiday weekend.”

The recent increase in flu-like illnesses has resulted in a corresponding increase in hospital emergency room visits. Medical attention for uncomplicated influenza is best obtained from your regular health care provider in an office setting or from an urgent care center. Visits to hospital emergency departments are usually not necessary for routine influenza, and should be avoided when possible so that emergency facilities will be available for severely ill individuals.

Most people recover from influenza and other viral illnesses without requiring medical attention. Typical care will include acetaminophen or ibuprofen for fever, drinking enough liquids, eating light meals and getting adequate bed rest. If symptoms persist or worsen, individuals should contact their personal physician or regular health care provider. Indications of more serious illness that might need immediate medical care include difficulty breathing, severe vomiting, excessive drowsiness and higher fever, especially in young children, the elderly and those with chronic medical conditions. Signs of dehydration in children include being unable to take adequate amounts of fluids, crying without tears, and urinating less often than normal.

Limiting the spread of influenza and other viral illnesses is also important in preserving hospital emergency room resources. To help prevent the spread of viruses:

- Cover your nose and mouth when you cough or sneeze
- Wash your hands frequently
- Avoid touching your eyes, nose or mouth
- Don’t share eating utensils, drinking glasses or other personal items
• Stay home if you are sick or have symptoms of flu-like illness
Orange County Informed Of Beef Recall

(Santa Ana) – Orange County Health Care Agency public health officials have received confirmation from the California Department of Health Services of the recall of beef due to possible contamination with the agent responsible for Bovine Spongiform Encephalopathy (BSE or “mad cow” disease). According to the State, one location in Orange County sold meat to the public that is now being recalled.

The USDA’s Food Safety and Inspection Service (FSIS) issued a Class II recall for meat processed the same day as the BSE-diagnosed cow from Washington State. There are three levels of recall. According to the USDA, the Class II recall indicates an extremely low likelihood that the beef being recalled contains the infectious agent that causes BSE.

A Chau Supermarket, 16042 Magnolia St., Fountain Valley, sold over 1,000 pounds of boneless tenderloin and hind shanks from December 19 -24, 2003 that have been identified by the US Department of Agriculture (USDA) as part of the lot in question. There is a remote possibility that the lot may contain meat from the infected cow.

Boneless tenderloin and hind shank beef that was purchased between December 19 and December 24 at A Chau Supermarket in Fountain Valley should not be eaten and should be returned to the supermarket for refund.

BSE has been transmitted to humans by eating nervous system materials from infected animals causing a variant form of Creutzfeldt-Jakob disease (vCJD). Research to date shows no evidence that muscle cuts or whole muscle meats from animals infected with BSE pose a risk. The likelihood of acquiring vCJD from eating infected meat is extremely small.

Consumers with food safety questions can phone the toll-free USDA Meat and Poultry Hotline at 1-888-MPHotline. The hotline is available in English and Spanish and can be reached from 10 a.m. to 4 p.m. (Eastern Time), Monday through Friday. Recorded food safety messages are available 24 hours a day.

USDA FSIS staff and Orange County Health Care Agency Food Protection Program staff has inspected the supermarket and verified that all remaining recalled beef has been removed from sale.

# # #
For Immediate Release
Wednesday, January 21, 2004

Mental Health Board Holds Public Hearings On Laura’s Law (AB 1421)

(Santa Ana) – The Orange County Mental Health Board has scheduled two public hearings to receive comment on Assembly Bill 1421 (AB 1421), also known as Laura’s Law, which pertains to assisted outpatient treatment programs for those with severe mental illness.

The Laura’s Law public hearings will be held:

- Wednesday, January 28, 2004 from 9-11 a.m., in the Orange County Hall of Administration Board Hearing Room, located at 10 Civic Center Plaza in Santa Ana; and

- Wednesday, February 4, 2004 from 6:30-8:30 p.m. in the City of Santa Ana Council Chambers, located at 20 Civic Center Plaza in Santa Ana.

The hearings will provide an opportunity for mental health clients, family members, mental health professionals and other interested community members to comment on the law approved in 2002, which may be implemented on a county-by-county basis. The intent of AB 1421 was to allow a court to impose assisted outpatient treatment for the seriously mentally ill. AB 1421 has become known as Laura’s Law in memory of a young woman who was killed at a mental health clinic in Northern California. A summary of the law and its provisions will be offered at each public hearing before comment is received.

For more information about the hearings, please call (714) 834-5481.

# # #
For Immediate Release
Wednesday, March 31, 2004

Birds Test Positive for West Nile Virus

(Santa Ana) – The detection of antibodies for West Nile virus (WNV) in two wild birds tested by the Orange County Vector Control District serves as a reminder that individuals should take basic precautions to protect their health.

“Local surveillance efforts have provided the early warning that we hoped for,” said County Health Officer Dr. Mark Horton. “Because the virus is present in Orange County, we could begin to see human cases. It is important that everyone take a few simple precautions to reduce their risk of mosquito bites, which are the primary method of transmission for the virus.”

Basic precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors

To date, there have been no locally acquired human cases of West Nile virus infection reported in Orange County. Most people who become infected with WNV do not experience symptoms or become ill. About one out every 150 people infected with WNV may develop a more severe form of the illness and adults over 50 years of age are at increased risk of serious complications from WNV infection. Anyone who develops symptoms such as a high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately.

As part of the on-going surveillance program, the Orange County Vector Control District is asking the public to report to them any wild birds that have died recently, especially crows, ravens and birds of prey. The public may call the Vector Control District at (714) 971-2421 or check their Web site at www.ocvcd.org for more information on the reporting of dead birds.

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PCB and DDT Detected in Fish Tissue in Newport Bay

(Newport Beach) - Preliminary results from a fish bioaccumulation study performed by the Southern California Coastal Water Research Project (SCCWRP) for the Santa Ana Regional Water Quality Control Board indicated the presence of polychlorinated biphenyls (PCB) and dichlorodiphenyltrichloroethane (DDT) in recreational fish muscle found in Newport Bay. The levels of PCB and DDT in several species of the fish are in excess of the screening levels used by the California Office of Environmental Health Hazard Assessment (OEHHA) to assess human health risks posed to consumers of these fish.

The bioaccumulation study was performed in Newport Bay from the years 2000 to 2002. The goal of the study was to determine pollutant flows through the Newport Bay ecosystem and evaluate contamination levels in Newport Bay fish relative to human and wildlife concerns. The findings showed that several species of Newport Bay fish (jacksmelt, yellowfin croaker, California corbina, spotted sand bass and California halibut) that may be consumed by humans have elevated tissue contaminant levels of PCB and DDT and may pose health risks. OEHHA is currently compiling and evaluating marine fish bioaccumulation monitoring data from the Southern California region in order to determine whether fish consumption advisories should be issued.

The draft study from SCCWRP indicates total PCB levels ranging from 0.0 to 57.8 parts per billion (ppb) in recreational fish muscle. The OEHHA screening value for PCB is 20 ppb. The study found total DDT levels in recreational fish ranging from 15 to 490 ppb. The OEHHA screening value for DDT is 100 ppb.

PCBs have often been used as coolants and lubricants in transformers, capacitors, and other electrical equipment. PCBs may be absorbed and are known to accumulate in fish tissue. DDT is a pesticide once widely used to control insects in agriculture and can build up in the fatty tissues of fish. PCB and DDT may cause adverse health effects.

The County of Orange Health Care Agency/Environmental Health is designated by the Board of Supervisors as the representative for the purposes of Proposition 65 reporting under the Safe Drinking Water and Toxic Enforcement Act of 1986. The purposes of Proposition 65 are to protect the public and its drinking water resources, and to inform the public about potential exposures to chemicals.

