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H1N1 Vaccine is Readily Available in Orange County

(Santa Ana) – January 10 through 16 is National Influenza Vaccination week and the Health Care Agency recommends that all individuals get vaccinated against H1N1 as another wave of illness could occur later this season. H1N1 activity is expected to continue throughout the influenza season and the most effective protection we have against influenza is vaccination.

“Illness from H1N1 has declined in California over the past several weeks, but we cannot predict how this virus will behave in the next several months,” said Dr. Eric Handler, Orange County Public Health Officer. “We strongly encourage the residents of Orange County to receive their H1N1 and seasonal flu vaccine to protect themselves from becoming ill.”

H1N1 vaccine is now widely available in Orange County and across the country. In addition to being able to obtain vaccinations from private healthcare providers, vaccinations are now widely available to the public through pharmacies, community clinics and other providers. Locations throughout Orange County can be found at www.flu.gov or cell phone users can text the word “NO FLU” and their zip code to 30644 and receive the nearest vaccination location. The Orange County Health Care Agency is continuing to provide H1N1 vaccinations at 1725 W. 17th Street, Santa Ana, Monday through Friday, 9:00a.m. - 4:30p.m. The clinic is closed for lunch from 11:45a.m. to 1:00p.m.
Vaccinations are available free of charge to Orange County residents on a walk-in basis.

The most current local information is available on the HCA web site, www.ochealthinfo.com, or by calling the Health Referral Line at (800) 564-8448.

# # #
Orange County Ranked Among Top 10 Healthiest Counties in California

(Santa Ana) – A new national study by the Robert Wood Johnson Foundation ranked Orange County among the ten healthiest counties in the state. The only county in Southern California ranked in the top ten, Orange County ranked number seven for health outcomes and number nine for health factors. The study, which was based on county-by-county health statistics for 56 of California’s 58 counties, also found that Orange County residents are less likely to currently smoke or be obese compared to state-wide averages.

The County Health Rankings report provides overall rankings for health outcomes and for health factors for every county in every state. Health outcome rankings are based on mortality and morbidity, while health factor rankings are based on health behaviors, clinical care, social and economic factors, and the physical environment. “The County Health Rankings provide a new way for the community to measure success and identify areas that need improvement as it relates to health and well being,” said David Riley, Orange County Health Care Agency Director. “This report will help us to work with the community to address factors to improve the health of Orange County residents.”

Orange County’s high rankings can be attributed to the success of many individuals’ healthy behaviors, community partnerships, a culture that supports a healthy and active lifestyle, and the services in place to protect and promote the health of our residents.

The 2010 County Health Rankings report is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The report is available online at www.countyhealthrankings.org/california.

# # #
Youth-Created “Tobacco and Hollywood” Ads Unveiled

(Santa Ana) – To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the County of Orange Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” bus shelter posters.

The following bus shelter unveiling events will take place March 2, 3 and 4 in the cities of Anaheim, Fullerton and Garden Grove:

**March 2, 2010**
10 a.m.
City of Fullerton (corner of State College Blvd. and Nutwood Ave.)
Youth Artist Carlos Hernandez from La Vista High School

**March 3, 2010**
10 a.m.
City of Anaheim (corner of Euclid St. and Cerritos Ave.)
Youth Artist Marcela Belmar from Loara High School
11 a.m.
City of Anaheim (corner of Euclid St. and Sallie Ln.)
Youth Artists Tomas Mendoza and Randy Roman from Loara High School

**March 4, 2010**
3:30 p.m.
City of Garden Grove (corner or Brookhurst St. and Hazard Ave.)
Youth Artist Jocelyn Romero from the Boys & Girls Clubs of Garden Grove

Smoking in movies has been shown in research studies to increase the likelihood that youth will start smoking. The Centers for Disease Control and Prevention (CDC) has repeatedly cited exposure to tobacco use in media as a major factor in youth smoking. Youth who see smoking on television and other media are more likely to start smoking than youth who are not exposed to smoking in media.
A study from Dartmouth Medical School shows that children age 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.

The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers youth and adults tobacco education, as well as free smoking cessation and prevention programs. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information about TUPP can be found online at www.ochealthinfo.com/tupp.
For Immediate Release: Contact: Deanne Thompson
February 24, 2010 (714) 834-2178

Seventy Percent of Emergency Room Visits in Orange County for Infants Were for Non-Emergent Conditions, County Study Finds

(Santa Ana, CA) – Nearly half of all emergency room visits made each year in the county were avoidable and more appropriately treated in a primary care setting according to a recent study published by the Orange County Health Care Agency (HCA). The data also showed that 70% of visits made for infants were avoidable and that patients with private insurance had the lowest rates of such visits to the emergency room.

“The cost of emergency department care is much higher than a primary care setting and overcrowding has a significant impact on service delivery,” said David Riley, Director of the Health Care Agency. “This underscores the importance of expanding alternative sources of care such as urgent care centers, clinics, preventive services, and dial-a-nurse hotlines to meet this need.”

The Health Care Agency examined emergency room utilization among the county’s 26 hospital emergency departments in 2007, the most recent year for which published data are available. The study found that nearly half of all emergency department visits in the County, more than 336,000 in a year, could have been avoided or otherwise treated in a primary care setting.

Avoidable visits included conditions such as asthma attacks or ear infections that required urgent care, but could have been avoided with timely and effective primary care. The highest percentages of non-urgent, avoidable visits were for infants and children, while seniors had the lowest percentage of avoidable ED utilization.

The full report is available on the HCA website at: http://www.ochealthinfo.com/pubs.

###
Local Food Establishments Receive Award of Excellence

(SANTA ANA) – From a qualifying group of 9,631 food facilities throughout the County, the Health Care Agency’s Environmental Health Division has issued 3,041 Award of Excellence certificates to local Orange County food facilities this month. Environmental Health’s Food Protection Program recognizes these facilities for their outstanding safety and sanitation practices during 2009. The certificate acknowledges the dedication of each recipient and highlights their diligent efforts in preventing health code violations.

Included in the Award of Excellence Program are food facilities such as restaurants, catering establishments, meat/seafood markets, retail bakeries, supermarket/bakery combinations, and public and private schools with food production service. A complete list of all recipients and award criteria is available online at www.ocfoodinfo.com/foodaward.htm.

The annual Award of Excellence provides 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 award each year that they exhibit excellent food safety and sanitation practices.

The 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 foodborne illness, and protect consumers from adulterated food products. For more information about the Health Care Agency’s Food Protection Program, visit www.ocfoodinfo.com.

# # #
For Immediate Release
March 18, 2010

Contact: Deanne Thompson, HCA
(714) 834-2178
Ryan Drabek, OC Animal Care
(714) 935-7107

Precautions Urged to Prevent Exposures
to Bats and Other Wild Animals

(Santa Ana) – The Orange County Health Care Agency (HCA) and OC Animal Care are reporting that three (3) bats have tested positive for rabies in Orange County so far this year. While there are no rabies cases in humans, this is a good reminder that it is important for people to avoid contact with bats, as well as other wild animals that can carry rabies.

Rabies, an infection of the nervous system caused by a virus, is almost universally fatal. The rabies virus is found in an animal’s saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies.

Several species of bats are native to Orange County. The best advice is to never touch a bat with your bare hands, even if it appears to be dead. Anyone who has been bitten or scratched by a bat should seek medical attention immediately. If you observe a bat in your home, confine it to one unoccupied room of the house and call your local animal control agency or OC Animal Care; animal control officers will remove the bat from the home for testing. OC Animal Care or your local animal control agency should also be notified if you observe a bat that is acting abnormally during daylight hours.

As warmer weather approaches, Orange County residents are encouraged to make sure their doors and windows have proper screens that will keep bats and other animals, as well as insects such as mosquitoes, out of their homes. Bats can squeeze into very small spaces and steps should be taken to bat-proof the exterior of your home or other buildings on your property. This includes closing all outside openings larger than 3/8” inch by using mesh, netting, caulking or other sealants.

HCA and OC Animal Care recommend the following preventive actions:

- 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. Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential human exposure to a bat or other wild animal should be reported to Orange County Public Health Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray animal, contact OC Animal Care at (714) 935-6848.

# # #
Youth-Created “Tobacco and Hollywood” Poster Unveiled

(Santa Ana) – To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the County of Orange Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a special event to unveil a youth-created “Tobacco and Hollywood” poster.

A media unveiling event featuring a poster created by youth artist Alexandra Gerrain from San Clemente High School will take place on Friday, April 23 at 10:30 a.m. at the Krikorian Theater located at 641-B Camino De Los Mares in the City of San Clemente.

Smoking in movies has been shown in research studies to increase the likelihood that youth will start smoking. The Centers for Disease Control and Prevention (CDC) has repeatedly citied exposure to tobacco use in media as a major factor in youth smoking. Youth who see smoking on television and other media are more likely to start smoking than youth who are not exposed to smoking in media.

A study from Dartmouth Medical School showed that children age 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.

The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to second hand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information about TUPP can be found online at www.ochealthinfo.com/tupp.

###
Youth-Created “Tobacco and Hollywood” Posters Unveiled

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The following bus shelter unveiling events will take place May 17, 18 and 19 in the cities of Buena Park, Fullerton and Santa Ana:

May 17, 2010

10:30 a.m.
City of Buena Park (corner of Orangethorpe Ave. and Indiana Ave.)
Youth Artist Brianda Arredondo from Buena Park High School

May 18, 2010

11:30 a.m.
City of Santa Ana (corner of Main St. and 10th St.)
Youth Artist Jennifer Geasey from Orange County High School of the Arts

2:30 p.m.
City of Santa Ana (corner of Main St. and 17th St.)
Youth Artist Gianmarco Otiniano from Orange County High School of the Arts

May 19, 2010

10:30 a.m.
City of Fullerton (corner of Imperial Hwy. and Palm St.)
Youth Artist Jessica Scott from Sonora High School

Smoking in movies has been shown in research studies to increase the likelihood that youth will start smoking. The Centers for Disease Control and Prevention (CDC) has repeatedly citied exposure to tobacco use in media as a major factor in youth smoking. Youth who see smoking on television and other media are more likely to start smoking than youth who are not exposed to smoking in media.

-More-
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# # #
MEDIA ADVISORY

Fruit and Veggie Fest 2010 – “Shop Smart for a Healthy Start”
A Healthy Life Begins in Your Shopping Cart
Sponsored by the Network for a Healthy California—Orange County Region Retail Program

WHAT: Fruit and Veggie Fest will be a fun-filled day of educational, interactive activities designed to highlight ways families can make healthy choices on a limited budget. Visitors to the El Metate Market in Costa Mesa will learn from community partners and local mothers about the importance of healthy eating and how to buy and prepare nutritious meals and snacks. This event is part of a month-long statewide effort by the California Department of Public Health’s Network for a Healthy California-Retail Program to encourage low-income families to become Champions for Change by making healthy, active living a priority.

WHY: Many Orange County residents need to find ways to feed their families healthy meals on a limited budget. Fruit and Veggie Fest will teach shoppers how to maximize their food dollars and increase their purchase of fresh, canned and frozen fruits and vegetables. Families should participate in food assistance programs when needed and consume healthy foods, which can help them reduce their risk of developing serious health problems, such as obesity and type 2 diabetes.

WHEN: Wednesday, May 19, 2010, 11:00 a.m. to 2:30 p.m.
Toast to Health Ceremony at 12:30 p.m.

WHERE: El Metate Market, 817 W. 19th Street, Costa Mesa, CA 92627 (19th & Placentia)

WHO: Partners include:
• Network for a Healthy California—Orange County Region
• El Metate Markets
• County of Orange Health Care Agency
• Newport-Mesa Unified School District
• Western Growers Association

PHOTO OPS: Activities include:
• Store Tours: Hourly tours with tips to help shoppers make healthy changes
• Rethink Your Drink: Local Champion Moms will teach label reading and more
• Stretch Your Food Dollar: Learn about Food Stamps, WIC and food assistance
• Rate the Taste: Sample veggies with the Children’s Power Play! Campaign
• Smoothie Bike: Pedal your way to a healthy beverage with the Latino Campaign
• Berry Delicious: Try Strawberry Gazpacho and other seasonal berries

CONTACT: Maridet Ibanez, Program Manager
County of Orange Health Care Agency, Public Health Services/Nutrition Services
714-834-8092 or mibanez@ochca.com

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. • California Department of Public Health.
MEDIA ADVISORY

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CONTACT: Maridet Ibanez, Program Manager
County of Orange Health Care Agency, Public Health Services/Nutrition Services
714-834-8092 or mibanez@ ochca.com

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. • California Department of Public Health.
For immediate release: June 9, 2010

Contact: Nicole Stanfield
(714) 834-2178

Fraudulent Health Inspection Activity Reported at Local Food Establishments

(Santa Ana) — The Orange County Health Care Agency Environmental Health Division is alerting restaurant operators and others in the food facility industry about fraudulent activity involving an individual or individuals contacting various food establishments claiming to be a health inspector.

County officials said inspections of food facilities are done by trained and certified Environmental Health Specialists and are generally unannounced. Environmental Health Specialists do not collect money at a food service facility and do not sell or endorse specific products. State law also requires Environmental Health Specialists to carry official photo identification and an employee of the food establishment may refuse entry to an Environmental Health Specialist who is unable to present official identification.

 Officials said an individual using various names contacts the businesses by phone posing as a “health inspector” and states that an inspection is scheduled, usually for the next day at a specific time. The operator is then given a phone number to call to verify the inspection and in certain cases a “confirmation number” is also given. There have also been reports throughout the country of imposters extorting money from food facility operators.

Anyone with questions regarding fraudulent activity or other issues related to health inspections should contact the Environmental Health Division at (714) 433-6000. You can learn more about the Food Protection Program by visiting the website at www.ocfoodinfo.com.

# # #
‘Take the Test, Take Control’
June 27th is National HIV Testing Day

(Santa Ana) – On June 27th thousands of Americans will take control of their health and get tested for HIV. National HIV Testing Day promotes testing and early diagnosis of HIV, the virus that causes AIDS. HIV testing is a routine part of general healthcare and is a critical step in reducing HIV infections. The Centers for Disease Control and Prevention (CDC) recommends that HIV testing be offered to all individuals aged 13 to 64 as part of routine medical screening. In addition to HIV testing through healthcare providers, free and low-cost HIV testing is available year-round throughout Orange County.

In Orange County, over 300 people are diagnosed with HIV/AIDS each year. Based upon the CDC estimates, about one-fifth of the people living with HIV in the United States don’t know they are infected. In Orange County, this means there may be 1,800 people that have HIV but are not aware of it.

Knowing their HIV status enables people to protect their own health as well as prevent the spread of the disease. In Orange County, the following agencies offer confidential and anonymous free or low-cost testing:

- **Orange County Health Care Agency:** 17th Street Clinic, (714) 834-8787: walk-ins only - Monday, Wednesday, and Thursday, 8 a.m. to 4 p.m.; Tuesday and Friday, 10 a.m. to 4 p.m.
- **The Center Orange County:** (714) 953-5428 x208: Monday, Tuesday, Friday, 1 p.m. to 6 p.m. by appointment only; Walk-ins available - Wednesday, 2 p.m. to 6 p.m.; Thursday, 3 p.m. to 7 p.m.; Saturday, 10 a.m. to 4 p.m.
- **AIDS Services Foundation:** (949) 809-8775: walk-ins only - Tuesday, Wednesday, and Thursday, 3 p.m. to 8 p.m.; and Saturday, 10 a.m. to 4 p.m.
- **Laguna Beach Community Clinic:** Monday, Tuesday, Wednesday, 8 a.m. to 5 p.m.; Thursday, 8 a.m. to 8 p.m., (949) 494-0761 (there is a charge for services; call for details).

For more testing sites and information call the AIDS Hotline at (800) 367-2437 or go online: [www.AIDShotline.org](http://www.AIDShotline.org). For information on the HIV Prevention Planning Committee or HIV services in Orange County, contact the Health Care Agency at (714) 834-8711, or visit [www.ochealthinfo.com](http://www.ochealthinfo.com).

# # #
For Immediate Release:  
June 24, 2010

Contact:  
Deanne Thompson  
714-834-2178  
dthompson@ochca.com

‘Take the Test, Take Control’  
June 27th is National HIV Testing Day

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Latinos are especially affected by HIV/AIDS. In 2009, almost half (47%) of Orange County AIDS cases and 39% of all HIV cases diagnosed were Latino. Based upon the CDC estimates, about one-fifth of the people living with HIV in the United States don’t know they are infected. In Orange County, this means there may be 1,800 people that have HIV but are not aware of it.

Knowing their HIV status enables people to protect their own health as well as prevent the spread of the disease. In Orange County, the following agencies offer confidential and anonymous free or low-cost testing:

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# # #
For Immediate Release:
July 14, 2010

Contact:
Deanne Thompson
714-834-2178
dthompson@ochca.com

High Temperatures Bring Risk of Heat-Related Illnesses

(Santa Ana) - Many inland Orange County communities are expected to record high temperatures of over 90° this week, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to the heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- Drink plenty of water; don’t wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Avoid unnecessary sun exposure; wear a hat, preferably with a wide brim, when in the sun and use sunscreen.
- Avoid unnecessary exertion if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors - if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at www.cdc.gov

# # #
For Immediate Release: Contact: Nicole Stanfield
July 23, 2010 (714) 834-2178
nstanfield@ochca.com

HCA Encourages Vaccination as Pertussis Cases Increase

(Santa Ana) - The number of pertussis (whooping cough) cases continues to grow. The California Department of Public Health (CDPH) has reported 1,496 cases; Orange County has reported 122 pertussis cases to date. Of greatest concern is that nearly 40% of Orange County cases are in infants under 6 months of age. With an additional death reported this week, there have now been six deaths in California, all infants under six months of age. No deaths have been reported in Orange County residents.

Pertussis is a highly contagious disease and young infants are particularly vulnerable. According to Dr. Nancy Bowen, Medical Director of HCA Public Health Services, “Incidence of severe pertussis is highest in infants under 6 months of age, with hospitalization rates over 80% in the youngest infants.”

In response to the increased level of disease, this week the CDPH broadened recommendations for immunizing against pertussis. In addition to the typical series of childhood pertussis immunizations, CDPH now recommends an adolescent-adult pertussis booster vaccine (Tdap) for:

- anyone 7 years and older who is not fully immunized, including those over 64 years old
- women of childbearing age, before, during, or immediately after pregnancy
- other people who have contact with pregnant women or infants.