County of Orange Health Care Agency/Environmental Health will participate in reviewing the results of future related studies. Further information regarding the fish bioaccumulation
study can be obtained through Larry Honeybourne, Environmental Health Engineering Specialist, at (714) 667-3750.
Local Food Establishments Receive Awards Of Excellence

(Santa Ana) – From approximately 10,000 food facilities throughout the County, the Health Care Agency’s Environmental Health Division has issued 950 Award of Excellence Certificates to local Orange County food establishments. The Award recognizes these facilities for their outstanding food safety and sanitation practices in 2003. The certificate acknowledges the dedication of each recipient and highlights their diligent efforts in preventing health code violations.

The Health Care Agency created this annual Award of Excellence in an effort to provide an incentive for food establishments to consistently meet or exceed health and safety standards for food facility operations. Eligible food establishments throughout the County may receive this annual award each year that they exhibit excellent food safety and sanitation practices.

The Health Care Agency's Food Protection Program focuses on the inspection of retail and wholesale food facilities in order to promote the safe and sanitary preparation and service of foods, prevent foodborne illness, and protect consumers from adulterated, mislabeled or fraudulently advertised food products. For further information regarding the Food Protection Program, call the hotline at (714) 667-3600, or for a complete listing of all the award recipients visit the Award Website at: www.ocfoodinfo.com/foodaward.htm

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State Ranks Orange County’s Health Status

(Santa Ana) - The annual report card on the health of Californians shows Orange County residents are making progress in several areas including key indicators of infant health.

“We’re encouraged that more women are breastfeeding their babies, seeking timely prenatal care and that fewer adolescents are having babies,” said Mark B. Horton, M.D., Orange County’s Health Officer. “However, the report also shows that there’s still room for Orange County residents to reduce their risk of several major diseases like cancer, heart disease and stroke.

The report, based on information from 2000-2002 shows that Orange County has already achieved the Healthy People 2010 objectives for breastfeeding initiation and for reducing death rates due to motor vehicle accidents and homicide. While overall progress is being made, there are still differences in health status among population groups in Orange County. “We need to focus our efforts and resources on reducing these known disparities, like infant mortality rates among African-Americans and TB in the Vietnamese community,” Dr. Horton said.

Diseases in Orange County from cancers, coronary heart disease and cerebrovascular diseases remain higher than the statewide average. “These are diseases in which lifestyle factors like tobacco use, alcohol consumption, diet and exercise make a difference,” said Dr. Horton. “By leading healthier lifestyles, we should be able to reduce our death rates from these diseases.”

The 2004 County Health Status Profiles are produced by the California Department of Health Services and the California Conference of Local Health Officers. The full report is available on-line at www.dhs.ca.gov/hisp/chs/phweek/cprofile2004/profile2004.pdf.
Mussel Quarantine

(Santa Ana) - The Orange County Health Care Agency reminds consumers that the Annual Mussel Quarantine in California is now in effect and will continue through October 31, 2004. Sport harvesting of mussels for human consumption is prohibited along the entire California coastline. All bays and inlets are included in the quarantine. The purpose of this quarantine is to protect the public from deadly poisons that may be present in bivalve mollusks, such as mussels, clams, oysters and scallops. Between 1927 and 2003, California recorded 521 cases of Paralytic Shellfish Poisoning, including 32 deaths.

The greatest hazard is poisoning from mussels because they develop high levels of toxin more quickly than other mollusks and are eaten whole without removal of digestive organs. All dark parts should be removed from clams, oysters and scallops before eating, since the poison may be concentrated in those areas. Health officials emphasize that toxic mussels cannot be distinguished from harmless ones. Moreover, cooking does not destroy the toxins, as they are relatively heat resistant.

The California quarantine applies only to mussels collected locally by sports harvesters. All commercial shellfish harvesters in California must be certified by the State and are subject to strict testing requirements.

The safest guideline to follow is: Do not eat mussels collected from California coastal waters by sports harvesters until after October 31.

###
Mental Health Issues to Be Discussed at Public Forum

(Santa Ana) – Mental health services for children and older adults will be the focus of this year’s Public Forum to be held by the Orange County Mental Health Board on Thursday, May 13 from 9 a.m. to 11:30 a.m. at the County Hall of Administration, 10 Civic Center Plaza, Santa Ana.

“May is Mental Health Month and we hope that mental health clients, family members and others interested in mental health will take this opportunity to share their ideas and concerns with us,” said Mark Refowitz, Health Care Agency Deputy Director for Behavioral Health Services. “At least one in every five families is affected by mental illness, and this annual Forum helps us to identify opportunities to better serve the people of Orange County. At the same time, we must face the realities of limited resources and budget constraints that limit our ability to provide these needed services.”

This year’s Forum will follow the theme “Bridging The Gap,” and will focus on gaps in services for local children and older adults. However, the Mental Health Board meeting provides an open forum for individuals to discuss services for people of all ages, voice their suggestions or concerns and even pose questions about mental illness.

Mental Health Month highlights the importance of educating the public about mental illness and emphasizes ways to reduce the stigma involved with mental illness. The free event is open to all community members and more information about the forum is available by calling (714) 834-5481.

###
For Immediate Release
Monday, May 24, 2004

Media Advisory
Smallpox Mass Vaccination Exercise

WHAT: Mass Vaccination Exercise to be conducted by the Orange County Health Care Agency (HCA), in cooperation with the American Red Cross - Orange County Chapter.

No actual vaccinations will be given.

The exercise will test HCA’s capability to rapidly vaccinate large numbers of people. An estimated 1,400 community volunteers will participate.

WHEN: Wednesday, May 26, 2004
Media briefing and clinic tour at 11:00 am

WHERE: Crystal Cathedral
13280 Chapman Avenue
Garden Grove, CA
Enter Parking Lot on Lewis Street

WHO: County Health Officer Dr. Mark Horton
Health Care Agency Public Health Nurses and other HCA personnel
American Red Cross-Orange County Chapter
Law enforcement and ambulance personnel

During the exercise, several individuals who will simulate smallpox-like symptoms will be transported to nearby UCI Medical Center, which will conduct its own exercise concurrently with the county drill.

# # #
For Immediate Release
Monday, May 24, 2004

Health Care Agency Hires New Animal Care Services Director

(SANTA ANA) – Jennifer Phillips, former assistant to city manager in Fullerton and principal financial analyst for the Orange County Transportation Authority (OCTA) has been hired by the County’s Health Care Agency (HCA) as director of Animal Care Services.

“Ms. Phillips brings a wealth of budgetary knowledge to her new position and is highly recognized for her expertise in management and administration,” said Mike Spurgeon, Deputy Director of HCA’s Regulatory Health Services. “We are fortunate to gain her broad expertise, seasoned background and impressive communication skills. We appreciate the dedication she’s exhibited in working with the Orange County community.”

Ms. Phillips worked with the Fullerton city manager in preparing a FY 2003-04 $5.6 million decision package for general fund expenditure reductions. She also served as Fullerton’s Administrative Officer for Municipal Code and Personnel Hearings and appeals. Ms. Phillips also managed the development of a $6.5 billion long-range strategic financial plan during her tenure at OCTA.

Ms. Phillips earned both her Master’s in Public Administration in 1991 and Bachelor’s of Science Degree in 1988 from California State University, Long Beach. She has active memberships in several animal care organizations.

# # #
Little Known Health and Safety Issue Draws Big Crowd For June 3rd Seminar

(Fullerton) – Hoarding, a recently recognized problem with mental health implications, has attracted a capacity crowd of human services professionals for a June 3 seminar at Cal State Fullerton’s Ruby Gerontology Center.

Human hoarding behavior is defined as a situation in which a person has too many belongings to function safely. “Senior service providers, code enforcement officials, fire inspectors, adult protective service workers and many others are encountering more and more cases of human hoarding behavior here in Orange County,” said Mark Odom, LCSW, of the Orange County Health Care Agency’s Older Adult Services. “We’re very pleased with the response for this educational workshop. The fact we’ve had to turn some registrants away is an indication of the magnitude of the problem.”

The seminar will examine the extent of the problem in Orange County, provide examples of how professionals can intervene, and offer information on resources available to assist local officials encountering hoarding situations. Speakers will include Jonnae Ostrom, LCSW, one of the first professionals to take a closer look at human hoarding behavior; Inspector Dennis Bogard of the Los Angeles Fire Department; attorney Gregory P. Palmer, JD; and Roger Gary, Code Enforcement Officer for the City of Brea.

For more information about the Summit on Hoarding in Orange County, contact Mark Odom at (714) 972-3700.
For Immediate Release
Friday, June 4, 2004

Contact: Howard Sutter (714) 834-2178

Birds Test Positive for West Nile Virus

(Santa Ana) – West Nile virus has been detected in three birds collected in Orange County, raising concern among public health officials that the first human cases of the illness could occur at any time.

The positive test results were reported today by the State of California to the Orange County Vector Control District, which had submitted the birds for testing. Previously, West Nile virus had been detected in birds from Los Angeles, Riverside, San Bernardino and Ventura counties. To date, there have been no confirmed human cases of West Nile virus infection in California.

“These findings are significant, because they show that West Nile virus is present in Orange County. However, this early warning will only be effective if people take basic precautions to protect themselves from West Nile virus,” said County Health Officer Dr. Mark Horton. “Preventing mosquito bites is the best way to avoid getting West Nile virus infection. We all have a role to play in preventing mosquito breeding in our backyards and neighborhoods.”

Recommended West Nile virus precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors

Most people who become infected with WNV do not experience symptoms or become ill, but about 20% of those with WNV infection may have fever, headache, body aches and other mild to moderate symptoms. About one out every 150 people infected with WNV may develop a more severe form of the illness and adults over 50 years of age are at increased risk of serious complications from WNV infection. Anyone who develops symptoms such as a high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately. More information on West Nile virus is available on the Orange County Health Care Agency Web site at www.ochealthinfo.com/epi/wnv.

# # #
(The birds testing positive were a Western Tanager, collected April 23 in Santa Ana; an American Crow, collected April 27 in Buena Park; and a Mockingbird, collected May 1 in Santa Ana.)
West Nile Virus Found in Orange County Mosquito Pools

(Santa Ana) – The detection of West Nile virus in mosquito pools in the Brea area of Orange County is another indication that the first local human cases of the illness could occur at any time.

“Again, we have another early warning that West Nile Virus is present in Orange County. However, these early warnings will only be effective if people take basic precautions to protect themselves from West Nile virus,” said County Health Officer Dr. Mark Horton. “Preventing mosquito bites is the primary way to avoid getting West Nile virus infection. We all have a role to play in preventing mosquito breeding in our backyards and neighborhoods.”

Recommended West Nile virus precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors

Most people who become infected with WNV do not experience symptoms or become ill, but about 20% of those with WNV infection may have fever, headache, body aches, rash, or other mild to moderate symptoms. About one out of every 150 people infected with WNV may develop a more severe form of the illness and adults over 50 years of age are at increased risk of serious complications from WNV infection. Anyone who develops symptoms such as high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately.

# # #
Orange County Health Care Agency Offers Free HIV Testing

(Santa Ana) – Free anonymous HIV testing is available through the Orange County Health Care Agency, supporting the goals of National HIV Testing Day, June 27.

“With today’s advances in testing and treatment, it is important to know your HIV status, and the only way to know for sure is to be tested,” said Mark Horton, M.D., Orange County Health Officer. “Knowing the results earlier helps those who test positive to obtain the health care and information they need to stay healthy longer and protect the health of others.”

In Orange County, the Health Care Agency offers free anonymous HIV testing, and confidential testing for HIV and other sexually transmitted diseases through the Public Health Clinic at 1725 W. 17th Street, Santa Ana. Clinic hours are 8 a.m. to 4 p.m., Monday through Friday with extended hours until 5:30 p.m. on Tuesday evenings. For more information on HIV testing services, call (714) 834-8787.

“It’s Better To Know” is the theme of this year’s National HIV Testing Day, since as many as one-third of those infected with HIV do not know they are positive. National HIV Testing Day recognizes the importance of early diagnosis, treatment and risk reduction education to those who may be affected by HIV. “Testing is the only way to find out your HIV status. Someone can look and feel healthy and still be infected,” said Dr. Horton. “To protect your health and the health of others, we urge those who may be at risk to get tested for HIV and other sexually transmitted diseases.”

According to The Centers for Disease Control and Prevention, an estimated 180,000 to 280,000 Americans don’t know they are infected with HIV. Every year, an estimated 40,000 new HIV infections occur in the United States, with an increasing percentage of women, teenagers and young adults represented among new HIV infections.

# # #
Make West Nile Virus Prevention A Part of Your 4th of July Plans

(Santa Ana) – Independence Day is a time for family gatherings, picnics in the park and fireworks displays. But the arrival of West Nile Virus in California this year means a few extra precautions are needed to protect your family and yourself from the possibility of West Nile Virus infection.

“Reducing your risk of West Nile Virus (WNV) infection is easy,” said Dr. Mark Horton, County Health Officer. “Just as we urge people to be careful when using fireworks, this holiday weekend we want everyone to protect themselves from mosquito bites to reduce their chance of WNV infection.” There have been no confirmed human cases of WNV infection in Orange County this year. However, human cases have been reported in several neighboring counties, including San Bernardino, Los Angeles and Riverside. WNV has also been confirmed in numerous dead birds and mosquito pools in Orange County.

Recommendations to deter mosquitoes include using insect repellent containing DEET, always following label directions. Since dusk is one of the times that mosquitoes are most active, those attending fireworks displays should plan on wearing appropriate clothing. If possible, wear long-sleeves, long pants and socks. Light colored clothing can also help you to see any mosquitoes that might land on you. Mosquitoes may bite through thin clothing, so spraying clothes with insect repellent will give extra protection. Don’t spray insect repellent containing DEET on the skin under your clothing. Since insect repellents should not be used on infants younger than two months, parents should place mosquito netting over infant carriers when outdoors.

Individuals with pre-existing health conditions that might weaken their immune system should consider reducing their exposure to mosquito bites by limiting their time outdoors. Around your home, recommended WNV prevention measures include eliminating any standing water from your property to reduce mosquito breeding and making sure your window and door screens are in good condition to keep mosquitoes outside.

Most people who become infected with WNV do not experience symptoms or become ill, but about 20% of those with WNV infection may have fever, headache, body aches, rash, or other mild to moderate symptoms. About one out of every 150 people infected with WNV may develop a more severe form of the illness and adults over 50 years of age are at increased risk of serious complications from WNV infection. Anyone who develops symptoms such as high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical attention immediately.
medical care immediately.

# # #

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Send comments to HCA Public Information
Bus Shelter Unveiling Events Showcase Student Anti-Tobacco Artwork

WHAT: Two tobacco free bus shelter ad unveiling events will take place in the City of Santa Ana to showcase the winning artwork of students from McFadden Intermediate School and Orange County High School for the Arts.

The students’ designs were chosen from more than 100 entries from the Health Care Agency’s Tobacco Use Prevention Program’s (TUPP) “Tune Out Tobacco” billboard workshop project. Sponsored by TUPP’s “Back That Ash Up” youth coalition, the students’ artwork was chosen as best in countering the positive portrayal of tobacco in movies, television, magazines and store advertising.