Vaccination against whooping cough usually begins at age two months, but can be started as early as six weeks in times when pertussis is prevalent in the community such as now. Adequate protection is not complete until the last of the first series of three shots at 6 months of age. It is critical that those in close contact with infants be immunized against pertussis to better protect the infants too young to be completely vaccinated. Since it takes a couple weeks for protection, people planning to have close contact with an infant should also get vaccinated now. This includes pregnant women prior to delivery.

Vaccine is widely available from medical providers, including community clinics, throughout Orange County. Individuals that do not have medical insurance covering the vaccination or who are unable to obtain the vaccination from their healthcare provider may obtain vaccine free of charge from the Health Care Agency’s Immunization Clinic located at 1725 W. 17th Street, Santa Ana, CA 92706, Monday through Friday from 8-11 a.m. or 1-3 p.m. For more information, visit the Health Care Agency’s website at http://ochealthinfo.com or call the Health Referral Line at 1-800-564-8448.

###
Bats Found in Newport Beach and the City of Orange Test Positive for Rabies

(Santa Ana) - Two bats found in public areas in two different Orange County cities have tested positive for rabies. Anyone who had contact with a bat on Monday, July 26, 2010,

1) Before 6:00 PM in the vicinity of the bike trail at University and Jamboree in Newport Beach, or

2) Before 3:30 PM in the vicinity of the Bank of America at 2680 N Tustin Ave. in Orange

is asked to call Orange County Health Care Agency Epidemiology at 714-834-8180 so that a nurse can evaluate the risk for rabies. Once a person begins showing signs and symptoms of rabies, the disease is nearly always fatal. For that reason, preventive treatment to stop the rabies virus from causing illness is given to anyone who may have been exposed to rabies. Medical assistance should be obtained promptly after an exposure so any wound can be cleaned and preventive treatment can be started. This treatment is safe and effective.

The rabies virus is found in an animal’s saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies. Most cases of human rabies in the United States in recent years have resulted from bat strains of rabies; bats have very small teeth, and their bites may go unnoticed.

HCA and OC Animal Care recommend the following preventive actions:

- 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. Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential exposure to a bat or other wild animal should be reported to Orange County Public Health Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray animal, contact OC Animal Care at (714) 935-6848.


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High Temperatures Bring Risk of Heat-Related Illnesses

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Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- Drink plenty of water; don’t wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Avoid unnecessary sun exposure; wear a hat, preferably with a wide brim, when in the sun and use sunscreen.
- Avoid unnecessary exertion if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors - if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at www.cdc.gov

# # #
FREE PERTUSSIS BOOSTER VACCINATIONS AVAILABLE AT WEEKEND CLINICS

(Santa Ana) - The Health Care Agency is providing free pertussis, or whooping cough, booster vaccinations at 14 special weekend clinics throughout the community. Young infants are particularly vulnerable, so it is important that family members and caregivers of infants, including parents, grandparents, siblings, childcare providers and health care workers, be vaccinated.

"All residents should make sure they are up to date with their pertussis vaccination, but it is particularly important for adults and children who are in contact with infants under one year of age to receive their pertussis vaccine,” stated Dr. Nancy Bowen, Medical Officer for HCA Public Health Services.

Statewide there are seven times the number of whooping cough cases reported this year compared to the same period last year. As of August 28, 2010, Orange County has 232 cases, compared to 10 during the same period last year. Nearly 40% of these cases are infants under 6 months of age. No deaths have been reported in Orange County residents in 2010.

Pertussis is a serious respiratory disease that is highly contagious and can cause death among infants. Routine childhood vaccination usually starts at two months of age, but can be started as early as 6 weeks of age, and infants are not fully protected until 6 months of age. It is critical that those in close contact with infants who are too young to be fully immunized are up to date with their pertussis vaccination. The vaccination is not fully effective for up to two weeks, so people planning to have close contact with an infant, including pregnant women, should be vaccinated as soon as possible.

The vaccine is widely available from medical providers, including community clinics, throughout Orange County. People whose medical providers do not have vaccine, do not have medical insurance, or whose insurance does not cover the vaccine, may obtain vaccine free of charge from the Health Care Agency on a walk-in basis Monday through Friday at the HCA 17th Street Clinic in Santa Ana. Free weekend vaccination clinics for persons 10 years or older who have contact with infants under one year of age will be held at the 17th Street Clinic in Santa Ana and Northgate Market locations throughout the county during the month of September. Persons under 10 years of age should receive their vaccination series as scheduled from their medical provider or contact the HCA Health Referral Line at (800) 564-8448.
Free Pertussis Booster Vaccination Clinics:

**HCA Public Health Weekend Clinics**
Saturdays, September 11 & 25
9 a.m. to 3 p.m.
1725 W. 17th Street, Santa Ana, CA 92706
Learning Center (trailer in rear parking lot)

**Northgate Markets Weekend Clinics**
Fridays, September 3, 10, 17 & 24
1 p.m. to 7 p.m.
Northgate Markets:
1120 S. Bristol Ave, Santa Ana
230 N. Harbor Blvd, Santa Ana
1623 W. 17th Street, Santa Ana
409 E. 4th Street, Santa Ana

Saturdays, September 4, 11, 18 & 25
10 a.m. to 4 p.m.
Northgate Markets:
1010 S. Main Street, Santa Ana
720 W. La Palma, Anaheim
770 S. Harbor, Anaheim

Sundays, September 5, 12, 19 & 26
10 a.m. to 4 p.m.
Northgate Markets:
580 W. La Habra Blvd, La Habra
6991 Lincoln, Buena Park
929 S. Euclid Street, Anaheim

For more information, please call the Health Referral Line at 800-564-8448 or visit [www.ochealthinfo.com/pertussis](http://www.ochealthinfo.com/pertussis) for more information.

# # #
ORANGE COUNTY REPORTS SEASON’S FIRST INFLUENZA CASE

(Santa Ana) - The Orange County Health Care Agency (HCA) has confirmed the first case of influenza signaling the coming influenza season. While flu season in Orange County usually peaks at the end of December or beginning of January, it is not unusual to begin seeing influenza cases reported early in the season and it is not too early to get vaccinated. The first reported case was Influenza Type A however it is not the pandemic 2009 (H1N1) strain of influenza.

Flu shots are anticipated to be widely available from private physicians, pharmacies and other retail businesses in the community. Information about these locations and dates is available at http://findaflushot.com. Beginning in October, flu shots will also be available for eligible individuals through the Health Care Agency’s annual influenza vaccination program. For information about the County’s flu shot program call the HCA Health Referral Line at 1-800-564-8448 or visit www.ochealthinfo.com.

The Centers for Disease Control and Prevention (CDC) has recommended that all persons 6 months of age and older be given flu shots every year and those in the highest priority groups should get their flu shots before the end of October. The highest priority groups include:

- Children 6-59 months of age
- Pregnant women
- People 50 years of age and older
- People who are morbidly obese
- Children and adolescents who are receiving long-term aspirin therapy
- People with chronic diseases like heart disease, asthma, other lung disease or diabetes
- People with a health condition that suppresses their immune or respiratory system
- Residents of long-term care facilities that house people with chronic medical conditions
- Household contacts and out-of-home caregivers of children 0 to 59 months of age
- Health care workers

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405 W. Fifth Street, Santa Ana, California 92701
High Temperatures Bring Risk of Heat-Related Illnesses

(Santa Ana) - Many inland Orange County communities are expected to record high temperatures of over 90° this weekend and early next week, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to the heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- Drink plenty of water; don’t wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Avoid unnecessary sun exposure; wear a hat, preferably with a wide brim, when in the sun and use sunscreen.
- Avoid unnecessary exertion if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors - if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at www.CDC.gov.

# # #
For Immediate Release:      Contact:      Tricia Landquist
October 12, 2010         (714) 834-2178

Orange County Confirms First Human West Nile Virus Case of 2010

(Santa Ana) - An adult male has tested positive for West Nile Virus (WNV) infection, becoming Orange County’s first confirmed symptomatic human WNV case of 2010.

The man was hospitalized in late September and is now recovering at home. The man may have had multiple areas of exposure, including outside of Orange County. Statewide there are currently 66 cases with one WNV-related death reported. Last year, there were 4 confirmed symptomatic human cases of West Nile Virus infection reported in Orange County; no asymptomatic blood donors, or WNV-related deaths were reported in Orange County in 2009.

“While we are not seeing the level of West Nile Virus activity that we experienced last year, it is important for the community to recognize that West Nile Virus is endemic in Orange County, recurring every year during the summer months and continuing into the fall,” said Dr. Hildy Meyers, Medical Director of Epidemiology. “The best way to avoid West Nile Virus infection is to take precautionary measures to avoid mosquito bites.”

Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed
- Making sure your window and door screens are in good condition
- Using insect repellant containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
- 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 do not experience symptoms or become seriously ill. Up to 20% of those infected with West Nile Virus will experience symptoms of West Nile fever, which may include fever, headache, body aches, nausea, tiredness, and sometimes swollen lymph glands or a skin rash. Anyone who develops the more serious symptoms of West Nile Neuroinvasive Disease, such as severe headaches, neck stiffness, confusion, muscle weakness, or vision loss should seek medical care immediately. People over 50 years of age and those with certain medical conditions 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. Other websites with helpful information about West Nile Virus include:

- Centers for Disease Control and Prevention www.cdc.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

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OCEAN AND BAY RAIN ADVISORY

(Santa Ana) -

The Environmental Health Division of the Health Care Agency, advises swimmers that levels of bacteria can rise significantly in ocean and bay waters, close to storm drains, and the outlets of creeks and rivers during and after rainstorms. The elevated bacterial levels in the coastal ocean waters may continue for a period of at least 3 days depending upon the intensity of the rain and volume of the runoff. Swimmers should avoid Orange County coastal waters during this time, and beach users should avoid contact with any runoff on the beach.

Storm drains, creeks and rivers carry floodwaters and urban runoff to the ocean. Urban runoff may include fertilizers, road oils, animal wastes, and litter. During and after rain events, discharges may contain large amounts of bacteria from a variety of sources such as animal wastes and decomposing vegetation. Sewage is not normally present in the storm runoff since the sewer system is separate from the storm drain system. In the event of a sewage spill, the Environmental Health Division will quarantine the affected ocean or bay water area.

For information regarding Orange County ocean, bay or harbor postings and closures, please call (714) 433-6400 or visit our Web site at ocbeachinfo.com. To report a sewage spill, please call (714) 433-6419.

# # #
Bat Found in San Juan Capistrano Tests Positive for Rabies

(Santa Ana) - A bat found on Village Road at Marina Road in San Juan Capistrano has tested positive for rabies. Anyone who had contact with a bat on Wednesday, October 20, 2010, before 4:30 pm in the vicinity of Village and Marina Roads is asked to call Orange County Health Care Agency Epidemiology at 714-834-8180 so that a nurse can evaluate the risk for rabies. Parents should interview their children who may have walked home from school or the nearby school bus stops.

Once a person begins showing signs and symptoms of rabies, the disease is nearly always fatal. For that reason, preventive treatment to stop the rabies virus from causing illness is given to anyone who may have been exposed to rabies. Medical assistance should be obtained promptly after an exposure so any wound can be cleaned and preventive treatment can be started. This treatment is safe and effective.

The rabies virus is found in an animal’s saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies. Most cases of human rabies in the United States in recent years have resulted from bat strains of rabies; bats have very small teeth, and their bites may go unnoticed.

HCA and OC Animal Care recommend the following preventive actions:

- 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. Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential exposure to a bat or other wild animal should be reported to Orange County Public Health Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray animal, contact OC Animal Care at (714) 935-6848.


# # #
Un murciélago encontrado en San Juan Capistrano
Probado positivo para la rabia

(Santa Ana) - Un murciélago encontrado en el camino Village Road cerca de Marina Road en San Juan Capistrano se ha probado positivo para la rabia. Cualquier persona que tuvo contacto con un murciélago el miércoles 20 de octubre 2010 antes de las 4:30 p.m. en la vecindad de Village y Marina Road se le pide que llame al condado de Orange agencia del cuidado de salud epidemiología al 714-834-8180 para que una enfermera puede evaluar el riesgo para la rabia. Los padres deben entrevistar a sus niños que han caminado de la escuela o las paradas de autobús cerca de la escuela.

Cuando una persona comienza a mostrar signos y síntomas de la rabia, la enfermedad es casi siempre fatal. Por esa razón, el tratamiento preventivo para detener el virus de la rabia de causar la enfermedad se da a cualquier persona que pueda haber estado expuesta a la rabia. La asistencia médica se debe ser obtenida con prontitud después de una exposición así que cualquier herida puede ser limpiada y el tratamiento preventivo se puede iniciar. Este tratamiento es seguro y de manera efectiva.

El virus de la rabia se encuentra en la saliva de un animal y se transmite a las personas por una mordedura de un animal rabioso. Aunque sea muy raro, la contaminación de los ojos, la boca, una herida abierta por la saliva de un animal rabioso también pueden transmitir la rabia. La mayoría de los casos de rabia humana en los Estados Unidos en los últimos años han resultado a partir de cepas de murciélagos de la rabia; los murciélagos tienen dientes muy pequeños, y sus mordidas pueden ir inadvertidas.

HCA y OC Animal Care recomienda las acciones preventivas siguientes:

- Evitar el contacto con animales salvajes
• Vacunar todos los perros y gatos contra la rabia
• No dormir con las ventanas o puertas descubiertas o abiertas
• Si los murciélagos se ven adentro de la casa o otra estructura, ciérrese de la área y entre en contacto con el control de animal. Después que el murciélago(s) se han quitado, cierre todas las áreas que permita la entrada a la casa.
• No deje alimentos para los animales domésticos fuera en donde se atraen a los animales salvajes.
• Inmediatamente lave todas las mordeduras de animales con agua y jabón, estando seguro de enjuagar bien la herida, después entre en contacto con su doctor
• Divulga todas las mordeduras de animales a OC Animal Care
• Divulga animales salvajes a OC Animal Care

La exposición potencial a un murciélago u otro animal salvaje debe ser reportada al condado de Orange servicios de salud pública Epidemiolog ía al (714) 834-8180. Para reportar un murciélago en su casa, una mordedura de animal, o animal salvaje, comuníquese con OC Animal Care al (714) 935-6848.

Para más información acerca de la rabia está disponible en los centros para el control de enfermedad el sitio web en http://www.cdc.gov/rabies/.

# # #
Thống báo cáo

Tim Thấy Doi Mắc Bệnh Đại ở San Juan Capistrano

(Santa Ana) - Một con dơi được tìm thấy trên đường Village (Village Road) ngay khúc đường Marina (Marina Road) ở San Juan Capistrano đã thử nghiệm thấy bệnh Đại. Vây bặt cử ai đã tiếp xúc với một con dơi vào thứ tư ngày 20 tháng 10 năm 2010, trước 4 giờ 30 phút trong khu vực lan can của đường Village và Marina được yêu cầu gọi cho Cơ Quan Y Tế Khoa Dịch Tế (Orange County Health Care Agency Epidemiology) ở 714-834-8180 để một y tá có thể thăm dò dịch vụ nguy hiểm đối với căn bệnh đại. Phụ huynh cần hỏi rõ con em của mình, những em đã đi bỗ đến trường hay đi bopus đến những địa điểm có xe buýt.

Khi một người thấy dấu hiệu của bệnh Đại phác tác, thì hầu như căn bệnh Đại đã đến mức gây chết người. Vi lý do đó, sự ngăn ngừa chưa tri huyện cảnh vi khuẩn bệnh Đại cần được thực hiện nơi bất cứ ai có thể đã bị roi vào tình trạng có thể bị lây nhiễm vi khuẩn bệnh Đại. Ai đã bị dat vào tình trạng có thể bị lây những bệnh Đại cần nhận được sự trợ giúp y tế ngay lập tức để được khử trừng bất cứ vết thương nào và để có thể được bắt đầu việc chữa trị nhằm ngăn căn bệnh. Đây là sự chưa tri rứt hưu hiệu và an toàn.

Vi khuẩn bệnh Đại được tìm thấy trong nước bọt (nước miệng) của một thú vật và được truyền qua người khi con người bị thú vật cắn. Mắc đầu rất hiếm khi xảy ra, nước bọt của một con thú bị bệnh Đại cũng có thể lan truyền bệnh Đại qua mắt, miệng hay nơi vết loét (vết thương bị hở). Trong những năm trước đây, tại Hoa Kỳ hầu hết bệnh Đại nói con người do đu doei bi mắc bệnh Đại; do đó có những chiếc ràng nhỏ xìu, và những vết cắn của chúng có thể không được để ý đến.

Cơ Quan Y Tế và Văn Phòng Chăm sóc Thú Vật (OC Animal Care)quận Cam đặc ra những biện pháp ngăn ngừa sau đây:

OChealthinfo.com
Orange County Health Care Agency

405 W. Fifth Street, Santa Ana, California 92701
- Tránh tiếp xúc với tất cả các loại thú rùng.
- Chích ngừa bệnh đại cho tất cả chó, mèo.
- Đừng mổ những những cảnh cửa sổ và cửa ra vào không có láp cửa lưới lúc ngủ.
- Nếu thấy những con doī ở trong nhà hay nơi những kiến trúc khác, ngăn khu vực lại và liên lạc với văn phòng kiểm soát thú vật. Một khi doī (hay những con doī) đã được di doī, động lại bất cứ những chỗ doī có thể bay vào nhà.
- Đừng để thức ăn của thú cung bên ngoài sẽ dẫn dụ thú hoang tìm đến.
- Lấp tục rửa sạch tất cả những vết thú căn với xà phòng và nước, nhờ rửa vết thương thật kỹ, sau đó liên lạc với bác sĩ.
- Báo cáo tất cả những vết thú căn với Văn Phòng Chăm Sóc Thú Vật Quận Cam.
- Báo cáo với Văn Phòng Chăm Sóc Thú Vật quận những thú bị thật lặc.

Cần báo cáo với Chương Trình Y Tế Công Công - Khoa Dịch Tế của quận Cam (Orange County Public Health Epidemiology) ở số (714) 834-8180 khi có tiêm nang tiếp xúc với một con doī hay một thú hoang nào khác. Để báo cáo một con doī ở trong nhà quý vị, một vết thú căn, hay một con thú bị thật lặc, liên lạc với Văn Phòng Chăm Sóc Thú Vật Quận Cam ở số (714) 935-6848.