WHEN & WHERE: Monday, July 12 at 10 a.m. at the bus shelter located on the corner of Warner Ave. and Raitt St. in front of Adams Park in Santa Ana.

Tuesday, July 13 at 11 a.m. at the bus shelter located on the corner of Ross St. and Santa Ana Blvd. in Santa Ana.

WHO: Artwork winners Libier Hernandez and Chelsea Clark, local city dignitaries, students, administrators from McFadden Intermediate School and Orange County High School for the Arts, and local community members will be on hand to support the unveiling of the bus shelter ads.

WHY: The tobacco industry spends $16 million each day (or $11,000 a minute) on advertising and special promotions. To counter the negative impact of this huge industry marketing campaign, the TUPP program’s goal is to reduce tobacco use and exposure to environmental tobacco smoke in Orange County by working with local community organizations, schools and committed individuals. TUPP provides services to Orange County residents through its youth, community service and public policy programs. For more information, please call the TUPP program at (714) 541-1444.

# # #
For Immediate Release
Thursday, July 22, 2004

California’s First West Nile Virus Death Reported In Orange County

(Santa Ana) – According to the California Department of Health Services, a 57-year-old Orange County man is the first person in California to die of West Nile virus infection.

The man was admitted to a local hospital on June 17 with symptoms of encephalitis and died one week later. Final test results confirming West Nile virus infection were received on Wednesday, July 21.

“While we have been preparing for the arrival of West Nile virus in Orange County for several years, it is unfortunate that the illness has already taken a life,” said Orange County Health Officer Dr. Mark Horton. “We all must take West Nile virus infection very seriously and do everything we can to eliminate mosquitoes and reduce our chances of being bitten by mosquitoes.” The individual had a number of risk factors for developing the most serious complications of West Nile virus infection, such as being over 50 years of age and having a number of long-term health conditions that may have weakened his immune system.

Recommended precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors

Most people who become infected with West Nile virus (WNV) do not experience symptoms or become ill. As many as 20% of those with WNV infection may experience mild to moderate symptoms and about 1 of every 150 people infected will experience the most serious complications. Anyone who develops symptoms such as a high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately. Adults over 50 years of age are at increased risk of serious complications from WNV infection.

West Nile virus was first detected in the United States in 1999 and has since spread to 46
states, including California. Information on mosquito control is available on the Orange County Vector Control District’s website at www.ocvcd.org. Other websites with helpful information about West Nile virus include:

- Centers for Disease Control and Prevention www.cdc.org
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

# # #
West Nile Virus Added to List of Orange County Reportable Diseases

(Santa Ana) – Orange County Health Officer Mark B. Horton, M.D., has added West Nile Virus disease to the list of reportable diseases in Orange County.

The declaration, which is effective July 29, requires that West Nile Fever or West Nile Neuroinvasive Disease cases with supportive laboratory results be reported by health care providers to Orange County Epidemiology within one working day of identification. The full text of the declaration adding West Nile Virus disease to the list of reportable diseases is available on the Health Care Agency website at www.ochealthinfo.com/docs/public/epi/wnv/WNV-reportable.pdf.

“Adding West Nile Virus disease to the conditions for which reporting is mandated in Orange County will improve surveillance and raise awareness of West Nile Virus disease,” said Dr. Horton. Information on the reporting requirements will be sent immediately to Orange County hospitals. A subsequent mailing to Orange County physicians, infection control practitioners, community clinics, urgent care facilities and other health care providers will reemphasize the West Nile Virus disease reporting requirement.

The public is urged to continue taking precautions against mosquitoes that can transmit West Nile Virus. These recommended precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors, especially at dusk and dawn.

To date, more than 40 human cases of West Nile Virus infection have been confirmed in California, including one in Orange County, which was the State’s first death related to West Nile Virus. More information about West Nile Virus is available from the Health Care Agency’s Health Referral Line at 1-800-564-8448 or on the Health Care Agency’s Web site at www.ochealthinfo.com.
Second Human West Nile Virus Infection Reported In Orange County

(Santa Ana) – The California Department of Health Services has confirmed that a 41 year-old Orange County man has contracted West Nile virus infection, the second locally acquired case of the virus.

Public Health officials say the man experienced the onset of symptoms of meningitis on July 24 and was hospitalized. The individual is now recovering.

"The second human case of West Nile Virus infection in Orange County is not cause for alarm but it is a significant reason to take precautions. More cases of WNV infection are expected this year, so it’s more important than ever that Orange County residents take a few simple steps to reduce their risk of being bitten by mosquitoes," said Dr. Horton.

Recommended precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors

Most people who become infected with West Nile virus (WNV) do not experience symptoms or become ill. However, anyone who develops symptoms such as a high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately. Adults over 50 years of age are at increased risk of serious complications from WNV infection.

Information on mosquito control is available on the Orange County Vector Control District’s website at [www.ocvcd.org](http://www.ocvcd.org). The public can report dead birds (crows, ravens, magpies, sparrows, jays) to the California Dept. of Health Services' toll-free hotline, 1-877-WNV-BIRD, or use the online reporting form on CDHS’ website [www.westnile.ca.gov](http://www.westnile.ca.gov).

The Orange County Vector Control District stresses that WNV is transmitted by mosquitoes, not dead birds. Due to the outstanding response from the public, Orange County Vector
Control District has prioritized areas from which they are accepting dead birds for testing and are unable to test them all. Callers from some areas may be asked to dispose of the birds themselves. No dead animal should be handled with bare hands. Dead birds can be disposed of by picking up the dead bird using an inverted plastic bag to protect the hand, pulling the plastic bag over the dead bird, sealing the bag, and putting it in the trash.

Other websites with helpful information about West Nile virus include:

- Centers for Disease Control and Prevention [www.cdc.org](http://www.cdc.org)
- State of California [www.westnile.ca.gov](http://www.westnile.ca.gov)
- Orange County Health Care Agency [www.ochealthinfo.com](http://www.ochealthinfo.com)

# # #
Tests Confirm Orange County’s First Equine West Nile Virus Infection

(Santa Ana) – Testing conducted by the California Department of Food and Agriculture has confirmed the first West Nile Virus (WNV) infection of a horse in Orange County.

According to the state, the horse was stabled in the Yorba Linda area and the specimen that tested positive was drawn August 5, 2004. No information was immediately available from the state on whether the horse had been vaccinated or its current condition. As of August 6, at least 62 WNV equine cases had been confirmed this year in California.

Horses may become infected with WNV when bitten by an infected mosquito. Signs of West Nile Virus in horses include stumbling, staggering, wobbling, weakness, muscle twitching or inability to stand. Horses with WNV infection are not contagious to other horses or to people. Not every horse exposed to the virus will develop symptoms, but of the horses that do, approximately 30 percent will die of the infection or will need to be euthanized.

There are two fully approved West Nile virus vaccines available for horses. Each requires an initial series of at least two vaccinations, followed by periodic “booster” injections. Horse owners should consult their veterinarian about which of the vaccines is most appropriate for their horses and how often booster vaccinations should be administered.

# # #
For Immediate Release
Friday, September 3, 2004

Don’t Let Mosquitoes Ruin Your Holiday Weekend!

(Santa Ana) – Labor Day marks the traditional end of Summer and the start of a new school year, but public health officials are hopeful that everyone will take a few extra precautions this holiday weekend to protect themselves and their families from West Nile Virus (WNV).

“Traditionally, long holiday weekends have brought concerns about motor vehicle collisions and other recreational accidents. It is especially important this year that people take action to prevent mosquito bites and reduce their chance of WNV infection,” said Dr. Mark Horton, County Health Officer. “Reducing your risk of West Nile Virus infection is easy and won’t keep you from enjoying the holiday weekend.”