Cần biết thêm chi tiết sẵn có về bệnh đại xin vào trang mạng của Trung Tâm Kiểm Soát Bệnh Dịch tại địa chỉ mạng http://www.cdc.gov/rabies/.

# # #
FREE SEASONAL FLU SHOTS ON OCTOBER 29

(Santa Ana) - Free flu shots for adults and children will be offered October 29 at three Orange County locations as part of a continuing series of emergency exercises testing the county’s ability to provide medication to the community during a Public Health emergency.

Free flu shots will be offered October 29 from 11:30 a.m. to 2:00 p.m. at:

- **Church of Jesus Christ – Latter Day Saints**  
  440 North Loara Street, Anaheim, CA 92805

- **Saint Nicholas Catholic Church**  
  24252 El Toro Road, Laguna Woods, CA 92637

- **Norman P. Murray Community & Senior Center**  
  24932 Veterans Way, Mission Viejo, CA 92692

For more information see [http://healthdisasteroc.org/events/freeflushot](http://healthdisasteroc.org/events/freeflushot).

Flu shots will be provided at no cost to adults and children two years of age and older on a first-come first-served basis. Anaheim and Mission Viejo locations will offer both walk-up and drive-through flu shots; Laguna Woods will offer drive-through shots. To receive a flu shot, participants should be feeling well on the day of the flu shot exercise and must complete a brief health screening to ensure they can safely receive a flu vaccine.

“Last year’s seasonal flu shot campaign was a tremendous success, we vaccinated over 3,800 community members,” said Dr. Eric Handler, County Health Officer. “I encourage you to come receive a free seasonal flu shot, and help the County and community partners improve our capabilities to respond in the event of a public health emergency.”

Among the organizations helping to stage the flu shot clinics are the cities of Anaheim, Laguna Woods and Mission Viejo; The Church of Jesus Christ of Latter-Day Saints; Saint Nicholas Catholic Church; Norman P. Murray Community & Senior Center; Orange County Health Care Agency; Anaheim Fire and Police Departments; Orange County Sheriff’s Department; Orange County Fire Authority; Anaheim and Laguna Woods Community Emergency Response Teams; Mission Viejo Community Emergency Preparedness Academy; Medical Reserve Corps; Care, Doctor’s and Medix Ambulance Services; Children and Families Commission of Orange County; North and South County Community College.
Districts; and the CSU Fullerton, Stanbridge College, Saddleback College and Cypress College Schools of Nursing.

The Orange County Health Care Agency received the National Association of County and City Health Officials (NACCHO) “Model Practice Award” in 2010 for demonstrating exemplary and proactive qualities in response to local health emergencies. The Orange County Health Care Agency was one of 24 nationwide to receive the “Model Practice Award” in 2010. “We are proud to receive this award, it is evidence of our commitment to develop responsive and innovative public health programs that help prepare our community for public health emergencies. Join us in our preparedness efforts by coming out October 29 for a free flu shot,” said Dr. Handler.

An annual flu shot is the best way to prevent seasonal influenza. Some groups, such as older adults, young children, and people with certain health conditions, are at higher risk for serious influenza complications. This year’s seasonal flu shot includes H1N1, eliminating the need for multiple flu shots.

# # #
Orange County Emergency Medical Services to Implement Electronic Medical Records

(Santa Ana) - Orange County Emergency Medical Services (OCEMS) is transitioning from paper patient care records to a comprehensive Web-based information management system designed to enhance quality of care. When completed next year, the Orange County Medical Emergency Data System (OC-MEDS) will allow near real-time data collection, provide a central location for all records, and automate the licenses and certifications of medical personnel and specialty hospitals.

“OC-MEDS will improve patient care, facilitate the early detection of disease outbreaks, and greatly enhance our ability to assess the OCEMS System,” stated Sam Stratton, MD, EMS Medical Director for the Orange County Health Care Agency.

OCEMS developed OC-MEDS in collaboration with local hospitals, fire departments, and ambulance companies to meet the dynamic needs of the Orange County Emergency Medical Services (EMS) system. Data collected through OC-MEDS can be used for quality assurance, skills tracking, health education and outreach, system improvement, and disease outbreak monitoring. Funding for the software developed by ImageTrend, Inc. was provided by a grant from the Anaheim/Santa Ana Urban Area Security Initiative (UASI). The project also includes the purchase of mobile data devices to be used by paramedics to document patient care at the time of service. Funding for the Mobile Devices was provided by a grant from the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration.
2010 World AIDS Day Commemorated December 1st
Free HIV Testing Available

(Santa Ana) – World AIDS Day is an international day of reflection to remember those who have died and those living with HIV disease. To commemorate World AIDS Day, a coalition of HIV prevention, treatment and support agencies will host an event to increase awareness about HIV and AIDS and offer free HIV testing on Wednesday, December 1, 2010 at Cobblestone Park located on Pacific Coast Highway and Broadway in Laguna Beach from 3-7 p.m. Free HIV testing will be offered from 3-5 p.m. and a candlelight vigil will take place from 5:30- 7 p.m.

“The national observance of World AIDS Day serves as a reminder that we must do all we can to prevent the spread of HIV,” said Dr. Eric Handler, Orange County’s Public Health Officer. In the United States, every nine minutes someone becomes infected with HIV, and every 36 minutes someone dies from HIV or AIDS (Centers for Disease Control and Prevention, 2007).

The Centers for Disease Control and Prevention (CDC) estimates that more than one million people are living with HIV in the United States. One in five (21%) of those people living with HIV is unaware of their infection (CDC, 2010). Despite increases in the total number of people living with HIV in the US in recent years, the annual number of new HIV infections has remained relatively stable. Orange County has the 4th highest prevalence of persons living with AIDS of all 58 counties in California (California Department of Public Health, 2008).

For more information about World AIDS Day, please visit www.aids.gov/world-aids-day/. Information about HIV services in Orange County can be found by calling (714) 834-8711, and information and/or questions about HIV testing can be found at www.cdcnpin.org/ca/.

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“The national observance of World AIDS Day serves as a reminder that we must do all we can to prevent the spread of HIV,” said Dr. Eric Handler, Orange County’s Public Health Officer. In the United States, every nine minutes someone becomes infected with HIV, and every 36 minutes someone dies from HIV or AIDS (Centers for Disease Control and Prevention, 2007).

The Centers for Disease Control and Prevention (CDC) estimates that more than one million people are living with HIV in the United States. One in five (21%) of those people living with HIV is unaware of their infection (CDC, 2010). Despite increases in the total number of people living with HIV in the US in recent years, the annual number of new HIV infections has remained relatively stable. Orange County has the 4th highest prevalence of persons living with AIDS of all 58 counties in California (California Department of Public Health, 2008).

For more information about World AIDS Day, please visit www.aids.gov/world-aids-day/. Information about HIV services in Orange County can be found by calling (714) 834-8711, and information and/or questions about HIV testing can be found at www.cdcnpin.org/ca/.

###
$1.3 MILLION APPROVED TO EXPAND
ORANGE COUNTY COMMUNITY CLINICS

(Santa Ana) - The Orange County Board of Supervisors has approved $900,000 in funding to improve the County’s community clinic system. The one-time allocation of Tobacco Settlement Revenue (TSR) funds will be used to expand direct health care services to unfunded medically indigent patients in Orange County.

In addition, the Health Care Agency partnered with the Irvine Health Foundation to distribute $400,000 made available to the Foundation through the sale of Anaheim Memorial Medical Center (AHMC). These funds will be used to expand community clinic services in the geographic area previously served by AHMC.

It is anticipated that the investment of TSR funds will result in improved and expanded access to medical and dental care, decreased use of hospital emergency rooms and improved overall health for low income uninsured persons. Funds will be used for construction and expansion of clinic facilities, purchase of medical equipment, and funding for additional staff, providing additional medical services and also supporting the development of small satellite clinics into fully-licensed community clinics. Funding was distributed among four community providers: Friends of Family Health Center ($275,000); St. Jeanne de Lestonnac Free Clinic ($225,000); Vietnamese Community of Orange County, Inc. ($200,000); and Central City Community Health Center ($200,000).

The $400,000 in one-time funds available through the Irvine Health Foundation was awarded for indigent health care to Vietnamese Community of Orange County, Inc.(VNCOC). VNCOC was selected to receive the full $400,000 based on their proposal to provide the highest number of services in the designated area.

# # #
LIFE EXPECTANCY IN ORANGE COUNTY REACHES A NEW HIGH

(Santa Ana) - A new report from the Orange County Health Care Agency finds that over the last 18 years the average life expectancy in Orange County has increased by 4.6 years, from 76.9 in 1990 to 81.5 years in 2008. Orange County residents live almost four years longer than the national average.

“We are very proud that life expectancy in Orange County is at a new high,” said David L. Riley, Health Care Agency Director. “But there is still more to do in reducing health disparities within our community.”

While life expectancy has improved in Orange County, notable demographic differences in specific populations persist. Asian/Pacific Islanders have the highest average life expectancy of 84.7 years and Hispanics have the second highest at 83.1 years. Blacks and whites have the lowest life expectancy in the county at 80.4 and 80.3 years respectively. Females in Orange County have a life expectancy of 83.2 years, compared to males at 79.6 years.

Marked geographic differences were also found. Cities with the highest average life expectancies, 83 or more years, are all clustered in the southern half of Orange County. Cities with the shortest life expectancies, less than 80 years, tend to be in the northern and central parts of the county. The results show that average life expectancy is strongly related to where you live and to socio-economic factors such as education level, income, and health insurance.

The data used in this study were gathered from the death certificate information reported to the Orange County Health Care Agency. The full report entitled “Life Expectancy in Orange County –2010” is available online at www.ochealthinfo.com/pubs/life

# # #
JAPAN NUCLEAR CRISIS – ORANGE COUNTY HEALTH IMPACTS

(Santa Ana) - Efforts to contain the emergency at the nuclear power plant in Japan are ongoing. In a press conference today, the California Department of Public Health (CDPH) and the Emergency Management Agency (Cal EMA) reiterated that there is no risk expected to California or its residents as a result of the situation in Japan. Additionally, the Nuclear Regulatory Commission (NRC) continues to indicate that the nuclear emergency presents no danger to California. The situation is being monitored closely by the CDPH, and in conjunction with, Orange County, State and federal partners including the NRC, U.S. Environmental Protection Agency and Cal EMA.

There has also been increasing public inquiry regarding the use of potassium iodide (KI). Dr. Eric Handler, Orange County Public Health Officer states, “There is no recommendation for issuance or use of KI in Orange County as a result of the emergency in Japan. KI should only be taken if advised by a medical professional, or during an emergency as directed by local public health authorities or emergency management agencies.”

The Centers for Disease Control and Prevention has information on the use and risk of KI at www.bt.cdc.gov/radiation/ki.asp. Inquiries regarding health effects related to Japan’s nuclear power plant emergency can be found by calling the State Emergency Preparedness Office at (916) 341-3947, Monday through Friday from 8 a.m. to 5 p.m. PST. The CDC also provides a 24-hour informational hotline at (800) 232-4636. Additional information may also be found on the Cal EMA website at www.calema.ca.gov or the CDPH website at www.cdph.ca.gov. For information on how to prepare for an emergency or disaster, visit www.readyoc.org.
Youth-Created “Tobacco and Hollywood” Posters Unveiled

(Santa Ana) - To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” posters.

The following unveiling events will take place March 22, 29 and 31 in the cities of Irvine, San Clemente, Buena Park and Fullerton:

**March 22, 2011**

1 p.m.  
City of Irvine (Bus shelter located on the corner of Alton and Von Karman)  
Youth Artist Suayla Zmary from Creekside High School

2 p.m.  
City of Irvine (Bus shelter located on the corner of Alton and Millikan)  
Youth Artist Dakota Bordeaux from Woodbridge High School

**March 29, 2011**

10 a.m.  
City of San Clemente (Poster unveilings at the Krikorian Movie Theatre located at 641 Camino De Los Mares)  
Youth Artists Eilidh Norris and Traci Cornish from San Clemente High School

**March 31, 2011**

10 a.m.  
City of Buena Park (Bus shelter located on the corner of Orangethorpe and Indiana)  
Youth Artist Judy Barragan from Buena Park High School

- MORE -
11:30 a.m.
City of Fullerton (Bus shelter located on the corner of Imperial Hwy. and Palm St.)
Youth Artist Samantha Husodo from Sonora High School

A study from Dartmouth Medical School showed that children age 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.

The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information about TUPP can be found online at www.ochealthinfo.com/tupp.

###
World Tuberculosis Day – March 24th

30 Seconds

What do people have in common with lions and elephants? The answer may surprise you. We share a deadly infectious disease - a worldwide disease that’s also here in California, it’s TUBERCULOSIS or TB. We’re the California TB Controllers Association. TB is a treatable and preventable disease. Help us eliminate it. Learn more about your risk for TB, by visiting our website at ctca.org.

60 Seconds

What do people have in common with lions and elephants? The answer may surprise you. We share a deadly infectious disease - a worldwide disease that’s also here in California, it’s TUBERCULOSIS or TB. Many people think tuberculosis is a disease of the past and no longer threatens us today, but the fact is, among infectious diseases worldwide, TB is the leading killer of adults. One third of the world is infected and one out of every 5 cases of TB in the U.S. is in California, impacting all walks of life. We’re the California TB Controllers Association. TB is a treatable and preventable disease. Help us eliminate it. Learn more about Tuberculosis and your risk for TB, contact your local Health Department or visit our website at ctca.org. Tuberculosis, TB, a sleeping giant.

# # #
National Study Ranks Orange County Among Top 10 Healthiest Counties in California

(Santa Ana) - For the second year in a row Orange County was ranked among the ten healthiest counties in the state. A study released today by the Robert Wood Johnson Foundation ranked Orange County sixth for health outcomes and twelfth for health factors among 56 reporting California counties based on county-by-county health statistics. Orange County is the only Southern California county to be ranked in the top 10 health outcomes. The study also found that Orange County residents are less likely to currently smoke or to be obese as adults and have better access to healthy foods compared to state-wide averages.

This is the second year that the County Health Rankings report provided overall rankings for health outcomes and for health factors for every county in every state. The health outcome ranking is based on mortality and morbidity and increased slightly. The health factor ranking is based on health behaviors, clinical care, social and economic factors, and the physical environment and decreased slightly. “The County Health Rankings report continues to reflect high rankings for both health outcomes and healthy lifestyle choices among Orange County residents,” said David Riley, Orange County Health Care Agency Director. “The areas where there is more room for improvement are the same as those identified last year and continue to point to the importance of working together with our community partners to ensure that Orange County is a healthy place to live, work and play.”

The 2011 County Health Rankings report is collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The report is available online at www.countyhealthrankings.org/california.
For Immediate Release: Contact: Richard Sanchez
April 13, 2011 (714) 433-6471

CHROMIUM COMPOUND FOUND IN AIR SAMPLES
IN THE CITY OF NEWPORT BEACH

(Santa Ana) - Information provided by the South Coast Air Quality Management District (AQMD) indicates that ambient air monitoring has detected chromium-6 in the vicinity of a metal finishing facility located at 817-853 Production Place in the City of Newport Beach. AQMD is responsible for monitoring and enforcing permissible air emission levels at regulated facilities. AQMD also has a responsibility to report to the local health officer any threatened or illegal release of hazardous waste. AQMD is currently investigating the cause and corrective action is being taken to mitigate the emissions.

Chromium-6 is a toxic form of the element chromium. Chromium-6 compounds are man-made and are used in many different industries. Risk analyses for chemicals like chromium-6 assume that there is some risk with exposure to excessive concentrations of the substance over long periods of time.

The Orange County Health Care Agency is responsible for providing this information to the local news media pursuant to California Health and Safety Code section 25180.7(d). 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.

For more specific details and information about this release and the related toxicological/health risk assessment, please contact Mr. Sam Atwood, AQMD Media Manager at (909) 396-3687 or email him at satwood@scaqmd.gov.

# # #
For Immediate Release:  
April 18, 2011

Contact:  
Tricia Landquist  
(714) 834-2178

Youth-Created “Tobacco and Hollywood” Posters Unveiled

(Santa Ana) - To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” posters.

The following unveiling events will take place April 21 and 26 in the cities of Fullerton and Santa Ana:

**April 21, 2011**

11:30 a.m.
City of Fullerton (Bus shelter located on the corner of Harbor Blvd. and Valencia Mesa)
Youth Artist Danielle Barrera from Sonora High School

**April 26, 2011**

9:30 a.m.
City of Santa Ana (Bus shelter located on the corner of 17th St. and Bristol St.)
Youth Artist Ruben Mata from Middle College High School

10:30 a.m.
City of Santa Ana (Bus shelter located on the corner of 17th St. and Bristol Marketplace)
Youth Artist Mariela Aguilar from Middle College High School

11:30 a.m.
City of Santa Ana (Bus shelter located on the corner of 17th St. and Santa Ana College)
Youth Artist Daniel Manzo from Middle College High School

- MORE -
A study from Dartmouth Medical School showed that children age 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.

The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information about TUPP can be found online at www.ochealthinfo.com/tupp.

###
Network for a Healthy California—Orange County Retail Program Fruit and Veggie Fest Shows Families How to “Snack Every Day the Healthy Way”

WHAT: The Network for a Healthy California—Orange County Retail Program, Northgate Markets and other partners will host the fifth annual Fruit and Veggie Fest at the Northgate Market in Anaheim, as part of a month-long, statewide effort to empower families to be Champions for Change by making healthy, active living a priority. Free to the public, Fruit and Veggie Fest in Anaheim will include a variety of fun and educational activities designed to give shoppers the tools and tips they need to bridge the nutritional gap by packing a healthy snack.

WHY: Orange County is battling an obesity epidemic, with more than 58% of low-income residents ages 18 and above currently overweight or obese. Events like Fruit and Veggie Fest help encourage shoppers to become part of the solution by eating the recommended amount of fruits and vegetables. Fruit and Veggie Fest activities show consumers in Orange County, and across California, that even small steps, like snacking on fruits and vegetables between meals, can help them reach their nutritional goals and lead to big health improvements. Fruits and vegetables not only taste great, they help lower the risk of obesity and other serious health problems.

WHEN: Thursday, May 5, 2011 from Noon to 4 p.m. “Toast to Health” ceremony at 2 p.m.