Through the end of August, 370 confirmed cases of WNV infection had been reported this year in California, including 20 people from Orange County. According to the California Department of Health Services, ten WNV-related deaths have occurred in the state.

Recommendations to deter mosquitoes include using insect repellent containing DEET, always following label directions. If you will be outside at dusk and dawn, when mosquitoes are most active, plan on wearing appropriate clothing. If possible, wear long-sleeves, long pants and socks. Light colored clothing can also help you to see any mosquitoes that might land on you. Mosquitoes may bite through thin clothing, so spraying clothes with insect repellent will give extra protection. Don’t spray insect repellent containing DEET on the skin under your clothing. Since insect repellents should not be used on infants younger than two months, parents should place mosquito netting over infant carriers when outdoors.

Individuals with pre-existing health conditions that might weaken their immune system should consider reducing their exposure to mosquito bites by limiting their time outdoors. Around your home, basic WNV prevention measures include eliminating any standing water from your property to reduce mosquito breeding and making sure your window and door screens are in good condition to keep mosquitoes outside.

Most people who become infected with WNV do not experience symptoms or become ill, but about 20% of those with WNV infection may have fever, headache, body aches, rash, or other mild to moderate symptoms. About one out of every 150 people infected with WNV may develop a more severe form of the illness and adults over 50 years of age are at increased risk of serious complications from WNV infection. Anyone who develops symptoms
such as high fever, confusion, muscle weakness, severe headaches or stiff neck should seek medical care immediately.

# # #
State Agency Reports Contaminants Found at Fountain Valley Site

(Santa Ana) - Test results analyzed by the California Department of Toxic Substances Control (DTSC) show the presence of several contaminants in soil samples from a former agricultural site located at 15872 Harbor Boulevard, Fountain Valley.

Soil samples tested positive for dichlorodiphenyltrichloroethane (DDT) and its related chemicals dichlorodiphenyl-dichloroethylene (DDE) and dichlorodiphenyldichloroethane (DDD); toxaphene; and dieldrin. DDT, toxaphene and dieldrin are all insecticides once used at the former agricultural site. The testing was part of a required site investigation conducted for the Orange County Department of Education, which intends to acquire the property as a proposed school site.

Review of site-specific information by DTSC indicates that contact with the soil at the site may pose health risks to the public. Because the chemicals bind tightly to soil and do not dissolve easily in water, they are more likely to be found in surface soil. The Orange County Water District has also analyzed water samples from five drinking water wells located within a one-mile radius of the site. There is no indication that these three contaminants have impacted any nearby drinking water wells, so the contamination does not pose a threat to public drinking water supplies.

DDT was banned from use in the United States in 1972 because of damage to wildlife, but is still used in some countries. DDT affects the central nervous system and is a carcinogen. Toxaphene was one of the most heavily used insecticides in the United States until it was banned from use in 1990. Studies in animals indicate that toxaphene affects the liver, kidneys, adrenal glands, and the immune system. Toxaphene is also listed as a carcinogen. Dieldrin was a widely used insecticide until it was banned from use in 1987. Dieldrin affects the central nervous system and is considered to be a carcinogen.

The Environmental Health Division of the County of Orange Health Care Agency is designated by the Board of Supervisors for the purposes of Proposition 65 reporting under the Safe Drinking Water and Toxic Enforcement Act of 1986. The intent of Proposition 65 is to protect the public and its drinking water resources, and to inform the public about potential exposures to chemicals.
More information about this site and the related toxicological/health risk assessment can be obtained from Jeanne Garcia, Public Information Officer for the Department of Toxic Substances Control, at (818) 551-2176.
Tipper Gore To Address Statewide Cultural Competency and Mental Health Summit in Anaheim

(Anaheim) – Mental health advocate Tipper Gore is among the featured speakers scheduled to appear at the 12th Annual Statewide Cultural Competence and Mental Health Summit, to be held October 6-7 at the Anaheim Convention Center.

Mrs. Gore’s commitment to eradicating the stigma associated with mental illness and educating Americans about the need for quality, affordable mental health care placed her in the unique position to serve as the Mental Health Policy Advisor to President Clinton during her husband’s tenure as Vice President. In June 1999, she chaired the first-ever White House Conference on Mental Health, which interactively involved tens of thousands of Americans.

Joining Mrs. Gore as featured presenters at the Summit are Orange County Sheriff Michael S. Carona; Joseph White, Ph.D., Professor Emeritus of Psychology and Psychiatry at the University of California, Irvine; and Dr. J. David Kinzie, Director of the Post Traumatic Stress Disorders Clinic at the Oregon Health Sciences University.

The statewide conference, presented by the Orange County Health Care Agency, is expected to draw hundreds of professionals from the fields of mental health, health care and law enforcement. Continuing education credit in several disciplines will be offered for attending the conference and its workshop sessions. Complete information on the conference, including registration information, is available on the summit website at www.ochealthinfo.com/2004summit.
For Immediate Release  
Thursday, September 23, 2004

Contact: Howard Sutter (714) 834-2178

Capacity Crowd Expected for Educational Seminar on Hoarding

(Costa Mesa) – The second educational seminar on hoarding to be held in Orange County this year is expected to draw a capacity audience to the Costa Mesa Neighborhood Community Center on Wednesday, September 29.

Human hoarding behavior, a recently recognized health and safety issue with mental health implications, is defined as a situation in which a person has too many belongings to function safely. “The interest in these seminars on hoarding has been overwhelming and is a reflection of this growing problem in our society,” said Mark Odom, LCSW, of the Orange County Health Care Agency’s Older Adult Services. “Senior service providers, code enforcement officials, fire inspectors, animal service employees, vector control, and many others are encountering more and more cases of human hoarding behavior here in Orange County.”

The seminar will provide examples of how health and human services professionals can intervene, and offer information on resources available to assist local officials encountering hoarding situations. Speakers will include Jonnae Ostrom, LCSW, one of the first professionals to take a closer look at human hoarding behavior; Inspector Dennis Bogard of the Los Angeles Fire Department; attorney Gregory P. Palmer, JD; and Lt. Brian Frick of Orange County Animal Care Services.

For more information about the Summit on Hoarding in Orange County, contact Mark Odom at (714) 972-3700 or visit the Health Care Agency website at: http://www.ochealthinfo.com/behavioral/amhs/community.htm.

# # #
For Immediate Release
Tuesday, October 5, 2004

Second West Nile Virus Related Death In Orange County Confirmed

(Santa Ana) – The Orange County Health Care Agency has received state confirmation of the second West Nile Virus related death of an Orange County resident.

The victim is an 83-year-old woman who was hospitalized in August for treatment of encephalitis. She passed away in September. Initial test results for West Nile Virus (WNV) infection were negative. However, Health Care Agency staff requested that additional specimens be tested, and results confirming WNV infection were received from the California Department of Health Services on October 4.

“This death is another tragic reminder that West Nile Virus is an illness that we should all take very seriously,” said Dr. Hildy Meyers, Public Health Epidemiology Medical Director. “While cooler weather should result in fewer mosquitoes, we still urge the public to continue taking precautions against mosquitoes to prevent West Nile Virus infection.” This is the 19th death attributed to West Nile Virus in California this year. As of October 5, the total number of confirmed cases of WNV infection in Orange County is 46.

Recommended WNV precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors, especially at dusk and dawn.