WHERE: Northgate Market, 720 W. La Palma Ave, Anaheim CA (La Palma between Harbor & Euclid)

WHO: Partners include:
- Network for a Healthy California–Orange County Region Campaigns & Programs
- Northgate Markets
- Food assistance partners: County of Orange Health Care Agency, Community Action Partnership of Orange County
- Healthcare partners: AltaMed, Susan G Komen OC, American Diabetes Association
- School partner: Anaheim City School District
- Food industry partners: Dairy Council of California, Kraft Foods, Tajin

VISUALS: Activities include:
- My Kitchen. My Rules!: Talk to local Champion Moms about low cost, healthy snacks
- Stretch Your Food Dollars: Learn about CalFresh, WIC and food assistance
• **Rethink Your Drink**: Pedal your way to a healthier beverage and learn to read labels
• **What’s on Your Plate?**: Discover how to portion and balance your food choices
• **Store Tours**: Anaheim youth will explore the produce section and sample new foods
• **Rate the Taste**: Try different ways to spice up your fruits and vegetables

For CalFresh information, call 877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

# # #
Youth-Created “Tobacco and Hollywood” Posters Unveiled

(Santa Ana) - To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” posters.

The following unveiling events will take place May 17 and 18 in the cities of Anaheim and Fullerton:

**May 17, 2011**

1 p.m.
City of Anaheim (Bus shelter located on the corner of Euclid Ave. and Cerritos Ave.)
Youth Artist Cameron Wolf from Loara High School

2 p.m.
City of Anaheim (Bus shelter located on the corner of Ball Rd. and Euclid Ave.)
Youth Artist Patricia Lopez from Loara High School

**May 18, 2011**

1:45 p.m.
City of Fullerton (Bus shelter located on the corner of State College Blvd. and Nutwood Ave.)
Youth Artist Ashley Sakahara from La Vista High School

3:15 p.m.
City of Fullerton (Bus shelter located on the corner of State College Blvd. and Chapman Ave.)
Youth Artist Kaity McBride from La Vista High School

A study from Dartmouth Medical School showed that children age 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.
The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information about TUPP can be found online at www.ochealthinfo.com/tupp.

###
More Than 3,000 Orange County Food Establishments Receive Awards of Excellence

(Santa Ana) – The Health Care Agency’s Environmental Health Division has issued 3,189 Award of Excellence certificates to local Orange County food facilities, representing an increase of almost 150 additional food facilities from the previous year. From a qualifying group of 9,625 food facilities throughout the County, these establishments were recognized by Environmental Health’s Food Protection Program for their outstanding food safety and sanitation practices during 2010.

“The Award of Excellence provides an incentive for food establishments to consistently meet or exceed health and safety standards for food facility operations,” said David Souleles, Deputy Agency Director for Public Health Services. “Facilities that earn the award have demonstrated a constant commitment to preventing health code violations.”

With increased outreach and improved compliance to food safety laws the number of recipients has grown significantly since its inception. In 1999, the first year of the program, 584 food establishments received the Award, representing approximately 7% of the eligible facilities. In 2010 approximately 31% of qualifying facilities received the award. Included in the Award of Excellence Program are food facilities such as restaurants, catering establishments, meat/seafood markets, retail bakeries, supermarkets, supermarket/bakery combinations, and public and private schools with food production service. A complete list of all recipients and award criteria is available online at www.ocfoodinfo.com/foodaward.htm.

The 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 foodborne illness, and protect consumers from adulterated food products. For more information about the Health Care Agency’s Food Protection Program, visit www.ocfoodinfo.com.

# # #
NEW LAW REQUIRES TDAP VACCINE

(Santa Ana) - A new California state law requires all students entering 7th through 12th grades to provide proof of having immunization against pertussis before starting school. In Orange County, an estimated 280,000 children need a pertussis vaccine booster (‘Tdap’) before the 2011-2012 school year. In light of California’s recent pertussis epidemic, don’t wait to vaccinate.

“It’s important that incoming 7th-12th graders see their doctor and get immunized now,” said Dr. David Núñez, Medical Director of HCA Family Health. “Getting a single dose of Tdap now will meet the new school requirement and also protect your child from the constant threat of pertussis.”

This new law (AB 354) applies to all public and private schools. California’s parents are being urged not to wait for the new school year, since there will be no grace period. Under the new law, these students will not be allowed to start school without proof of vaccination.

“We recommend that parents immunize their children now before the busy summer schedule is underway,” said Dr. Núñez. “Scheduling an appointment with your doctor right before the beginning of the school year may be difficult.”

Pertussis (whooping cough) is a highly contagious bacterial illness spread by coughs and sneezes. People sick with pertussis have severe coughing attacks that can last for months. Infants, particularly those who have not received a primary vaccination series, are at risk for complications and death.

Parents should be aware that the protection from childhood immunization to pertussis wears off, and adolescents may be at risk for infection without a booster. The American Academy of Pediatrics recommends that all 11- to 12-year olds get a preteen check-up to provide all recommended immunizations, other preventive care, and anticipatory guidance. In addition to Tdap, there are several important vaccines recommended for preteens and teens, including the meningococcal vaccine, a second chickenpox shot (if they never had chickenpox disease), the HPV vaccine series, and a yearly seasonal flu vaccine.

The Tdap vaccine is widely available from medical providers, including community clinics, throughout Orange County. If a child does not have medical insurance, their medical providers do not have vaccine, or their insurance does not cover the vaccine, they may obtain the vaccine free of charge from the Health Care Agency. For more information, please call the Health Referral Line at 800-564-8448 or visit www.ochealthinfo.com/pertussis for more information.

#   #   #
For Immediate Release:  
June 24, 2011

Contact:  
Deanne Thompson  
(714) 834-2178  
dthompson@ochca.com

BAT FOUND AT LAGUNA NIGUEL REGIONAL PARK TESTS POSITIVE FOR RABIES

(Laguna Niguel) - A bat that was located at Laguna Niguel Regional Park on Laz Paz Road in Orange County tested positive for rabies today. We were subsequently informed that multiple dead bats have been found at this park within the past three weeks.

Anyone who had recent contact with a bat is asked to call Orange County Health Care Agency Epidemiology at 714-834-8180 so that a nurse can evaluate the risk for rabies. Once a person begins showing signs and symptoms of rabies, the disease is nearly always fatal. For that reason, preventive treatment to stop the rabies virus from causing illness is given to anyone who may have been exposed to rabies. Medical assistance should be obtained promptly after an exposure so any wound can be cleaned and preventive treatment can be started. This treatment is safe and effective.

The rabies virus is found in an animal’s saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies. Most cases of human rabies in the United States in recent years have resulted from bat strains of rabies; bats have very small teeth, and their bites may go unnoticed.

HCA and OC Animal Care recommend the following preventive actions:

- 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. Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential exposure to a bat or other wild animal should be reported to Orange County Public Health Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray animal, contact OC Animal Care at (714) 935-6848.


# # #
ORANGE COUNTY HEATS UP FOR THE HOLIDAY WEEKEND

(Santa Ana) - The National Weather Service is predicting extremely high temperatures for Orange County over the holiday weekend. Residents and visitors are urged to take precautions to prevent heat related illnesses.

“The current forecast calls for hotter than average temperatures extending through the holiday weekend,” said Dr. Eric Handler, County Health Officer. “Everyone should take precautions to stay cool and drink plenty of water and other non-alcoholic fluids to prevent serious heat related illnesses. Additional precautions are especially needed for older adults, those with preexisting medical conditions like heart or lung disease, those with disabilities, children, and those who may be working outdoors. Remember that your pets need extra water and shade, too.”

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- **Staying cool indoors.** Use your air conditioner to cool your home. If you don’t have air conditioning, visit public facilities such as shopping malls, community centers or libraries to stay cool. Do not rely on electric fans as your primary cooling device during a heat wave. When the temperature is in the high 90’s or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off.

- **Drinking more fluids, especially water.** Don’t wait until you are thirsty.

- **Checking often on those at high-risk.** This includes older adults, those with chronic medical conditions, people with disabilities, those who take certain medications and children. Make sure their air conditioner is turned on, or offer to take them to a cooler place.

If you have to be outside in the heat, follow these recommendations:
• Wear light, loose-fitting clothing and a hat to provide shade from the sun. Use sunscreen.
• Avoid over-exertion and schedule outdoor activities for the cooler part of the day. Spend as much time as possible in the shade.
• Never leave a person or pet unattended in a closed car or other vehicle.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

# # #

Follow HCA on the web, twitter, facebook.
FREE Tdap BOOSTER FOR 7TH – 12TH GRADERS
AVAILABLE SATURDAY AT SANTA ANA PUBLIC HEALTH CLINIC

(Santa Ana) - A new California state law requires all students entering 7th through 12th grades this year to provide proof of having immunization against pertussis before starting school. A single dose of pertussis vaccine booster (‘Tdap’) will meet the requirement.

If your child’s physician or medical provider does not have the vaccine, your insurance does not cover the vaccine, or you do not have insurance, your child may obtain the vaccine free of charge from the Health Care Agency (HCA). The clinic is located at 1725 W. 17th Street, Santa Ana. No appointment is necessary.

Weekly clinic on Thursdays, July 14 through September 1
8:30am-11:30am & 1:00pm-4:00pm (Closed from 11:30am-1:00pm)

Saturday clinic on July 16, August 13 and August 27
8:30am-1:00pm

“Though not as high as last year, pertussis infections remain at higher levels than normal this year. The illness usually peaks in August and September, so we recommend that parents immunize their children now to reduce the risk of infection and avoid missing a day of school,” said Dr. David Núñez, Medical Director of HCA Family Health.

Pertussis (whooping cough) is a highly contagious bacterial illness spread by coughs and sneezes. People sick with pertussis have severe coughing attacks that can last for months. Infants, particularly those who have not received a primary vaccination series, are at risk for complications and death. In addition to encouraging students to be vaccinated, anyone who has or will have contact with infants, including pregnant women, should have a current Tdap vaccination.

The Tdap vaccine is widely available from medical providers, community clinics and pharmacies throughout Orange County. In addition there are several free Tdap clinics scheduled throughout the county before the start of school. For more information, please call the Health Referral Line at 800-564-8448 or visit the Health Care Agency website www.ochealthinfo.com/pertussis or www.ShotsforSchool.org for more information.

# # #
FREE Tdap BOOSTER AT
EVENING AND SATURDAY CLINICS

(Santa Ana) - August is National Immunization Awareness Month, and the Orange County Health Care Agency encourages parents to put vaccinations at the top of their back-to-school list. A new state law requires students entering 7th through 12th grades to have proof of a Tdap booster shot by the start of the 2011-2012 school year.

The Tdap booster protects and prevents the spread of pertussis (whooping cough), a dangerous disease that has become widespread in California. “The best way to prevent pertussis is to get vaccinated,” said Dr. David Núñez, Family Health Medical Director at the Orange County Health Care Agency.

If your child’s physician or medical provider does not have the vaccine, your insurance does not cover the vaccine, or you do not have insurance, your child may obtain the vaccine free of charge from the Health Care Agency. The clinic is located at 1725 W. 17th Street, Santa Ana. No appointment is necessary.

Every Thursday (through September 29)
8:30am-11:30am & 1:00pm-4:00pm

Evening clinic on Tuesday, August 30 and Tuesday, September 13
5:00 p.m. – 7:00 p.m.

Saturday clinic on August 13, August 27, September 10 and September 17
8:30am-1:00pm

Tdap safely protects against 3 dangerous diseases: tetanus, diphtheria, and pertussis. Parents should be aware that the protection from childhood immunization to pertussis wears off, and adolescents may be at risk for infection without a booster. A single shot provides protection and is well-tolerated, with the most common reported reaction being redness, swelling, or tenderness at the injection site. Individuals with a history of significant reactions to vaccine components or with rare neurologic conditions should not receive the vaccine.

The Tdap vaccine is widely available from medical providers, community clinics and pharmacies throughout Orange County. In addition there are several free Tdap clinics scheduled throughout the county before the start of school. For more information, including a list of low and no cost clinics, please visit the Orange County Health Care Agency website www.ochealthinfo.com or call the Health Referral Line at 800-564-8448 for more information.
High Temperatures Bring Risk of Heat-Related Illnesses

(Santa Ana) - Temperatures in many inland Orange County communities are expected to reach high temperatures above 90 degrees this week and into the weekend, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to the heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- Drink plenty of water; don’t wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Avoid unnecessary sun exposure; wear a hat, preferably with a wide brim, when in the sun and use sunscreen.
- Avoid unnecessary exertion if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors - if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at www.CDC.gov.
Orange County Confirms First Human West Nile Virus Case of 2011

(Santa Ana) - A Buena Park man in his fifties has tested positive for West Nile Virus (WNV) infection, becoming Orange County’s first confirmed human WNV case of 2011.

The man was admitted to the hospital in mid-August with symptoms of West Nile Neuroinvasive Disease, and remains hospitalized. This is the 19th human case of West Nile Virus reported in California this year. Nationally 77 cases have been reported, including three WNV-related deaths. In 2010 there was one confirmed human case of West Nile Virus infection and no WNV-related deaths reported in Orange County.

“Although West Nile Virus activity has been low in Orange County over the last two years, it is important to recognize that West Nile Virus is endemic in Orange County, recurring every year during the summer months and continuing into the fall,” said Dr. Eric G. Handler, County Health Officer.

“The best way to avoid West Nile Virus infection is to take precautionary measures to avoid mosquito bites.”

Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls
- Making sure your window and door screens are in good condition
- Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
- 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 do not experience symptoms or become seriously ill. About 20% of those infected with West Nile Virus will experience symptoms of West Nile fever, which may include fever, headache, body aches, nausea, tiredness, and sometimes swollen lymph glands or a skin rash. Anyone who develops the more serious symptoms of West Nile Neuroinvasive Disease, such as severe headaches, neck stiffness, confusion, muscle weakness, or vision loss should seek medical care immediately. People over 50 years of age and those with certain medical conditions 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. Other websites with helpful information about West Nile Virus include:

- Centers for Disease Control and Prevention www.cdc.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

# # #
Endemic Typhus Cases Reported in Orange County

(Santa Ana) - Endemic (flea-borne) typhus, an illness that prior to 2006 was considered rare in Orange County, continues to occur with five confirmed or probable endemic typhus cases reported to the Orange County Health Care Agency in the past three months.

Of the recent cases, four are adults and one is under 18 years of age. Endemic typhus is transmitted by the bite of infected fleas, in particular those from cats, opossums, and rodents, although other animals may carry the fleas. The most recently affected individuals live in the northern part of the county, but because these animals are present throughout the county, human cases may occur in any area. Typhus occurs naturally in Southern California, with eight cases reported in Orange County for 2011 to date, six each in 2010 and 2009, 15 in 2008, six during 2007 and one in 2006. Prior to 2006, the last case reported in Orange County was in 1993.

Symptoms include fever, headache, muscle ache and rash. Typhus is not transmitted from person to person, and is treatable with antibiotics. Diagnosis is made through a blood test. Controlling fleas in and around your home is the key to preventing typhus. Orange County residents can help prevent typhus cases by:

- Treating pets and other domestic animals regularly with flea prevention medications. Consult your veterinarian for recommendations.
- Avoiding contact with opossums, rodents, feral (wild or stray) cats and other animals that may have fleas.
- Sealing off openings to attics and crawl spaces (including under trailers and mobile homes) and keeping vent screens in good repair to prevent wild animals from gaining access to houses and other structures.
- Reporting dead opossums, cats or other animals to your local Animal Control agency for removal.
- Removing or trimming overgrown vegetation or ground cover where wild animals may hide or nest.
- Keeping trash cans covered at all times and eliminating outdoor food and water sources including pet food, bird feeders, and fallen fruit from trees.
The Orange County Health Care Agency coordinates the investigation of reported typhus cases with the Orange County Vector Control District and Orange County Animal Care. Information about typhus is available on the Health Care Agency’s website at http://www.ochealthinfo.com/epi/typhus/ and has been distributed to Orange County hospitals, urgent care centers and interested health care providers.

# # #
Casos endémicos del tifus reportado en el Condado de Orange

(Santa Ana) – El tifus (transmitido por pulgas), es una enfermedad que antes de 2006 era considerado raro en el condado de Orange, se sigue ocurriendo con cinco casos confirmados o probables de tifus endémico reportado a la agencia del cuidado de salud del condado de Orange en los últimos tres meses.


Los síntomas incluyen fiebre, dolor de cabeza, dolor muscular y sarpullido. Tifus no se transmite de persona a persona, y se trata con antibióticos. Una diagnosis se realiza a través de un análisis de sangre. El control de las pulgas alrededor de su casa es la llave para prevenir el tifus. Residentes del condado de Orange pueden ayudar a prevenir los casos de tifus por:

- El tratamiento de las mascotas y otros animales domésticos regularmente con los medicamentos de prevención de pulgas. Consulta a su veterinario para las recomendaciones.
- Evitar el contacto con las zarigüeyas, roedores, gatos salvajes (salvajes o callejeros) y otros animales que pueden tener pulgas
- Cierre las aberturas de los áticos y los espacios debajo del piso (como en remolques y casas móviles) y mantenga las pantallas de ventilación en buen estado para evitar que los animales salvajes puedan acceder a casas y otras estructuras
- Reportando animales muertos como gatos, zarigüeyas u otros animales a su agencia local de control de animales para su eliminación
- Recortar o eliminación de vegetación o cobertura del suelo donde los animales salvajes pueden esconder o nido.
• Mantener los botes de basura cubiertos en todo momento y la eliminación de la comida afuera y de fuentes de agua incluyendo comida para mascotas, comederos para pájaros y frutos caídos de los árboles.

El condado de Orange agencia del cuidado de salud coordina la investigación de casos de tifus reportados con el Vector Control Distrito y cuidado de animales. Información sobre el tifus está disponible en el sitio web de la agencia del cuidado de salud en http://www.ochealthinfo.com/epi/typhus/ y ha distribuido a los hospitales del condado de Orange, centros de urgencia e interés los proveedores de cuidado de salud.

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For Immediate Release:          Contact:
October 3, 2011              Nicole Stanfield
                                      (714) 834-2178
                                      nstanfield@ochca.com

Complications of Pregnancy and Childbirth in Orange County

(Santa Ana) - A new study by the Orange County Health Care Agency examines the risk factors and complications of pregnancy and childbirth in Orange County. The study found that 1 in 6 pregnant women experienced a serious prenatal condition such as gestational diabetes, early onset of labor, or preeclampsia – conditions that can endanger the health of both the mother and her baby.

“The fact that each year, over 7,700 pregnant women in Orange County will develop a serious prenatal condition is a concern,” said Dr. Eric Handler, Orange County Health Officer. “It doubles the likelihood of having to deliver via cesarean section.”

The study also found that mothers who had a prenatal condition and delivered by cesarean were more than seven times more likely to have a major complication associated with delivery, compared to those who delivered vaginally and did not have a prenatal condition. Prenatal care and a healthy lifestyle can prevent or lessen the severity of prenatal conditions. Gestational diabetes, the most common prenatal complication in Orange County, is often associated with obesity.

The percentage of mothers who deliver their baby by cesarean has increased notably since 1999, from about 23% to the current rate of 33%, or one in three babies. However, this increase is not entirely due to prenatal complications. While the highest percentages of cesareans were found in the coastal areas running from Seal Beach in the north to Laguna Beach in the south, and inland to Irvine and Tustin, these same cities also had some of the lowest rates of prenatal conditions.

The data used in this study was from hospitalization records reported to the state for women who delivered their babies between 2006 and 2008. The full report entitled “Complications of Pregnancy and Childbirth in Orange County” is available online at www.ochealthinfo.com/pubs.

# # #
FREE SEASONAL FLU SHOTS ON OCTOBER 21

(Santa Ana) The Orange County Health Care Agency is offering free flu shots for adults and children three years of age and older at three Orange County locations as part of a continuing series of emergency exercises testing the county’s ability to hold several mass vaccination clinics at the same time.

Free flu shots will be offered Friday, October 21 from 11:30 a.m. to 1:30 p.m. at:

- **Church of Jesus Christ – Latter Day Saints**
  210 Livingston Avenue, Placentia, CA 92870

- **Sunkist Community Church**
  701 S. Sunkist, Anaheim, CA 92806

- **Capistrano Unified School District Bus Yard**
  26126 Victoria, Dana Point, CA 92624

Receiving an annual flu shot is the best way to prevent seasonal influenza. This year’s vaccine will provide protection against the three main viruses that will cause the most illness this season. To receive a flu shot, participants should be feeling well on the day of the flu shot exercise and must complete a brief health screening to ensure they can safely receive a flu vaccination.

Among the organizations helping to stage the vaccination clinics are the cities of Anaheim, Dana Point, and Placentia; the Orange County Fire Authority; the Orange County Sheriff’s Department; Sunkist Community Church; Capistrano Unified School District; The Church of Jesus Christ-Latter Day Saints of Placentia; Cypress College School of Nursing; Stanbridge College School of Nursing; Saddleback College School of Nursing; California State University, Fullerton School of Nursing; Concordia School of Nursing; and the Orange County Health Care Agency.

We encourage you to take advantage of this opportunity to obtain your flu shot and assist Orange County in its continual preparation for responding to a public emergency. Learn more about the exercise and receiving a free flu shot at [http://healthdisasteroc.org/events/freeflushot-2011](http://healthdisasteroc.org/events/freeflushot-2011).
For Immediate Release:                        Contact:       Nicole Stanfield
October 25, 2011                                                                                                    (714) 834-2178

TAKING BACK UNWANTED PRESCRIPTION DRUGS
OCTOBER 29

(Santa Ana) - The Orange County Health Care Agency, local law enforcement agencies and community partners will collaborate with the U.S. Drug Enforcement Administration (DEA) to collect expired, unused and unwanted prescription drugs on National Prescription Drug Take-Back Day - October 29 from 10 a.m. to 2 p.m. - to prevent pill abuse and theft.

National rates of prescription drug abuse, accidental poisoning and overdoses are alarmingly high in the United States - More than seven million Americans currently abuse prescription drugs. The majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In an effort to help reduce these rates and prevent prescription drug abuse, there will more than 20 collection sites in Orange County to take back unwanted prescription drugs. The service is free and anonymous, no questions asked. To find a collection site in your community, visit the DEA website.

The April 2011 Take-Back event collected over 3,000 pounds of unwanted prescription medications at 22 sites throughout Orange County, and 376,593 pounds at nearly 5,400 sites nationwide.

Each year, National Prescription Drug Take-Back Day helps celebrate National Red Ribbon Week (October 23-31), the nations’ largest and oldest drug prevention awareness program. To learn more about drug abuse prevention efforts in Orange County, including Red Ribbon Week, visit the Health Care Agency website.

# # #
For Immediate Release:  
October 27, 2011

Contact: Nicole Stanfield  
(714) 834-2178

ORANGE COUNTY REPORTS SEASON’S FIRST INFLUENZA CASE  
FREE FLU VACCINATIONS EVERY TUESDAY

(Santa Ana) – The Orange County Health Care Agency has confirmed the first case of influenza in the county signaling that flu season is here. The best way to prevent the flu is by getting vaccinated. Flu vaccine is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions.

The Health Care Agency is offering free seasonal influenza vaccinations for people 6 months of age and older who do not have a medical provider or health insurance coverage on a walk-in basis every Tuesday beginning November 1st from 8 to 11:30 a.m. and 1:30 to 4 p.m. at the Public Health Clinic located at 1725 West 17th Street, Santa Ana, CA 92701.

Influenza is a seasonal contagious respiratory illness caused by influenza viruses. Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue. Flu illness can be severe, leading to missed school or work, hospitalization, and even death.

Flu virus is mainly spread through droplets from coughs and sneezes. Remember these important everyday steps to help stop the spread of germs:

• cover your cough with a sleeve or tissue
• wash your hands often
• stay home if you are sick

Flu vaccinations are also available from health care providers, clinics, and pharmacies throughout the Orange County. The most current local information, including vaccination locations, is available 24/7 at www.ochealthinfo.com/flu or by calling the Health Referral Line at (800) 564-8448, Monday through Friday from 8 a.m. to 5 p.m.

# # #

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405 W. Fifth Street, Santa Ana, California 92701
One in Ten Asian/Pacific Islander Women in Orange County Develop Gestational Diabetes During Pregnancy

(Santa Ana) - A new study by the Health Care Agency has found that 1 in 10 Asian/Pacific Islander women in Orange County develop gestational diabetes mellitus (GDM) during their pregnancy. GDM increases the risk of developing multiple complications such as preeclampsia or macrosomia (otherwise known as big baby syndrome). These prenatal conditions can endanger the health of both the mother and her baby.

“The increase in the number of pregnant women diagnosed with gestational diabetes, in particular Asian/Pacific Islander women, is a troubling trend,” said Dr. Eric Handler, Orange County Health Officer. “Gestational diabetes increases the likelihood of a woman having a serious complication during her pregnancy, and makes a cesarean section delivery more likely. The condition also puts a woman and her child at increased risk of developing diabetes in the future, potentially setting up a cycle of “diabetes begetting diabetes.”

While incidence of GDM has approximately doubled to 7.1% over the past decade for all women in Orange County, Asian/Pacific Islander women in particular have increased the most and have the highest incidence at 10%. Hispanic women had the second highest rate at 7.3%, followed by 5.4% of non-Hispanic whites and 4.8% of African Americans. The highest rates of GDM cases were found in ZIP codes in western and northern regions of the county – specifically parts of Westminster, Fountain Valley, La Palma, Anaheim, Fullerton and Orange.

GDM, the most common prenatal complication in Orange County, is often associated with obesity. Early prenatal care and a healthy lifestyle, including maintaining a healthy body weight can prevent or lessen the severity. Prenatal care providers and others who treat pregnant women or women planning to become pregnant need to be aware of the significant increase in GDM and the disproportionate impact on older age groups and Asian/Pacific Islanders in Orange County.

The data used in this study was from hospitalization records reported to the state for women who delivered their babies between 2000 and 2009. The full report entitled “Increased Incidence of Gestational Diabetes Mellitus in Orange County” is available online at www.ochealthinfo.com/pubs.
“Getting to Zero” – December 1st is World AIDS Day

(Santa Ana) – December 1st is World AIDS Day, an international day of reflection to remember those who have died and those who are living with HIV or AIDS (HIV disease). World AIDS Day 2011 is about “Getting to Zero”: Zero New HIV Infections, Zero Discrimination and Zero AIDS Related Deaths. The Centers for Disease Control and Prevention (CDC) estimates that approximately 33.4 million people are living today with HIV disease, including over 1.2 million people in the United States. One in five (21%) of those people living with HIV is unaware of their infection (CDC, 2010).

Orange County was among the first jurisdictions in the world to report the disease in 1981. The most recent data from December 2010 show that 10,846 people in Orange County have been diagnosed with HIV disease, of which an estimated 6,591 persons are still living. Using the CDC estimate, an additional 1,752 persons in Orange County are living with HIV but are unaware of their HIV status.

A coalition of HIV prevention, treatment, and support agencies in Orange County have planned World AIDS Day events beginning November 29, 2011 and continuing through December 3, 2011. The purpose of these events is to increase awareness about HIV and AIDS, and to honor the lives of persons who have died from the disease.

- November 29th and 30th at Cal State Fullerton, from 9:00 a.m. to 3:00 p.m.; educational information and free HIV testing
- December 1, 2011 at Golden West College, from 9:00 a.m. to 3:00 p.m.; educational information and free HIV testing
- December 1, 2011 at Cobblestone Park, located on Pacific Coast Highway and Broadway in Laguna Beach, from 3:00 p.m. to 7:00 p.m.; free HIV testing from 3:00 p.m. to 5:00 p.m. and a candlelight vigil from 5:30 p.m. to 7:00 p.m.
- December 3, 2011 at Santa Ana Artist Village at 6:00 p.m.; free HIV testing and a Remembrance and Honor candlelight vigil

Please visit www.aids.gov/world-aids-day/ for more information on World AIDS Day 2011 and/or contact the Health Care Agency at (714) 834-8711 for information about HIV services in Orange County. For information about HIV testing visit www.cdcnpin.org/ca/
TIME CHANGE IS A REMINDER TO PREPARE FOR EMERGENCIES

(Santa Ana) - When it’s time to change the clocks for daylight saving time this weekend, use it as a reminder to check your preparedness kit to make sure that your emergency stockpile is complete and the supplies have not expired. The American Public Health Association’s (APHA) Get Ready: Set Your Clocks, Check Your Stocks campaign reminds people to refresh their emergency supplies before a disaster occurs. An easy way to remember to do this is to check emergency preparedness supplies and batteries in smoke detectors twice a year when you set your clocks.

To help prepare for public health emergencies APHA recommends that Americans have an emergency preparedness stockpile with at least three days of food, water and supplies. The Set Your Clocks, Check Your Stocks web site offers practical information for developing an emergency preparedness stockpile including a stockpile checklist, grocery list, stockpiling facts, tips for healthy stockpiling and stockpiling recipes. getreadyforflu.org/clocksstocks

For more information on emergency preparedness planning, visit the Health Care Agency’s Health Disaster Management web site at healthdisasteroc.org/

# # #
Youth-Created “Tobacco and Hollywood” Posters Unveiled

(Santa Ana) - To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” posters.

The following unveiling events will take place March 20, 21 and 22 in the cities of Fullerton, Anaheim, Irvine, Santa Ana, and Huntington Beach:

**March 20, 2012**

11 a.m.
City of Fullerton (Bus shelter located on the corner of Imperial Hwy. and Palm St.)
Youth Artist: Savinia Gomez from Sonora High School in La Habra

1 p.m.
City of Anaheim (Bus shelter located on the corner of Ball Rd. and Euclid Ave.)
Youth Artist: Luis Orozco from Loara High School in Anaheim

2:30 p.m.
City of Anaheim (Bus shelter located on the corner of Euclid Ave. and Cerritos Ave.)
Youth Artist: Jennifer Nguyen from Loara High School in Anaheim

**March 21, 2012**

10 a.m.
City of Irvine (Bus shelter located corner of Alton and Von Karman)
Youth Artist: Hannah Esporma from Creekside High School in Irvine

11:30 a.m.
City of Irvine (Bus shelter located corner of Alton and Millikan)
Youth Artist: Jenny Youn from Creekside High School in Irvine

- MORE -
March 21, 2012 (cont.)

3:30 p.m.
City of Santa Ana (Bus shelter located corner of Ross St. and Santa Ana Blvd.)
Youth Artist: Tania Camacho from Boys and Girls Club of Santa Ana

March 22, 2012

1 p.m.
City of Huntington Beach (Bus shelter located on the corner of Magnolia St. and Hyde Park Dr.)
Youth Artist: Amanda Brooks from Talbert Middle School in Huntington Beach

2 p.m.
City of Huntington Beach (Bus shelter located on the corner of Magnolia St. and Hyde Park Dr.)
Youth Artist: Kaylee Nguyen from Talbert Middle School in Huntington Beach

A study from Dartmouth Medical School showed that children age 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.

The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information about TUPP can be found online at www.ochealthinfo.com/tupp.

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More Than 3,000 Orange County Food Establishments Receive Awards of Excellence

(Santa Ana) – The Health Care Agency’s Environmental Health Division has issued 3,247 Award of Excellence certificates to local Orange County food facilities, representing an increase of almost 60 additional food facilities from the previous year. From a qualifying group of 9,693 food facilities throughout the County, these establishments were recognized by Environmental Health’s Food Protection Program for their outstanding food safety and sanitation practices during 2011.

The Food Protection Program created the annual Award of Excellence to provide an incentive for food establishments to consistently meet or exceed health and safety standards for food facility operations. In 1999, the first year of the program, 584 food establishments received the Award. With increased outreach and improved compliance to food safety laws the number of recipients has grown significantly since its inception. Included in the Award of Excellence Program are food facilities such as restaurants, catering establishments, meat/seafood markets, retail bakeries, supermarkets, supermarket/bakery combinations, and public and private schools with food production service. A complete list of all recipients and award criteria is available online at www.ocfoodinfo.com/foodaward.htm.

The 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 foodborne illness, and protect consumers from adulterated food products. For more information about the Health Care Agency’s Food Protection Program, visit www.ocfoodinfo.com.

# # #
Bat Found at Laguna Niguel Regional Park
Tests Positive for Rabies

(Santa Ana) - A bat found on La Paz Road in Laguna Niguel Regional Park has tested positive for rabies. Anyone who had recent contact with a bat in the vicinity of Laguna Niguel Regional Park is asked to call Orange County Health Care Agency Epidemiology at (714) 834-8180 so that a nurse can evaluate the risk for rabies.

Once a person begins showing signs and symptoms of rabies, the disease is nearly always fatal. For that reason preventive treatment to stop the rabies virus from causing illness is given to anyone who may have been exposed to rabies. Medical assistance should be obtained promptly after an exposure so any wound can be cleaned and preventive treatment can be started. This treatment is safe and effective.

The rabies virus is found in an animal’s saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies. Most cases of human rabies in the United States in recent years have resulted from bat strains of rabies; bats have very small teeth, and their bites may go unnoticed.

The Health Care Agency and OC Animal Care recommend the following preventive actions:

• 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. 
  Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential exposure to a bat or other wild animal should be reported to Orange County Health Care 
Agency Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray 
animal, contact OC Animal Care at (714) 935-6848.

More information about rabies is available at the Centers for Disease Control website at
www.cdc.gov/rabies

# # #
TAKING BACK UNWANTED PRESCRIPTION DRUGS ON APRIL 28th

(Santa Ana) - In an effort to help prevent pill abuse and theft, the Orange County Health Care Agency, local law enforcement agencies and community partners will collaborate with the U.S. Drug Enforcement Administration (DEA) to collect expired, unused and unwanted prescription drugs on National Prescription Drug Take-Back Day – April 28. There are more than 25 collection sites in Orange County and the service is free and anonymous, no questions asked. To find a collection site in your community, visit the DEA website.

The October 2011 Take-Back event collected over 3,150 pounds of unwanted prescription medications at 22 sites throughout Orange County, and 188.5 tons at 5,327 sites nationwide. National rates of prescription drug abuse, accidental poisoning and overdoses are alarmingly high in the United States - More than seven million Americans currently abuse prescription drugs. The majority of abused prescription drugs are acquired from family and friends, including from the home medicine cabinet.

Collection sites are located in the following cities:

- Aliso Viejo
- Anaheim
- Costa Mesa
- Cypress
- Fountain Valley
- Fullerton
- Garden Grove
- Huntington Beach
- Irvine
- La Habra
- Laguna Beach
- Laguna Niguel
- Mission Viejo
- Orange
- Placentia
- San Clemente
- San Juan Capistrano
- Santa Ana
- Seal Beach
- Tustin
- Westminster

To learn more about drug abuse prevention efforts in Orange County visit http://ochealthinfo.com/adept

# # #
FREE “SIDEWALK CPR” TRAINING
Skills to Help Save a Life

(Santa Ana) - As part of National CPR Week, June 1-7, the Health Care Agency and the American Heart Association are coordinating a countywide public education effort, “Sidewalk CPR” on Thursday, June 7. The community is being asked to take 10 minutes to learn how to respond to sudden cardiac arrest and give effective, "hands-only" CPR. There are 25 “Sidewalk CPR” locations in Orange County. The event is free, and participants will be provided with free educational materials.

“Approximately 74% of cardiac arrests happen at home and potential survival depends on immediately calling 911 and starting CPR,” said Dr. Samuel Stratton, Medical Director of HCA Emergency Medical Services. More than 300,000 people will die from out-of-hospital cardiac arrest this year. “Immediate CPR can substantially improve a cardiac arrest victim’s chance of survival.”

“Sidewalk CPR” is made possible by the many city and community partnerships, including: Fountain Valley, Mission Viejo. Laguna Hills, Irvine, Tustin, Garden Grove, Lake Forest, Costa Mesa, Newport Beach, Huntington Beach, San Juan Capistrano, Orange, Santa Ana.

To learn more about “Sidewalk CPR” and the Health Care Agency Emergency Medical Services, please visit www.ochealthinfo.com.

# # #
‘Take the Test, Take Control’
National HIV Testing Day

(Santa Ana) – June 27 marks National HIV Testing Day, which helps promote testing and early diagnosis of HIV, the virus that causes AIDS. There are 6,674 individuals reported to be living with HIV in Orange County with over 300 people being diagnosed with HIV each year. There are an additional estimated 1,774 people living in Orange County who have HIV and don’t know it – many of whom will develop AIDS before realizing they are HIV infected.

“Last year, 40% of people who were diagnosed with AIDS in Orange County did not know they were HIV positive,” said Dr. Christopher Ried, Testing & Treatment Medical Director. “On average, they were infected with HIV for over 10 years. Many of these people had been to a medical setting like an emergency room, community health center, or their doctor, but were not tested for HIV.”