Fewer than one out of every 150 people who develop WNV infection become extremely ill. About 80% of all people with WNV infection will have no symptoms, while up to 20% will experience mild to moderate symptoms that may include fever, headache, nausea, body aches and skin rash. People 50 years of age and older and those with chronic health conditions are considered to be at higher risk of developing severe illness. More information about West Nile Virus is available on the Health Care Agency’s website at www.ochealthinfo.com.
For Immediate Release
Friday, October 8, 2004

Contact: Pat Markley
(714) 834-2178

County Health Officer Urges Cooperation By Health Care Providers
And The General Public Due To Vaccine Shortage

Because of the unexpected nationwide shortage in influenza vaccine, Orange County Public Health Officer Dr. Mark Horton is urging all health care providers and the general public to observe the following guidelines regarding who should receive flu vaccines. The vaccine should only be given to the following groups of high-risk individuals:

- All children 6-23 months of age
- Adults 65 years and older
- People from 2 to 64 years of age with chronic medical conditions
- Pregnant women
- Residents of nursing homes and long-term care facilities
- Children 6 months to 18 years of age who are on long-term aspirin therapy
- Health care workers who provide direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months old

In addition, Dr. Horton is requesting the cooperation of private health care providers as the County’s Health Care Agency conducts flu vaccine inventories in order to facilitate the possible reallocation of available vaccine to the areas and groups of greatest need. This is in keeping with the Public Health Order issued this afternoon by the State’s Public Health Officer Dr. Richard Jackson.

“We will continue to work closely with our health care providers and community partners here in Orange County to ensure that the high-risk groups are given the highest priority for the flu vaccine,” said Dr. Horton. “I’m strongly encouraging those who are not at high risk for complications from the flu to forgo the vaccine this year to ensure that the vaccine is available for someone truly at risk.”

This year, it will be very important to stay healthy during the flu season. Some helpful tips include wash your hands frequently, eat healthy foods, exercise, make sure you drink
enough water and get plenty of rest. If you begin to feel sick:

- Stay home from work or school and get plenty of rest
- Cover your mouth when you cough or sneeze
- Drink lots of liquids
- Avoid the use of alcohol and tobacco
- Take over-the-counter pain relievers to help feel better

If you are a high-risk individual, you may be able to get a flu shot from your doctor, other health care providers or community sites in Orange County. To find out about community flu shot sites, call the Health Care Agency’s Health Referral Line at (800) 564-8448 or visit www.findaflushot.com.
For Immediate Release
Friday, October 15, 2004

Contact: Howard Sutter
(714) 834-2178

Health Care Agency Reports Third
West Nile Virus Related Death In Orange County

(Santa Ana) – The Orange County Health Care Agency has received state confirmation of the third West Nile Virus related death of an Orange County resident.

The victim was a 70-year old man who developed encephalitis and died in September. Confirmation of WNV infection was received from the California Department of Health Services on October 14. At least 20 West Nile Virus related deaths have been confirmed in California this year. As of October 15, the total number of confirmed cases of WNV infection in Orange County is 59.

The arrival of fall and cooler weather has decreased mosquito counts in Southern California. However, there is still the possibility of West Nile Virus transmission from mosquitoes to humans and the public is urged to continue taking precautions against mosquitoes.

Recommended WNV precautions include:

- Eliminating any standing water from your property to reduce mosquito breeding
- Using insect repellent containing DEET, always following label directions
- Making sure your window and door screens are in good condition
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors, especially at dusk and dawn.

Fewer than one out of every 150 people who develop WNV infection become extremely ill. About 80% of all people with WNV infection will have no symptoms, while up to 20% will experience mild to moderate symptoms that may include fever, headache, nausea, body aches and skin rash. People 50 years of age and older and those with chronic health conditions are considered to be at higher risk of developing severe illness. More information about West Nile Virus is available on the Health Care Agency’s website at www.ochealthinfo.com.
2004 Flu Vaccine Locations

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DATE(S) &amp; TIME(S)</th>
<th>SPECIFIC LOCATION &amp; PARKING INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anaheim Memorial Medical Center 1111 W. La Palma Road, Anaheim</td>
<td>November 6 9 a.m. until vaccine supplies run out</td>
<td>Vaccine will be given through a walk-in and drive-thru clinic. Follow signs at the main entrance. Call (714) 999-5285 for pre-recorded general information.</td>
</tr>
<tr>
<td>Fountain Valley Regional Hospital 17100 Euclid Street, Fountain Valley</td>
<td>November 6 8 a.m. to 12 noon</td>
<td>Vaccine will be given in the Saltzer Conference Room.</td>
</tr>
<tr>
<td>(Hoag Hospital) Hoag Conference Center 2030 Coast Highway &amp; Hoag Drive, Newport Beach</td>
<td>November 14 8 a.m. until vaccine supplies run out</td>
<td>Hoag Conference Center</td>
</tr>
<tr>
<td>Huntington Beach Hospital 17772 Beach Boulevard, Huntington Beach</td>
<td>November 6 10 a.m. to 2 p.m.</td>
<td>Coast Highway &amp; Hoag Drive</td>
</tr>
<tr>
<td>Irvine Regional Hospital &amp; Medical Center 16200 Sand Canyon Avenue, Irvine</td>
<td>November 8 8 a.m. to 11 a.m.</td>
<td>Vaccine will be given in the theatre located on the first floor. Visitor parking available in front of hospital. Follow directional signs.</td>
</tr>
<tr>
<td>Location</td>
<td>Date</td>
<td>Time</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>-----------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Irvine</td>
<td>November 6</td>
<td>7:30 a.m. until vaccine supplies run out</td>
</tr>
<tr>
<td><em>(Los Alamitos Medical Center)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>John Douglas French Center/Total Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3951 Katella Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Los Alamitos</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mission Hospital</strong></td>
<td>November 6</td>
<td></td>
</tr>
<tr>
<td>27700 Medical Center Road</td>
<td>9 a.m. to Noon</td>
<td></td>
</tr>
<tr>
<td>Mission Viejo</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Orange County Health Care Agency</strong></td>
<td>November 6</td>
<td>8 a.m. to Noon</td>
</tr>
<tr>
<td>1725 W. 17th Street</td>
<td>9 a.m. to Noon</td>
<td></td>
</tr>
<tr>
<td>Santa Ana</td>
<td>8 a.m. to Noon</td>
<td></td>
</tr>
<tr>
<td><strong>Placentia-Linda Hospital</strong></td>
<td>November 5</td>
<td>7 a.m. to 3 p.m.</td>
</tr>
<tr>
<td>1301 North Rose Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Placentia</td>
<td>7 a.m. to 3 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>San Clemente Hospital &amp; Medical Center</strong></td>
<td>November 8 and</td>
<td>8 a.m. to 11 a.m.</td>
</tr>
<tr>
<td>654 Camino de Los Mares</td>
<td>November 9</td>
<td>8 a.m. to 11 a.m.</td>
</tr>
<tr>
<td>San Clemente</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>South Coast Medical Center</strong></td>
<td>November 6</td>
<td>8 a.m. to 12 noon</td>
</tr>
<tr>
<td>31872 South Coast Highway</td>
<td></td>
<td>8 a.m. to 12 noon</td>
</tr>
<tr>
<td>Laguna Beach</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>(St. Joseph Hospital)</em></td>
<td>November 6</td>
<td>9 a.m. until vaccine supplies run out</td>
</tr>
<tr>
<td>St. Joseph Heritage Medical Group</td>
<td>9 a.m. until vaccine supplies run out</td>
<td></td>
</tr>
<tr>
<td>2501 East Chapman</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Avenue
(Chapman & 55 Freeway)
Orange
St. Jude Medical Center
Call for locations

November 5 from 12 noon to 4 p.m. and
November 9 from 9 a.m. to 5 p.m.
Registration is required by calling (800) 870-7537 Ext. 2

(Approximately 1,700 total vaccine doses available)

UCI Medical Center - Westminster Health Center
15355 Brookhurst St.
Westminster

November 4, November 11
November 15
8:30 a.m.-11:30 a.m.
1 p.m. – 4:30 p.m.
Mobile Unit

(Approximately 1,700 total vaccine doses available)

###

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Send comments to HCA Public Information
County of Orange
Health Care Agency
Public Health Services
Press Release

County Health Officer Announces Free Flu Vaccine Locations For High Risk Orange County Individuals

(Santa Ana) – Public Health Officer Dr. Mark Horton announced today that the Orange County Health Care Agency has received 24,760 doses of flu vaccine from the California Department of Health Services and free flu vaccine clinics are now scheduled at the attached Orange County locations. “We are extremely grateful to the Hospital Association of Southern California and the participating hospitals for their willingness to help us quickly distribute the flu vaccine to high risk individuals in Orange County,” said Dr. Horton. “This is a shining example of cooperation and community partnership for the benefit of public health.”