Because so many individuals are estimated to have HIV and be unaware of it, the Centers for Disease Control and Prevention recommends that every adult between 13 and 65 get an HIV test at least once in their lifetime and those at high risk of infection get a test once a year as part of routine care. Making HIV testing a routine part of medical care will help people learn their HIV status before they get sick and help them get treatment for HIV so that they don’t become sick. An additional benefit to early detection of HIV is that people who know their HIV status are more likely to take steps to prevent spreading HIV to others.

If you have never had an HIV test, ask your medical provider for an HIV test. In addition to medical providers throughout Orange County, the following agencies offer year-round confidential and anonymous free or low-cost testing in Orange County:

- **AIDS Services Foundation:** Walk-ins only on Tuesdays, Wednesdays & Thursdays from 3 to 8 p.m.; and Saturdays from 10 a.m. to 4 p.m. (949) 809-8775
- **Laguna Beach Community Clinic:** Tuesdays from 10 a.m. to 5 p.m.; Wednesdays from 2:30 to 5 p.m.; Thursdays (except 1st Thurs. of the month) from 10 a.m. to 7 p.m.; and Saturdays from 8:30 a.m. to 12 noon. There is a charge for services; call for details (949) 494-0761 ext. 145
- **Orange County Health Care Agency:** 17th Street Clinic. Walk-ins only on Mondays, Wednesdays, & Thursdays from 8 a.m. to 4 p.m.; Tuesdays & Fridays from 10 a.m. to 4 p.m. (714) 834-8787
- **The Center Orange County:** By appointment only on Mondays, Tuesdays, Fridays from 1 to 6 p.m.; Walk-ins on Wednesdays from 2 to 6 p.m.; Thursdays from 3 to 7 p.m.; Saturdays from 10 a.m. to 4 p.m. **Expanded testing for June 27, 2012 only:** 10 a.m. to 7 p.m. (714) 953-5428 x208

For more testing sites and information about HIV services in Orange County, call (714) 834-8711 or visit [http://www.ochealthinfo.com/hiv](http://www.ochealthinfo.com/hiv). Make HIV testing a part of your routine healthcare; Take the Test, Take Control!
For Immediate Release:  
July 13, 2012

Contact:  Mike Fennessy  
(714) 433-6280  
mfennessy@ochca.com

OCEAN AND BAY RAIN ADVISORY

(Santa Ana) -

The Environmental Health Division of the Health Care Agency advises swimmers that levels of bacteria can rise significantly in ocean and bay waters, close to storm drains, and the outlets of creeks and rivers during and after rainstorms. The elevated bacterial levels in the coastal ocean waters may continue for a period of at least 3 days depending upon the intensity of the rain and volume of the runoff. Swimmers should avoid Orange County coastal waters during this time, and beach users should avoid contact with any runoff on the beach.

Storm drains, creeks, and rivers carry floodwaters and urban runoff to the ocean. Urban runoff may include fertilizers, road oils, animal wastes, and litter. During and after rain events, discharges may contain large amounts of bacteria from a variety of sources such as animal wastes and decomposing vegetation. Sewage is not normally present in the storm runoff since the sewer system is separate from the storm drain system. In the event of a sewage spill, the Environmental Health Division will quarantine the affected ocean or bay water area.

For information regarding Orange County ocean, bay, or harbor postings and closures, please call (714) 433-6400 or visit our Web site at ocbeachinfo.com. To report a sewage spill, please call (714) 433-6419.

# # #
Bay Water Closure

(Santa Ana) -

The County of Orange Health Care Agency, Environmental Health, has closed the bay water area at Port Calypso Marina in Newport Beach due to a sewage spill. The spill of approximately 100 gallons was caused by a line break in a private property sewer lateral.

The affected bay water area will remain closed to ocean water-contact sports until the results of follow-up water quality monitoring meet acceptable standards.

For information regarding Orange County ocean, bay, or harbor postings and closures, please call (714) 433-6400 or visit our Web site at ocbeachinfo.com. To report a sewage spill, please call (714) 433-6419.

# # #
PERTUSSIS VACCINATIONS REQUIRED FOR ALL 7th GRADERS

(Santa Ana) - August is National Immunization Awareness Month, and the Health Care Agency encourages parents to put vaccinations at the top of their back-to-school list. All students entering into 7th grade need proof of an adolescent whooping cough booster immunization (called “Tdap”) for school entry. Parents should know that unlike last year there will not be a grace period.

“The best way to prevent pertussis is to get vaccinated,” said Dr. David Núñez, Medical Director of Health Care Agency Family Health. The Tdap booster protects and prevents the spread of pertussis (whooping cough), a dangerous disease that was at epidemic levels in 2010 in California. In 2012, a majority of US States (but not California) are experiencing increased pertussis activity or outbreaks.

Vaccine is widely available from medical providers, including community clinics, throughout Orange County. Individuals that do not have medical insurance covering the vaccination or who are unable to obtain the vaccination from their healthcare provider may obtain vaccine free of charge from the Health Care Agency’s Immunization Clinic located at 1725 W. 17th Street, Santa Ana, CA 92706.

Every Thursday (August 2 - September 20)
8:00 – 11:30 a.m. and 1:00 – 4:00 p.m. (closed for lunch)

Saturday, August 25 from 8 a.m. – 12 noon

Tuesday, August 28 from 5 p.m. – 7 p.m.

Tdap safely protects against three dangerous diseases: tetanus, diphtheria, and pertussis. Parents should be aware that the protection from childhood immunization to pertussis wears off, and adolescents may be at risk for infection without a booster. A single shot provides protection and is well-tolerated, with the most common reported reaction being redness, swelling, or tenderness at the injection site. Individuals with a history of significant reactions to vaccine components or with rare neurologic conditions should not receive the vaccine.

For more information, please call the Health Referral Line at 800-564-8448 or visit the Health Care Agency website www.ochealthinfo.com/pertussis.

###
Orange County Confirms First Human West Nile Virus Case of 2012

(Santa Ana) - An Anaheim man in his twenties has tested positive for West Nile Virus (WNV) infection, becoming the County’s first confirmed human WNV infection in 2012.

The infection was identified through routine screening tests performed when the man recently donated blood. Donated blood is routinely screened for WNV infection to ensure the safety of the blood supply.

“Although West Nile Virus activity in Orange County has been quite low over the last few years, it is important to recognize that West Nile Virus is endemic in Orange County, recurring every year during the summer months and continuing into the fall,” said Dr. Eric G. Handler, County Health Officer. “The best way to avoid West Nile Virus infection is to take precautionary measures to avoid mosquito bites.”

Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls
- Making sure your window and door screens are in good condition
- Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
- 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 do not experience symptoms or become seriously ill. About 20% of those infected with West Nile Virus will experience symptoms of West Nile fever, which may include fever, headache, body aches, nausea, tiredness, and sometimes swollen lymph glands or a skin rash. Anyone who develops the more serious symptoms of West Nile Neuroinvasive Disease, such as severe headaches, neck stiffness, confusion, muscle weakness, or vision loss should seek medical care immediately. People over 50 years of age and those with certain medical conditions 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). Other websites with helpful information about West Nile Virus include:

- Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- State of California [www.westnile.ca.gov](http://www.westnile.ca.gov)
- Orange County Health Care Agency [www.ochealthinfo.com](http://www.ochealthinfo.com)

# # #
High Temperatures Bring Risk of Heat-Related Illnesses

(Santa Ana) - Temperatures in many inland Orange County communities are expected to reach high temperatures above 95 degrees this week and into the weekend, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- Drink plenty of water; don’t wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Avoid unnecessary sun exposure; wear a hat, preferably with a wide brim, when in the sun and use sunscreen.
- Avoid unnecessary exertion if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

# # #
For Immediate Release:  
September 7, 2012

Contact:  
Deanne Thompson  
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dthompson@ochca.com

WEST NILE VIRUS ACTIVITY INCREASING  
IN ORANGE COUNTY

(Santa Ana) - West Nile Virus (WNV) activity is increasing in Orange County, with a total of six human WNV infections reported through September 6. Included in the total are 3 probable cases and 3 confirmed cases, including 2 positive blood donors who did not develop symptoms. Most of these cases experienced an onset of symptoms in mid- to late August, indicating a recent increase in activity.

County Health officials say that in previous years WNV infections have been reported through the end of October. “West Nile Virus is a serious disease that is largely preventable by taking basic precautions,” said Dr. Eric G. Handler, County Health Officer. “While we should begin to see a decrease in West Nile Virus activity as temperatures cool, it is important to continue to take active steps to prevent mosquito bites and reduce the risk of West Nile Virus infection.”

High temperatures may mean that people are sleeping with doors and windows open, making it especially important to ensure that all door and window screens are in good repair.

Additional WNV precautions include:

- Using insect repellent containing DEET, picaridin or oil of lemon eucalyptus, or products containing IR3535, always following label directions
- Emptying all standing water on your property to reduce areas in which mosquitoes may breed
- 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 do not experience symptoms or become seriously ill. Up to 20% of those infected with West Nile Virus experience symptoms which may include fever, headache, body aches, nausea, tiredness, and sometimes swollen lymph glands or a skin rash. Anyone who develops more serious symptoms such as severe headaches, neck stiffness, confusion, muscle weakness, or vision loss should seek medical care immediately. People over 50 years of age and those with certain medical conditions 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. Other websites with helpful information about West Nile Virus include:

- Centers for Disease Control and Prevention www.cdc.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

# # #
For Immediate Release:                             Contact: Nicole Stanfield
September 26, 2012                                (714) 834-2178
nstanfield@ochca.com

PRESCRIPTION DRUG TAKE-BACK EVENT
SEPTEMBER 29, 2012

(Santa Ana) - In an effort to help prevent pill abuse and theft, the Orange County Health Care Agency, local law enforcement agencies and community partners will collaborate with the U.S. Drug Enforcement Administration (DEA) to collect expired, unused and unwanted prescription drugs on National Prescription Drug Take-Back Day – September 29 from 10 a.m. to 2 p.m. There are over 25 collection sites in Orange County and the service is free and anonymous, no questions asked. To find a collection site in your community, visit the DEA website.

The April 2012 Take-Back event collected over 4,567 pounds of unwanted prescription medications at 24 sites throughout Orange County, and 276 tons at 5,659 sites nationwide. National rates of prescription drug abuse, accidental poisoning and overdoses are alarmingly high in the United States - More than seven million Americans currently abuse prescription drugs. The majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Collection sites are located in the following cities:

Aliso Viejo       Garden Grove       Mission Viejo
Anaheim          Huntington Beach    Newport Beach
Costa Mesa       Irvine            Orange
Cypress          La Habra          Placentia
Fountain Valley  Laguna Beach      San Clemente
Fullerton

To learn more about drug abuse prevention efforts in Orange County, please visit the Health Care Agency website.

# # #
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Collection sites are located in the following cities:

- Aliso Viejo
- Anaheim
- Costa Mesa
- Cypress
- Fountain Valley
- Fullerton
- Garden Grove
- Huntington Beach
- Irvine
- La Habra
- Laguna Beach
- Laguna Niguel
- Mission Viejo
- Newport Beach
- Orange
- Placentia
- San Clemente

To learn more about drug abuse prevention efforts in Orange County, please visit the Health Care Agency website.

# # #

OChealthinfo.com
Orange County Health Care Agency

405 W. Fifth Street, Santa Ana, California  92701
Let's Stay Healthy! Get Tested for HIV!
National Latino AIDS Awareness Day

(Santa Ana) – October 15 marks National Latino AIDS Awareness Day, which helps promote testing and early diagnosis of HIV, the virus that causes AIDS. There are 6,674 individuals reported to be living with HIV in Orange County. There are an additional estimated 1,774 people living in Orange County who have HIV and don’t know it – many of whom will develop AIDS before realizing they are HIV infected.

“Last year, 44.1% of people who were diagnosed with AIDS in Orange County did not know they had HIV,” said Dr. Christopher Ried, Testing & Treatment Medical Director. “On average, they were infected with HIV for over 10 years without knowing their HIV status. Many of these people had been to a medical setting like an emergency room, community health center, or their doctor, but were not tested for HIV.”

In 2011, Latinos composed of 36.5% of the Orange County population; however, they accounted for 50% of people who were diagnosed with AIDS and did not know they had HIV. Because one in five individuals are estimated to have HIV and be unaware of it, the Centers for Disease Control and Prevention recommends that every adult between 13 and 65 get an HIV test at least once in their lifetime and those at high risk of infection get a test once a year as part of routine care. Making HIV testing a routine part of medical care will help people learn their HIV status before they get sick and help them get treatment for HIV so that they don’t become sick. An additional benefit to early detection of HIV is that people who know their HIV status are more likely to take steps to prevent spreading HIV to others.

If you have never had an HIV test, ask your medical provider for an HIV test.

In addition to medical providers throughout Orange County, the following agencies offer year-round confidential and anonymous free or low-cost testing in Orange County:

- **AIDS Services Foundation**: Walk-ins only on Tuesdays, Wednesdays & Thursdays from 3 to 8 p.m.; and Saturdays from 10 a.m. to 4 p.m. (949) 809-8775
- **Laguna Beach Community Clinic**: Tuesdays, 10 a.m. to 5 p.m.; Wednesdays, 2:30 p.m. to 5 p.m.; Thursdays (except 1st Thur. of the month), 10 a.m. to 7 p.m.; and Saturdays, 8:30 a.m. to 12 noon. There is a charge for services; call for details (949) 494-0761 ext. 145.
- **Orange County Health Care Agency**: 17th Street Clinic. Walk-ins only on Mondays, Wednesdays, & Thursdays, 8 a.m. to 4 p.m.; Tuesday & Friday, 10 a.m. to 4 p.m. (714) 834-8787
- **The Center Orange County**: Mondays, Tuesdays, Fridays, 1 to 6 p.m. by appointment only; Walk-ins available on Wednesdays from 2 to 6 p.m.; Thursdays from 3 to 7 p.m.; Saturdays from 10 a.m. to 4 p.m. **Expanded testing for June 27, 2012 only**: 10 a.m. to 7 p.m. (714) 953-5428 x208
For more testing sites and information about HIV services in Orange County, call (714) 834-8711 or visit http://www.ochealthinfo.com/hiv. Make HIV testing a part of your routine healthcare.

###
(Santa Ana) – El 15 de octubre conmemora el Día Nacional Latino para la Concienzización del SIDA, que ayuda a promover el análisis y el diagnóstico precoz del VIH, el virus que causa el SIDA. Hay 6,674 individuos reportados estar viviendo con el VIH en el Condado de Orange. Hay aproximadamente un adicional de 1,774 personas que viven en el condado de Orange que tienen VIH y que no lo saben – muchos de ellos desarrollarán el SIDA antes de darse cuenta de que están infectados con el VIH.

“El año pasado, el 44.1% de las personas que fueron diagnosticados con SIDA en el condado de Orange no sabían que tenían VIH”, dijo el Dr. Christopher Ried, Director Médico del programa de exámenes y tratamiento, “En promedio, se infectaron con el VIH durante más de 10 años sin conocer su estado serológico. Muchas de estas personas habían estado en un ambiente médico como una sala de emergencia, un centro comunitario de salud o al médico, pero no fueron probados para el VIH.”

En 2011, los latinos componen de 36.5% de la población del condado de Orange, sin embargo, que representaron el 50% de las personas que fueron diagnosticados con SIDA y que no sabían que tenían el VIH. Debido a que una de cada cinco personas se estima que tienen el VIH y no están conscientes de ello, los Centros para el Control y Prevención de Enfermedades recomienda que todos los adultos entre 13 y 65 años deben hacerse la prueba del VIH por lo menos una vez en su vida y personas con alto riesgo de infección por obtener una prueba una vez al año como parte de la atención médica rutina. Haciendo la prueba del VIH una rutina de la atención médica ayudará a las personas conocer su estado serológico antes de enfermarse y ayudar a obtener tratamiento para el VIH para que no se enferme.

Un beneficio adicional de la detección temprana del VIH es que las personas que conocen su estado de VIH son más propensos a tomar medidas para evitar transmitir el VIH a otras personas.

Si usted nunca ha tenido una prueba de VIH, consulte a su médico para una prueba de VIH.

Además de los proveedores médicos de todo el condado de Orange, los siguientes agencias ofrecen durante todo el año pruebas gratuitas o de bajo costo confidencial y anónima.

- **AIDS Services Foundation**: Walk-ins solo los martes, miércoles y viernes desde 3 a 8 p.m.; y Sábados de 10 a.m. a las 4 p.m. (949) 809-8775
- **Laguna Beach Community Clinic**: Martes, 10 a.m. a 5 p.m.; Miércoles, 2:30 p.m. a 5 p.m.; Viernes (excepto el 1er viernes del mes), 10 a.m. a 7 p.m.; y Sábados, 8:30 a.m. a 12. Hay un cargo por los servicios; llame para más detalles (949) 494-0761 ext. 145.
• **Orange County Health Care Agency**: Clínica de la 17th. Walk-ins sólo los lunes, miercoles, y hueves, 8 a.m. hasta las 4 p.m.; martes y viernes, 10 a.m. a 4 p.m. (714) 834-8787

• **The Center Orange County**: Lunes, martes, viernes, 1 p.m. a 6 p.m. sólo con cita; Walk-ins disponibles miercoles desde las 2 a 6 p.m.; hueves desde 3 a 7 p.m.; sabados desde 10 a.m. a 4 p.m. Pruebas ampliada el 27 de junio, 2012 sólo: 10 a.m. a 7 p.m. (714) 953-5428 x208


###
FREE FLU SHOTS ON OCTOBER 19

(Santa Ana) - Free seasonal flu shots for adults and children three years of age and older will be offered at five Orange County locations as part of a continuing series of emergency preparedness exercises. Vaccinations are provided on a first-come first-served basis on Friday, October 19 from 11:30 a.m. to 1:30 p.m. at:

**Anaheim**
Anaheim First Christian Church
520 W. South Street
Anaheim, CA 92805

**Stanton**
City of Stanton Corporate Yard
8100 Pacific Avenue
Stanton, CA 90680

**Laguna Niguel**
St. Timothy Catholic Church
29102 Crown Valley Parkway
Laguna Niguel, CA, 92677

**Westminster**
Community Service Center
8200 Westminster Boulevard
Westminster, CA 92683

**Placentia**
Champions Sports Complex
505 Jefferson Street
Placentia, CA 92870

All five sites will feature drive through services with walk up services available as needed. To receive a flu shot participants should be feeling well on the day of the flu shot exercise.