The vaccine will only be given to the following groups of high-risk Orange County individuals:

- Adults 65 years and older
- People from 18 to 64 years of age with chronic medical conditions (Required regular medical care or stayed in the hospital in the last year for one of the following: heart disease; diabetes; lung disease, including asthma; kidney disease; sickle cell disease and related blood diseases and immune system weak from diseases, like cancer, or medications)
- Pregnant women
- Residents of nursing homes and long-term care facilities
- Health care workers who provide direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months old

Please note that many doctors may have received additional flu vaccine for children. Parents should check with their children’s doctor for high-risk children or call the Health Care Agency’s Health Referral Line at (800) 564-8448. High risk children as defined by the CDC include those from 6 to 23 months old; children who are household contacts with babies less than 6 months old; children 2 – 18 years of age with chronic medical conditions or who are on long-term aspirin therapy.

This year, it will be very important to stay healthy during the flu season. Some helpful tips include wash your hands frequently with soap and warm water, eat healthy foods, exercise, make sure you drink enough water and get plenty of rest. If you begin to feel sick:

- Stay home from work or school and get plenty of rest.
• Cover your mouth with a tissue when you cough or sneeze. Properly dispose of used tissues and wash your hands afterwards.
• Drink lots of liquids.
• Avoid the use of alcohol and tobacco.
• Take over-the-counter pain relievers to help feel better.

Information about the flu vaccine clinic locations is also available at the Health Care Agency’s Health Referral Line at (800) 564-8448 or visit www.ochealthinfo.com.

(See attached 2 pages for flu vaccine clinic locations and dates)
Free Flu Vaccine Clinics For High Risk Orange County Residents To Begin November 4

(Santa Ana) – A partnership between the Orange County Health Care Agency and local hospitals will begin providing free flu shots to high risk individuals in Orange County this Thursday, with other flu shot clinics scheduled to continue through November 15.

The flu vaccine will only be given to the following groups of high-risk Orange County individuals:

- Adults 65 years and older
- People from 18 to 64 years of age with chronic medical conditions (Requiring regular medical care or a hospital stay in the last year for one of the following: heart disease; diabetes; lung disease, including asthma; kidney disease; sickle cell disease and related blood diseases and immune system weak from diseases, like cancer, or medications)
- Pregnant women
- Residents of nursing homes and long-term care facilities
- Health care workers who provide direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months old

Flu shots will not be given to children at these clinics. For information about flu shots for high-risk children, please contact the Health Care Agency’s Health Referral Line at (800) 564-8448.

The following flu shot clinics for high-risk adults are scheduled for November 4 – 6, 2004

**UCI Medical Center- Westminster Health Center**
15355 Brookhurst St.
Westminster
November 4
8:30 a.m.-11:30 a.m.
1 p.m. – 4:30 p.m.

**St. Jude Medical Center**
November 5
Mobile Unit
Registration is required
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Placentia-Linda Hospital</strong></td>
<td>November 5</td>
<td>7 a.m. to 3 p.m.</td>
<td>1301 North Rose Drive Placentia Highway Placentia</td>
</tr>
<tr>
<td><strong>Anaheim Memorial Medical Center</strong></td>
<td>November 6</td>
<td>9 a.m. until vaccine supplies run out</td>
<td>1111 W. La Palma Anaheim Highway Anaheim</td>
</tr>
<tr>
<td><strong>Fountain Valley Regional Hospital</strong></td>
<td>November 6</td>
<td>8 a.m. to 12 noon</td>
<td>17100 Euclid Street Fountain Valley Highway Fountain Valley</td>
</tr>
<tr>
<td><strong>Huntington Beach Hospital</strong></td>
<td>November 6</td>
<td>10 a.m. to 2 p.m.</td>
<td>17772 Beach Boulevard Huntington Beach Highway Huntington Beach</td>
</tr>
<tr>
<td><em>(Los Alamitos Medical Center)</em></td>
<td>November 6</td>
<td>7:30 a.m. until vaccine supplies run out</td>
<td>John Douglas French Center/Total Care 3951 Katella Avenue Los Alamitos</td>
</tr>
<tr>
<td><strong>Mission Hospital</strong></td>
<td>November 6</td>
<td>9 a.m. to Noon</td>
<td>27700 Medical Center Road Mission Viejo Highway Mission Hospital Mission Viejo</td>
</tr>
<tr>
<td><strong>South Coast Medical Center</strong></td>
<td>November 6</td>
<td>8 a.m. to 12 noon</td>
<td>31872 South Coast Highway Laguna Beach Highway South Coast Medical Center Laguna Beach</td>
</tr>
<tr>
<td><em>(St. Joseph Hospital)</em></td>
<td>November 6</td>
<td>9 a.m. until vaccine supplies run out</td>
<td>St. Joseph Heritage Medical Group 2501 East Chapman Avenue (Chapman &amp; 55 Freeway) Orange</td>
</tr>
</tbody>
</table>

# # #
For Immediate Release  
Wednesday, November 19, 2004

Contact: Pat Markley  
(714) 834-2178

ADDITIONAL FLU VACCINE AVAILABLE IN ORANGE COUNTY

(Santa Ana) – The Orange County Health Care Agency has received 22,000 additional doses of flu vaccine from the California Department of Health Services. Facilities that will receive the new supply of vaccine include skilled nursing facilities, long-term care facilities and community clinics around the county. In addition, eight free flu vaccine clinics for the public will be offered at six Senior Centers and two hospitals (see the attached list for dates and times).

This supply will add significantly to the number of doses already received by the county. However, only persons in the high-risk groups defined by the Centers for Disease Control can receive flu vaccine at this time.

The vaccine will only be given to the following groups of high-risk Orange County individuals:

- Adults 65 years and older
- People from 18 to 64 years of age with chronic medical conditions (Requiring regular medical care or a hospital stay in the last year for one of the following: heart disease; diabetes; lung disease, including asthma; kidney disease; sickle cell disease and related blood diseases and immune system weak from diseases, like cancer, or medications)
- Pregnant women
- Residents of nursing homes and long-term care facilities
- Health care workers who provide direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months old

Please note that some doctors may be purchasing additional flu vaccine for children. Parents of children in high-risk categories should check with their children’s doctor or call the Health Care Agency’s Health Referral Line at (800) 564-8448. High risk children as defined by the CDC include those from 6 to 23 months old; children who are household contacts with babies less than 6 months old; children 2 – 18 years of age with chronic medical conditions or who are on long-term aspirin therapy.