The event would not be possible without community partnerships, including: the cities of Anaheim, Laguna Niguel, Placentia, Stanton, and Westminster; the Orange County Sherriff’s Department, the Orange County Fire Authority, Doctor’s Ambulance Service, Emergency Ambulance Service, Shoreline Ambulance Service and CARE Ambulance Service, California State University, Fullerton – School of Nursing, Saddleback College School of Nursing, Stanbridge College School of Nursing, Concordia University School of Nursing, Cypress College School of Nursing, Anaheim First Christian Church, St. Timothy Catholic Community Church, and our volunteer organizations.

For more information, please visit [www.ochealthinfo.com/freeflushot](http://www.ochealthinfo.com/freeflushot).

# # #
FREE FLU VACCINATIONS AVAILABLE EVERY THURSDAY

(Santa Ana) – The Health Care Agency is offering a walk-in clinic that will provide free seasonal flu vaccinations to persons 6 months of age and older every Thursday. The best way to prevent the flu is by getting vaccinated each year. “While flu season in Orange County usually peaks at the end of December or beginning of January, it is not unusual to begin seeing influenza cases reported early in the season and it is not too early to get vaccinated,” said Dr. David Nunez, Family Health Medical Director.

Flu vaccine is widely available from medical providers, including community clinics, throughout Orange County. People whose medical providers do not have vaccine, do not have medical insurance, or their insurance does not cover the vaccine, may obtain vaccine free of charge from the Health Care Agency clinic located at 1725 W. 17th Street, Santa Ana on the following days:

Every Thursday from October 25 - January 31 (closed Thanksgiving)
8:00am-4:00pm (closed 11:45am- 12:45pm)

Saturday Clinics
October 27 from 10:00 a.m. - 3:00 p.m.
November 3 from 8:00 a.m. - noon

Evening Clinics
October 30 from 4:00 - 7:00 p.m.

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get their yearly flu vaccine now. Flu vaccine is especially important for infants, young children, pregnant women, adults over 50, and for those with
chronic conditions. Flu virus is mainly spread through droplets from coughs and sneezes. **Remember these important everyday steps to help stop the spread of germs:** cover your cough with a sleeve or tissue, wash your hands often, and stay home if you are sick.

The most current local information is available at [www.ochealthinfo.com/flu](http://www.ochealthinfo.com/flu), or by calling the Health Referral Line at (800) 564-8448.

###
High Body Mass Index Doubles Risk of Gestational Diabetes

(Santa Ana) - A new study by the Health Care Agency has found that pregnant women in Orange County with a pre-pregnancy body mass index (BMI) of 25 or higher are twice as likely to develop gestational diabetes (GDM) compared to women with lower BMIs. Asian women, who have the highest prevalence rate of GDM at 10%, were more susceptible to GDM at much lower BMIs (average=23), which is within the ‘healthy body weight’ range (BMI 18.5 – 24.9). By comparison, women in other racial/ethnic groups, such as whites and Hispanics, who developed GDM tended to have higher average BMIs, in the 27 to 30 range.

Overall, about 7% of women (or about 2,605 in 2010) develop GDM during their pregnancy. GDM increases the risk of developing multiple complications such as preeclampsia (hypertension) or macrosomia (otherwise known as big baby syndrome). These prenatal conditions can endanger the health of both the mother and her baby.

“The increase in the prevalence of gestational diabetes is a troubling trend. This is especially a concern for Asian women, since they are more susceptible at much lower BMIs,” said co-author Dr. Helene Calvet, Deputy County Health Officer. “Gestational diabetes increases the likelihood of a woman having a serious complication during her pregnancy, and makes a cesarean section delivery more likely. The condition also puts a woman and her child at increased risk of developing diabetes in the future, potentially setting up a cycle of “diabetes begetting diabetes.”

While incidence of GDM has approximately doubled to 7.2% over the past decade for all women in Orange County, Asian women in particular have increased the most and have the highest incidence at 10%. Hispanic women had the second highest rate at 7.6%, followed by 5.4% of non-Hispanic whites and 6.0% of African Americans.
GDM, the most common prenatal complication in Orange County, is associated with overweight and obesity. Early prenatal care and a healthy lifestyle, including maintaining a healthy body weight can prevent or lessen the severity. Prenatal care providers and others who treat pregnant women or women planning to become pregnant need to be aware of the significant increase in GDM and the disproportionate impact on Asians in Orange County. The full report entitled “Mothers with a Higher Pre-Pregnancy Body Mass Index are at Increased Risk for Gestational Diabetes Mellitus” is available online at www.ochealthinfo.com/pubs.
Orange County Reports Season's First Influenza Case
Free Flu Vaccinations Available Every Thursday

(Santa Ana) – The Orange County Health Care Agency has confirmed the first case of influenza signaling that flu season is officially here. The best way to prevent the flu is by getting vaccinated. Anyone who has not already received flu vaccination should get it now before flu season peaks.

Flu vaccine is recommended for everyone six months of age and older, and is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions. Close contacts and caregivers of these high risk people should also get vaccinated.

The Health Care Agency is offering free seasonal influenza vaccinations for people 6 months of age and older who do not have a medical provider or health insurance coverage. They are available on a walk-in basis every Thursday from 8 to 11:30 a.m. and 1:30 to 4 p.m. at the Public Health Clinic located at 1725 West 17th Street, Santa Ana, CA 92701. The clinic will be closed on Thanksgiving.

Influenza is a seasonal contagious respiratory illness caused by influenza viruses. Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue. Flu illness can be severe, leading to missed school or work, hospitalization, and even death.

Flu virus is mainly spread through droplets from coughs and sneezes. Remember these important everyday steps to help stop the spread of germs:

- cover your cough or sneeze with a tissue (or sleeve if you are caught by surprise)
- wash your hands often with soap and warm water (or alcohol-base hand sanitizer if not available)
- stay home if you are sick (at least 24 hours after your fever is gone)
Flu vaccine is available from health care providers, clinics, and pharmacies throughout the Orange County. The most current local information, including vaccination locations, is available 24/7 at www.ochealthinfo.com/flu or by calling the Health Referral Line at (800) 564-8448, Monday through Friday from 8 a.m. to 5 p.m.

# # #
World AIDS Day - "Getting to Zero"
Get Tested to Know Your Status

World AIDS Day is celebrated on December 1st, a day to reflect and remember those who have lost their lives and those who are still living with HIV or AIDS. More than 60 million have been infected with the HIV virus and approximately 30 million people have died of AIDS worldwide.

In Orange County, 11,327 people have been diagnosed with HIV; 6,820 persons are still living with the virus; and nearly 2,000 are estimated to be infected without knowing it. Get tested to know your status! World AIDS Day activities and testing will be available throughout Orange County starting November 28. Commemorative events, which are open to the public, are listed below; testing will be offered at all events, except South Coast Plaza:

- November 28 & 29: California State Fullerton, Student Dorms, 10am – 3pm
- November 29: University of California Irvine, Student Center, 11am – 4pm
  Golden West College, Cafeteria, 10am – 3pm
- November 30: Delhi Community Center, Candlelight Remembrance, 7 – 9pm
- December 1: Laguna Beach Main Beach, 11am– 3pm and Candlelight Remembrance 5:30pm
  South Coast Plaza, Microsoft Store, AIDS Awareness poster competition display, 1 – 3pm
  The Center of Orange County, 1605 N. Spurgeon Street, 9am - 6pm
- December 3: Orange County Health Care Agency, 1725 W. 17th Street, 11am – 1pm

This year’s theme is “Getting to Zero: Zero new infections. Zero discrimination. Zero AIDS related deaths.” Eliminating stigma about HIV, encouraging everyone to know their HIV status, and making sure people living with HIV have access to medical care and medications are all important steps in “Getting to Zero” in Orange County. Learn more about Orange County efforts by reading the Orange County HIV Comprehensive Plan and
participating in the Facing AIDS Initiative.

For additional testing sites and more information about HIV services in Orange County, call (714) 834-8711 or visit http://www.ochealthinfo.com/hiv. Learn more about World AIDS Day at www.aids.gov/world-aids-day/.

###
Orange County Reports West Nile Virus Related Fatality

(Santa Ana) - A 61 year old Orange County woman died last week of West Nile Virus (WNV) infection after a several-week illness. She had the more severe form of WNV infection, West Nile Neuroinvasive Disease.

As of December 5 the total number of reported symptomatic cases of WNV infection in Orange County is 39, and 6 blood donors have tested positive for the virus. Cases most frequently occur in the summer and fall, and most Orange County cases this year occurred in September and October. While the number of cases has decreased significantly in the last month this is the highest number of WNV infections and the first WNV related fatality in the County since 2008, when there were 79 total WNV infections and three WNV related fatalities. “This unfortunate death shows how serious West Nile Virus infection can be,” said Dr. Eric G. Handler, County Health Officer.

County health officials point out that while WNV season may have ended for the year, it is always wise to take precautions against mosquito bites during the peak West Nile Virus season. Recommended WNV precautions include:

· Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls
· Making sure your window and door screens are in good condition
· Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
· 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 do not experience symptoms or become seriously ill. About 20% of those infected with West Nile Virus will experience symptoms of West Nile fever, which may include fever, headache, body aches, nausea, tiredness, and sometimes swollen lymph glands or a skin rash. Anyone who develops the more serious symptoms of West Nile Neuroinvasive Disease, such as severe headaches, neck stiffness, confusion, muscle weakness, or vision loss should seek medical care immediately. People over 50 years of age and those with certain medical conditions are at increased risk of serious complications from West Nile Virus infection.

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.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

# # #
Orange County Reports Season's First Influenza Death

(Santa Ana) - A 51 year old man from Fountain Valley died last week from influenza B-related disease. This is the first influenza-related death reported for this season in Orange County.

A flu vaccine is the first and most important step in protecting against flu viruses. While we have begun seeing both influenza A and B cases, flu season has not yet peaked in Orange County, and there is still time to get vaccinated. Flu shots are widely available from private physicians, pharmacies and other retail businesses in the community. Information about these locations and dates is available at http://findaflushot.com. Flu shots are also available for eligible individuals through the Health Care Agency’s annual influenza vaccination program. For information about the County’s flu shot program call the HCA Health Referral Line at 1-800-564-8448 or visit www.ochealthinfo.com.

While flu can make anyone sick, certain people are at greater risk for severe illness. The Centers for Disease Control and Prevention (CDC) has recommended that all persons 6 months of age and older be given flu shots every year. The highest priority groups include:

- Children under 5, and especially those under 2
- Pregnant women
- People 65 years of age and older
- People who are morbidly obese
- Children and adolescents who are receiving long-term aspirin therapy
- People with chronic diseases like heart disease, asthma, other lung diseases or diabetes
• People with weakened immune systems due to disease or medication
• Health care workers

For more information about seasonal influenza please visit the Health Care Agency’s website www.ochealthinfo.com/flu or the Centers for Disease Control website www.cdc.gov/flu

###
Flu Activity on the Rise
It’s Not Too Late to Vaccinate

(Santa Ana) – With a recent increase in flu cases nationwide, the Orange County Health Care Agency reminds people that the best way to prevent the flu is by getting vaccinated. It is not too late to vaccinate. Flu vaccine is recommended for everyone six months of age and older, and is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions.

Flu vaccine is widely available from medical providers throughout Orange County. Information about these locations and dates is available at http://findaflushot.com. Free flu shots are also available for eligible individuals through the Health Care Agency’s Family Health Clinic located at 1725 W. 17th Street, Santa Ana on the below days. For information about the County’s flu shot program call the HCA Health Referral Line at 800-564-8448 or visit www.ochealthinfo.com.

Monday - Friday
8:00am - 4:00pm (closed 11:45am- 12:45pm)

Saturday Clinic
January 26 from 8:00 a.m. - noon

In addition to getting vaccinated, it’s important to practice good hand washing and other good health habits. People who are ill should take actions to stop the spread of germs such as:

• While sick, limit contact with others
• Cover your nose and mouth when coughing or sneezing
• Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer
• Avoid touching your eyes, nose and mouth
For more information about seasonal influenza please visit the Health Care Agency’s website www.ochealthinfo.com/flu or the Centers for Disease Control website www.cdc.gov/flu

###

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LIFE EXPECTANCY IN ORANGE COUNTY REACHES A NEW HIGH

(Santa Ana) – A new report from the Orange County Health Care Agency finds that over the last 20 years the average life expectancy in Orange County has increased by five years, from 76.9 in 1990 to 81.9 years in 2010. Orange County residents live almost four years longer than the national average.

“We are very pleased that life expectancy in Orange County is at a new high,” said Mark Refowitz, Health Care Agency Director. “But there is still more to do in reducing health disparities within our community.”

While life expectancy has improved in Orange County, notable demographic differences in specific populations persist. Asian/Pacific Islanders have the highest average life expectancy of 85.0 years and Hispanics have the second highest at 83.1 years and non-Hispanic whites are third at 80.9 years. African Americans have the lowest life expectancy in the county at about 78.2 years. Females in Orange County have a life expectancy of 83.9 years, compared to males at 79.8 years.

Marked geographic differences were also found. Cities with the highest average life expectancies, 82 or more years, are primarily clustered in the southern half of Orange County. Cities with the shortest life expectancies, less than 81 years, tend to be in the northern and central parts of the county. The results show that average life expectancy is strongly related to where you live and to socio-economic factors such as education level, income, poverty, and health insurance. On average, residents from more affluent cities live longer than residents who live in less affluent communities.

The data used in this study were gathered from the death certificate information reported to the Orange County Health Care Agency. The full report entitled “Life Expectancy in
Orange County” is available online at www.ochealthinfo.com/pubs/life

# # #
YOUTH-CREATED "TOBACCO and HOLLYWOOD" POSTERS UNVEILED

(Santa Ana) – To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” posters.

The following unveiling events will take place April 3, 18, and 23 in the cities of Garden Grove, Anaheim, and Huntington Beach:

April 3, 2013

10:00 a.m.
City of Garden Grove (Bus shelter located on the corner of Westminster and Bushard)
Youth Artist Tiffany Thai from Bolsa Grande High School

11:00 a.m.
City of Garden Grove (Bus shelter located on the corner of Westminster and Kerry)
Youth Artist Y Xa from Bolsa Grande High School

April 18, 2013

10:00 a.m.
City of Anaheim (Bus shelter located on the corner of Ball Rd. and Walnut)
Youth Artist Lupita Cabrera from Ball Jr. High School

11:30 a.m.
City of Anaheim (Bus shelter located on the corner of Euclid and Lincoln)
Youth Artist Athena Tseng from Ball Jr. High School

1:30 p.m.
City of Anaheim (Bus shelter located on the corner of Knott and Orange)
Youth Artist Vaneda Vireak from Western High School

April 23, 2013

10:00 a.m.
City of Huntington Beach (Bus shelter located on the corner of 17th St. and Adams Ave.)
Youth Artist Sondra Wiederkehr from Dwyer Middle School

11:30 a.m.
City of Huntington Beach (Bus shelter located on the corner of Goldenwest St. and Bolsa Ave.)
Youth Artist Bao-Van Le from Anderson School ASES PRIDE, Boys & Girls Club of Westminster

A study from Dartmouth Medical School showed that children ages 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.

The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services.

Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information can be found on the TUPP website.
SAFE COMMUNITIES MEETING
EXPERTS TO DISCUSS THE EARLY WARNING SIGNS OF VIOLECE, SUBSTANCE ABUSE AND MENTAL ILLNESS

What: A panel of mental health professionals will discuss the early warning signs of violence, substance abuse, and mental illness and answer questions for participants. Guest speakers with lived experience will share their stories. Community organizations will host information booths and provide additional resources.

The Safe Communities event flyer is available at www.ochealthinfo.com.

When: Wednesday, April 17, 2013
6-8 p.m.

Where: Lakeview Senior Center
20 Lake Road, Irvine, CA 92604

Who: Todd Spitzer
Third District, Orange County Board of Supervisors

Steven S. Choi, Ph.D.
Mayor of Irvine

Al Murray
Mayor of Tustin
Rusty Kennedy
Executive Director, OC Human Relations

Mary Hale
Deputy Agency Director, Orange County Health Care Agency

# # #
YOUTH-CREATED "TOBACCO AND HOLLYWOOD" POSTERS UNVEILED

(Santa Ana) – To help youth make informed decisions and to counter the influence that smoking in movies has on youth, the Health Care Agency’s Tobacco Use Prevention Program (TUPP) is joining with community leaders, educators and students for a series of special events to unveil youth-created “Tobacco and Hollywood” posters.

The following unveiling events will take place on May 21 & 23, 2013 in the cities of Anaheim and Westminster:

May 21, 2013

10 a.m.
Westminster Library, 8180 13th Street, Westminster, CA 92683
Youth Artists: Nick Lundstrom from Bolsa Grande High School and Vivian Nguyen from Webber School, Boys and Girls Club of Westminster

May 23, 2013

1 p.m.
West Anaheim Youth Center, 320 South Beach Blvd., Anaheim, CA 92804
Youth Artists: Sara Daravong from Ball Jr. High School and Miguel Baltazar from Western High School

A study from Dartmouth Medical School showed that children ages 10-14 who watched the highest amount of smoking in movies were 2.71 times more likely to start smoking than those children who viewed the least amount.
The mission of the Tobacco Use Prevention Program (TUPP) is to reduce tobacco use and exposure to secondhand smoke in Orange County by collaborating with community organizations, public agencies and committed individuals. TUPP offers tobacco education for youth and adults, as well as free tobacco cessation and prevention services. Information about cessation services for adults and teens is available by calling (866) NEW-LUNG or (866) 639-5864. More information can be found on the TUPP website.

# # #
BIRTH OUTCOMES IN ORANGE COUNTY

(Santa Ana) - A new report from the Health Care Agency finds that Orange County has lower prevalence rates for six important measures, including pre-term birth, low birth weight, births to teens, prenatal care, breastfeeding initiation, and infant mortality, compared to the U.S. and the state of California. In addition, utilizing a composite measure to compare birth outcomes, every Orange County city ranked above the Healthy People 2020 goals and the California and national averages.

“We are very pleased that Orange County has achieved six of the seven Healthy People 2020 goals related to births,” said County Health Officer, Dr. Eric Handler, “But there is still more to do in reducing health disparities within our community. These successes notwithstanding, it is important for providers in the community to remain vigilant in order to maintain and improve on these areas.”

As described in this report, pronounced disparities exist across different race/ethnic groups and across different cities in the county. The Health Care Agency and local healthcare providers will continue to collaborate to serve areas of need and reduce disparities in order to improve birth outcomes for all Orange County babies.