Information about the flu vaccine clinic locations is also available at the Health Care Agency’s Health Referral Line at (800) 564-8448 or visit www.ochealthinfo.com.
SENIOR CENTER FLU CLINICS IN ORANGE COUNTY

November 30 – December 9, 2004

<table>
<thead>
<tr>
<th>Senior Center/Facility</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buena Park Senior Center</td>
<td>8150 Knott Ave. Buena Park, CA 90620</td>
<td>November 30</td>
<td>9:00am - Noon</td>
</tr>
<tr>
<td>Lakeview Senior Center</td>
<td>20 Lake Road Irvine, CA 92604</td>
<td>December 3</td>
<td>9:00am - Noon</td>
</tr>
<tr>
<td>Courtyard Center</td>
<td>12732 Main Street Garden Grove, CA 92840</td>
<td>December 7</td>
<td>9:00am - Noon</td>
</tr>
<tr>
<td>Fullerton Senior Multipurpose Center</td>
<td>340 W. Commonwealth Ave. Fullerton, CA 92832</td>
<td>December 8</td>
<td>9:00am - 1:00pm</td>
</tr>
<tr>
<td>Michael E. Rogers Senior Center</td>
<td>1706 Orange Ave. Huntington Beach, CA 92648</td>
<td>December 8</td>
<td>9:00am - Noon</td>
</tr>
<tr>
<td>Norman P. Murray Community and Senior Center</td>
<td>24932 Veterans Way Mission Viejo, CA 92692</td>
<td>December 9</td>
<td>Noon - 4:00pm</td>
</tr>
</tbody>
</table>

HOSPITAL FLU CLINICS IN ORANGE COUNTY

November 30 – December 4, 2004

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Placentia-Linda Hospital</td>
<td>1301 North Rose Drive Placentia</td>
<td>November 30</td>
<td>7 a.m.</td>
</tr>
<tr>
<td>Anaheim Memorial Medical Center</td>
<td>1111 W. La Palma Anaheim</td>
<td>December 4</td>
<td>8 a.m.</td>
</tr>
</tbody>
</table>

Vaccines will be administered on a "first come- first serve" basis until the supply runs out or the clinic ends.

###
Vaccination Of Dogs Urged To Prevent Distemper

Orange – A reported outbreak of canine distemper among dogs in Los Angeles County serves as a reminder that all dogs in Orange County should be appropriately vaccinated against this highly contagious viral disease.

While Orange County is not experiencing a similar outbreak of canine distemper, there is a possibility the outbreak could spread across county lines. “Canine distemper is a very serious condition and should not be taken lightly,” said Ryan Drabek, Orange County Animal Care Services Public Education Officer. “Younger dogs and puppies are most susceptible to infection, and among puppies, the death rate may be as high as 80%. Even if a dog survives canine distemper infection, its health may be permanently affected,” Drabek said.

Distemper is most often transmitted from one dog to another through contact with respiratory secretions. The first sign of distemper is a discharge from the eyes that may appear watery to pus-like. Subsequently, dogs develop fever, nasal discharge, coughing, lethargy, reduced appetite, vomiting, and diarrhea. In later stages, the virus may attack the nervous system. Because symptoms of distemper may vary, any sick dog should be taken to a veterinarian for examination.

Low cost vaccination clinics are offered by many veterinarians and pet centers. Until a puppy has received its complete series of vaccinations, pet owners should use caution when taking their pet to places where young puppies congregate (e.g. pet shops, parks, puppy classes, obedience classes, doggy daycare, and grooming establishments). To protect adult dogs, pet owners should be sure that their dog's distemper vaccination is up-to-date. Ask your veterinarian about a recommended vaccination program for your dog.

# # #
(Santa Ana) – Flu shots will be offered at two additional senior centers in Orange County, bringing to six the number of senior centers that will offer the free vaccinations between December 7-16.

The newly announced flu shot clinics will be held:

- December 9 from 9 a.m.-12 Noon at the La Habra Senior Center, 101 W. La Habra Blvd., La Habra; and
- December 16 from 9 a.m. to 1 p.m. at the Orange Senior Center, 170 S. Olive, Orange.

Flu shots will be offered on a “first come-first served” basis while vaccine supplies last to Orange County residents who are in the following high-risk groups:

- Adults 65 years and older
- People from 18 to 64 years of age with chronic medical conditions (Required regular medical care or stayed in the hospital in the last year for one of the following: heart disease; diabetes; lung disease, including asthma; kidney disease; sickle cell disease and related blood diseases and immune system weak from diseases, like cancer, or medications)
- Pregnant women
- Residents of nursing homes and long-term care facilities
- Health care workers who provide direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months old

Flu vaccine is also available in Orange County for children in high-risk categories, including children from 6 to 23 months old; children who are household contacts of babies less than 6 months old; and children 2 – 18 years of age with chronic medical conditions or who are on long-term aspirin therapy. Information about flu shots for children is available by calling the Health Care Agency’s Health Referral Line at (800) 564-8448.

A complete list of currently scheduled Orange County flu shot clinics for high risk adults is posted on the Health Care Agency website at www.ochealthinfo.com or information is available
by calling the HCA Health Referral Line at (800) 564-8448.

(See attached page for senior center flu shot clinic locations)

Senior Center Flu Clinics In Orange County
December 7 - 16, 2004

<table>
<thead>
<tr>
<th>Senior Center/Facility</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courtyard Center</td>
<td>12732 Main Street</td>
<td>December 7</td>
<td>9:00am - Noon</td>
</tr>
<tr>
<td></td>
<td>Garden Grove, CA 92840 340 W.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fullerton Senior Multipurpose Center</td>
<td>Commonwealth Ave. Fullerton, CA 92832 1706 Orange Ave.</td>
<td>December 8</td>
<td>9:00am - 1:00pm</td>
</tr>
<tr>
<td>Michael E. Rogers Senior Center</td>
<td>Huntington Beach, CA 92648 24932 Veterans Way</td>
<td>December 8</td>
<td>9:00am - Noon</td>
</tr>
<tr>
<td>Norman P. Murray Community and Senior Center</td>
<td>Mission Viejo, CA 92692 101 W. La Habra Blvd.</td>
<td>December 9</td>
<td>Noon - 4:00pm</td>
</tr>
<tr>
<td>La Habra Senior Center</td>
<td>La Habra 90631 170 S. Olive Orange 92866</td>
<td>December 9</td>
<td>9 a.m. – 12 Noon</td>
</tr>
<tr>
<td>Orange Senior Center</td>
<td></td>
<td>December 16</td>
<td>9 a.m. – 1 p.m.</td>
</tr>
</tbody>
</table>

Vaccines will be administered on a "first come - first serve" basis until the supply runs out or the clinic ends.

###
Flu Vaccine Eligibility Expands In Orange County

(Santa Ana) – The Orange County Health Care Agency announced today that they will offer flu vaccine to include priority groups consistent with the new recommendations by the State’s Public Health Officer. The new priority groups include adults 50 years or older, out-of-home caregivers and household contacts of persons at high-risk for influenza complications, and emergency personnel, including medical, fire and law enforcement.

Orange County locations for flu vaccine include:

- Cypress Senior Center, 9031 Grindlay Street, Cypress, on December 21, from 9 a.m. to noon
- Many private physicians recently purchased 30,000 doses of flu vaccine that are now available to the new eligibility categories. Call your physician to see if they have flu vaccine available.
- For public health and community clinic locations and times, please call the Health Care Agency’s Health Referral Line at (800) 564-8448.
- **Parents of children in high-risk categories should check with their children’s doctor or call the Health Care Agency’s Health Referral Line at (800) 564-8448.** High risk children as defined by the CDC include those from 6 to 23 months old; children who are household contacts with babies less than 6 months old; children 2 – 18 years of age with chronic medical conditions or who are on long-term aspirin therapy.

This year, it will be very important to stay healthy during the flu season. Some helpful tips include wash your hands frequently with soap and warm water, eat healthy foods, exercise, make sure you drink enough water and get plenty of rest. If you begin to feel sick:

- Stay home from work or school and get plenty of rest.
- Cover your mouth with a tissue when you cough or sneeze. Properly dispose of used tissues and wash your hands afterwards.
- Drink lots of liquids.
- Avoid the use of alcohol and tobacco.

###