ORANGE COUNTY REPORTS FIRST HUMAN WEST NILE VIRUS CASE OF 2013

(Santa Ana) - A Cypress female in her sixties has tested positive for West Nile Virus (WNV) infection, becoming the County’s first human WNV infection in 2013. This is the 15th human case of WNV reported in California. The woman was admitted to the hospital in July with symptoms of West Nile Virus, and is now at home recovering.

In 2012, there were 48 reported human infections of West Nile Virus and two WNV related deaths reported in Orange County.

“West Nile Virus is endemic in Orange County, recurring every year during the summer months and continuing into the fall,” said Dr. Eric G. Handler, County Health Officer. "The best way to avoid West Nile Virus infection is to take precautionary measures to avoid mosquito bites."

Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls
- Making sure your window and door screens are in good condition
- Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
- 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 do not experience symptoms, but about 20% will develop fever and may have headache, body aches, nausea, tiredness and sometimes a skin rash. More serious symptoms, such as severe headaches, neck stiffness, confusion, muscle weakness or paralysis, occur more rarely, but people who

For Immediate Release: August 6, 2013
Contact: Nicole Stanfield
nstanfield@ochca.com
HCA Health Policy & Communication
714-834-2178
develop these symptoms should seek medical care immediately. People over 50 years of age and those with certain medical conditions 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. Other websites with helpful information about West Nile Virus include:

- Centers for Disease Control and Prevention www.cdc.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com
HIGH TEMPERATURES BRING RISK OF HEAT-RELATED ILLNESSES

(Santa Ana) - Temperatures in many inland Orange County communities are expected to reach high temperatures above 95 degrees this week and into the weekend, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to heat.

Prolonged exposure to high temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. At the first sign of heat exhaustion, move to a cool location, rest and drink fluids. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

• Drink plenty of water; don’t wait until you are thirsty.

• Wear light, loose-fitting clothing.

• Stay out of the sun if possible, and when in the sun, wear a hat, preferably with a wide brim, and use sunscreen.

• Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
• Never leave children, elderly people or pets unattended in closed cars or other vehicles.

• Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.

• Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

# # #
For Immediate Release: September 10, 2013
Contact: Nicole Stanfield
nstanfield@ochca.com
HCA Health Policy & Communications
714-834-2178

COUNTY OF ORANGE – HEALTH CARE AGENCY
PRESS RELEASE

BAT FOUND AT LAGUNA NIGUEL REGIONAL PARK
TESTS POSITIVE FOR RABIES

(Santa Ana) - A bat found on the ground at shelter #7 in Laguna Niguel Regional Park on September 7, 2013 has tested positive for rabies. Anyone who had recent contact with a bat in the vicinity of Laguna Niguel Regional Park is asked to call Orange County Health Care Agency Epidemiology at (714) 834-8180 from 8am to 5pm or (714) 834-7792 after hours so a nurse can evaluate the risk for rabies.

Once a person begins showing signs and symptoms of rabies, the disease is nearly always fatal. For that reason preventive treatment to stop the rabies virus from causing illness is given to anyone who may have been exposed to rabies. Medical assistance should be obtained promptly after an exposure so any wound can be cleaned and preventive treatment can be started. This treatment is safe and effective.

The rabies virus is found in an animal's saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies. Most cases of human rabies in the United States in recent years have resulted from bat strains of rabies; bats have very small teeth, and their bites may go unnoticed.

The Health Care Agency and OC Animal Care recommend the following preventive actions:

• 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. Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential exposure to a bat or other wild animal should be reported to Orange County Health Care Agency Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray animal, contact OC Animal Care at (714) 935-6848.

More information about rabies is available at the Centers for Disease Control and Prevention website at www.cdc.gov/rabies.
"Commit to Speak"
National Latino AIDS Awareness Day

(Santa Ana) – October 15 marks National Latino AIDS Awareness Day, which helps promote testing and early diagnosis of HIV, the virus that causes AIDS. There are 6,876 individuals reported to be living with HIV in Orange County, over 300 people being diagnosed with HIV each year.

In 2012, 42.5% of people who were diagnosed with AIDS in Orange County did not know they had HIV. Many of these people had been to a medical setting like an emergency room, a community health center, or their doctor, but were not tested for HIV. There are an estimated 1,509 people living in Orange County who have HIV and don’t know it – many of whom will develop AIDS before realizing they are HIV infected.

In 2012, Latinos composed 34% of the Orange County population; however, they accounted for 51% of people who were diagnosed with AIDS and did not know they had HIV. Because one in five individuals are estimated to have HIV and be unaware of it, the Centers for Disease Control and Prevention recommends that individuals between 13 and 65 get an HIV test at least once in their life time and those at high risk of infection get a test once a year as part of routine care.

In addition to medical providers throughout Orange County, the following agencies offer year-round confidential and anonymous free or low-cost testing in Orange County:

**AIDS Services Foundation**: Walk-ins only on Tuesdays, Wednesdays & Thursdays from 3 to 8 p.m.; and Saturdays from 10 a.m. to 4 p.m. (949) 809-8775
**APAIT Health Center**: Mondays, Wednesday, Thursday, and Fridays 12 p.m. to 8 p.m. For additional testing hours, please call for appointment at (714) 636-9115 or via email at silviav@apaitonline.org.
Laguna Beach Community Clinic: Tuesdays, 10 a.m. to 5 p.m.; Wednesdays, 2:30 p.m. to 5 p.m.; Thursdays (except 1st Thursday of the month), 10 a.m. to 7 p.m.; and Saturdays, 8:30 a.m. to 12 noon. There is a charge for services; call for details (949) 494-0761 ext. 145.

The Center Orange County: Monday through Friday 10 a.m. to 6 p.m., except for Tuesday 1 to 6 p.m. Appointments are strongly preferred, to make an appointment call (714) 953-5428 x 207. Walk-ins welcomed.

Orange County Health Care Agency: 17th Street Clinic. Walk-ins only on Mondays, Wednesdays, & Thursdays, 8 a.m. to 4 p.m.; Tuesday & Friday, 10 a.m. to 4 p.m. (714) 834-8787

Shanti Orange County: Friday 2 to 5:00p.m. Walk-ins welcomed, appointments strongly encouraged, to make an appointment call (949) 452-0888

The 2013 theme is “Commit to Speak”/“Comprométe a Hablar”. If you have never had an HIV test, ask your medical provider for an HIV test. For more testing sites and information about HIV services in Orange County, call (714) 834-8711 or visit http://www.ochealthinfo.com/hiv. Make HIV testing a part of your routine healthcare.

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“Comprométe a hablar”
Día nacional Latino para la concientización del SIDA

(Santa Ana) – El 15 de octubre marca el Día Nacional Latino para la concientización del SIDA, que ayuda a promover el análisis y el diagnostico precoz del VIH, el virus que causa el SIDA. Hay 6876 individuos reportados estar viviendo con el VIH en el Condado de Orange, más de 300 personas son diagnosticados con el VIH cada año.

En 2012, el 42.5% de las personas que fueron diagnosticados con SIDA en el Condado de Orange no sabían que tenían el VIH. Muchas de estas personas habían ido a un centro médico, como una sala de emergencia, un centro de salud o a un médico, pero nunca fueron probados para el VIH. Se estima que hay 1,509 personas que viven en el Condado de Orange que tiene VIH y no lo saben- muchos de ellos desarrollarán el SIDA antes de dares cuenta de que están infectados por el VIH.

En 2012, los latinos componen el 34% de la población del Condado de Orange, sin embargo, representaron el 51% de las personas que fueron diagnosticadas con SIDA y no sabían que tenían el VIH. Debido a que uno de cada cinco personas se estima que tienen el VIH y no lo saben, los Centros para el control y prevención de enfermedades recomiendan que individuos entre 13 y 65 años reciben una prueba del VIH al menos una vez en su vida y las personas con alto riesgo de infección obtengan un examen una vez al año como parte del cuidado rutina.
Además de los proveedores médicos de todo el Condado de Orange, las siguientes agencias ofrecen pruebas gratuitas o de bajo costo confidencial y anónimo durante el año en el Condado de Orange:

**AIDS Services Foundation**: Walk-ins solo los martes, miércoles y huyes desde 3 a 8 p.m.; y sábados desde 10 a.m. a las 4 p.m. (949) 809-8775

**APAIT Health Center**: Lunes y jueves de 1 a 8 p.m.; viernes 9:30 a.m. a 7:30 p.m.; y los domingos Segundo y cuarto 12 a 4p.m. Para horas de pruebas adicionales, por favor llame para hacer una cita al (714) 636-9115 o por correo electrónico a silviav@apaitonline.org.

**Laguna Beach Community Clinic**: Martes, 10 a.m. a 5 p.m.; miércoles, 2:30 p.m. a 5 p.m.; huyes (except el 1r huyes del mes), 10 a.m. a 7 p.m.; y sábados, 8:30 a.m. a 12 noon. Hay un cargo por los servicios; llame para más detalles (949) 494-0761 ext. 145.

**The Center Orange County**: De lunes a Viernes de 10 a.m. a 6 p.m., excepto el martes 1 a 6 p.m. Las citas son preferidas, llame al (714) 953-5428 x 207 para hacer una cita.

**Orange County Health Care Agency**: Clinica de la calle 17. Walk-ins solo los lunes, miércoles, y huyes, 8 a.m. a 4 p.m.; Martes y viernes, 10 a.m. a 4 p.m. (714) 834-8787

**Shanti Orange County**: Viernes 2 a 5:00p.m. Walk-ins bienvenidos, se recomienda ser cita, llame al (949) 452-0888 para hacer una cita.

El tema de 2013 es “Commit to Speak”/“Comprométete a Hablar”. Si usted nunca ha tenido una prueba de VIH, consulte a su médico para un examen de VIH. Para más sitios de pruebas e información acerca de los servicios de VIH en el Condado de Orange, llame (714) 834-8711 o visite [http://www.ochealthinfo.com/hiv](http://www.ochealthinfo.com/hiv). Haga la prueba del VIH una parte de su cuidado de salud una rutina.

###
FAMILIES & EXPERTS TO DISCUSS BULLYING AT SAFE COMMUNITIES MEETING

What: Parents, children and experts will share their moving experience with bullying - the warning signs, how to help, and available resources. Community organizations will host information booths and provide additional resources.

The Safe Communities event flyer is available at www.ochealthinfo.com.

When: Wednesday, October 23, 2013
6-8 p.m.

Where: Foothill High School Event Center
19251 Dodge Ave., North Tustin, CA 92705

Who: Anna Mendez*
Executive Director of National Association of People Against Bullying and author of If These Halls Could Talk-The Daniel Mendez Story

Mowry Family*
Jonah Mowry: 'What's going on..' - YouTube video with more than 10 million views

Deputy Jay Myers*
Orange County Sheriff's Department, Social Trends and Bullying

Todd Spitzer
Third District, Orange County Board of Supervisors
Al Murray
Mayor of Tustin

Mary Hale
Director of Behavioral Health Services, Orange County Health Care Agency

***

*Anna Mendez*

Anna Mendez serves as the Executive Director of National Association of People Against Bullying (NAPAB). The Mendezes started the NAPAB as a resource for victims and their families after their 16 year old son, Daniel, committed suicide after years of relentless bullying. Anna Mendez is also a published author *If These Halls Could Talk-The Daniel Mendez Story*. Anna will focus on bullying facts and statistics, and will chronicle the life of a young bully victim by providing warning signs missed by parents, school staff, physicians, and the final lessons to be learned.

*Mowry Family*

The Mowrys had no idea their son was being bullied until his YouTube video, *Jonah Mowry: 'Whats goin on..'*, went viral. The video has more than 10 million views. Peggy Sue and Jonah will provide a passionate parent and child/student perspective on bullying.

*Deputy Jay Myers*

Deputy Myers has been a member of the Orange County Sheriff's Department for 19 years. He graduated from California State University Long Beach with a B.A. in Criminal Justice. His current assignment is School Resource Officer for North Orange County, where he works to enhance student safety and teach community outreach classes regarding drug trends, Internet safety, social media, and The Parent Project. Deputy Myers is married and has a seven year old daughter with special needs.
Orange County Reports Season's First Influenza Case
Free Flu Vaccinations Every Thursday

(Santa Ana) – The Orange County Health Care Agency is reporting the first locally-acquired case of influenza signaling that flu season is officially here. The best way to prevent the flu is by getting vaccinated. Anyone who has not already received flu vaccination should get it now before flu season peaks.

The Health Care Agency is offering free seasonal influenza vaccinations for people 6 months of age and older who do not have a medical provider or health insurance coverage. They are available on a walk-in basis:

Every Thursday beginning on November 7, 2013
8 to 11:30 a.m. and 1 to 4 p.m.
1725 West 17th Street, Santa Ana, CA 92701
The clinic will be closed on Thanksgiving

Flu vaccine is recommended every year for people six months of age and older, and is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions. Close contacts and caregivers of these high risk people should also get vaccinated.

Influenza is a seasonal contagious respiratory illness caused by influenza viruses. Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue. Flu illness can be severe, leading to missed school or work, hospitalization, and even death. Flu virus is mainly spread through droplets from coughs and sneezes. Remember these important everyday steps to help stop the spread of germs:

- Cover your cough or sneeze with a tissue (or sleeve if you are caught by surprise)
- Wash your hands often with soap and warm water (or alcohol-based hand sanitizer if not available)
- Stay home if you are sick (at least 24 hours after your fever is gone without the use of fever-reducing medications)

Flu vaccine is available from health care providers, clinics, and pharmacies throughout Orange County. The most current local information, including vaccination locations, is available 24/7 at www.ochealthinfo.com/flu or by calling the Health Referral Line at (800) 564-8448, Monday through Friday from 8 a.m. to 5 p.m.
Take Back Unwanted Prescription Drugs on October 26, 2013

(Santa Ana) – In an effort to help prevent prescription drug abuse and diversion, the Orange County Health Care Agency, local law enforcement agencies and community partners will collaborate with the U.S. Drug Enforcement Administration (DEA) to collect expired, unused and unwanted prescription drugs on National Prescription Drug Take-Back Day – October 26, 2013.

National rates of prescription drug abuse, accidental poisoning and overdoses are alarmingly high in the United States – More than seven million Americans currently abuse prescription drugs. The majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

At the April 27, 2013 Take-Back event, more than 6,240 pounds (over 3 tons) of unwanted prescription medications were collected at many sites throughout Orange County. Nationally, during six previous Take-Back events, the DEA in conjunction with state, local and tribal law enforcement partners have collected more than 2.8 million pounds (1,409 tons) of prescription medications that were removed from circulation.

There are more than 25 collection sites in Orange County and the service is free and anonymous, no questions asked. To find a collection site in your community, visit the DEA website or call 1-800-882-9539.

To learn more about drug abuse prevention efforts in Orange County, visit the Health Care Agency Alcohol & Drug Education & Prevention Team website.

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(Santa Ana) – The Health Care Agency has launched a new Behavioral Health information and referral line to link people and providers to services offered through the Behavioral Health System. OC Links aims to successfully link children, teens, young adults, adults and seniors directly to County Behavioral Health Services including mental health; drug and alcohol; and prevention and early intervention services.

Over the last several years a wide variety of new services and programs have been implemented by the Health Care Agency’s Behavioral Health Services division. OC Links was created to simplify the process of identifying available services by creating a single point of contact, a telephone referral line with trained Navigators who are familiar with all of the County Behavioral Health programs who can help to connect individuals and family members with services that will meet their needs.

Trained staff is available Monday through Friday from 8:00 AM to 6:00 PM via telephone or online. Staff will identify callers’ needs and link them or their loved one to services, staying on the line with callers until the connection is successful.

Get linked today by calling 855-OC-Links (855-625-4657) or visiting www.ochealthinfo.com/oclinks. The TDD Number for the deaf and hard-of-hearing is 714-834-2332.

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“OC LINKS” CONECTA PERSONAS A LOS SERVICIOS

(Santa Ana) – La Agencia del Cuidado de Salud ha iniciado una nueva línea de referencia e información sobre la salud de comportamiento para vincular a las personas y proveedores de los servicios ofrecidos a través del sistema de Salud de Comportamiento. “OC Links” propone vincular, con éxito, los niños, adolescentes, adultos jóvenes, adultos, y personas mayores directamente a los servicios para la salud de comportamiento del condado, incluyendo la salud mental, drogas y alcohol, y servicios de la prevención e intervención temprana.

En los últimos años una gran variedad de nuevos servicios y programas se han ejecutado por la división de servicios de Salud de Comportamiento de la Agencia del Cuidado de Salud. OC Links fue creado para simplificar el proceso de identificación de los servicios disponibles creando un solo punto de contacto, una línea de referencia telefónica, con navegadores capacitados que están familiarizados con todos los programas de la Salud del Comportamiento del Condado que le pueden ayudar a conectar a las personas y a los miembros de la familia con los servicios que cumplen con sus necesidades.

Personal capacitado está disponible de lunes a viernes de 8:00 AM hasta las 6:00 PM por teléfono o en línea. El personal identificará las necesidades de los comunicantes y vincular a ellos o a sus seres queridos a los servicios, manteniéndose en la línea con llamadas hasta que la conexión es completa.


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ĐƯỜNG GIẢY THÔNG TIN & GIỚI THIỆU CỦA DỊCH VỤ SỨC
KHOÉ TÂM TÁNH
“OC LINKS” KẾT NỐI DÂN CHÚNG VỚI NHỮNG DỊCH VỤ

(Santa Ana) – Cơ Quan Y Tế đang phát động đường dây thông tin và giới thiệu mới của Dịch Vụ Sức Khỏe Tâm Tánh để kết nối người dân và người cung cấp dịch vụ đến những dịch vụ được cung cấp qua Hệ Thống Sức Khỏe Tâm Tánh (Behavioral Health System). OC Links nhằm vào việc kết nối trẻ em, thiếu niên, người trẻ tuổi, người trưởng thành và người cao tuổi hàng đến các Dịch Vụ Sức Khỏe Tâm Tánh của Quận bao gồm vấn đề sức khoẻ tâm thần; rượu và ma túy; và những dịch vụ ngăn ngừa và can thiệp sớm.

Trái qua nhiều năm trước đây, nhiều chương trình và dịch vụ mới khác nhau đã được Dịch Vụ Sức Khỏe Tâm Tánh thực hiện rộng rãi. Nếu OCLinks đã được kiến tạo thành một chỗ liên lạc duy nhất để đơn giản hoá thủ tục nhận biết những dịch vụ có sẵn, nó là đường dây điện thoại có những Điều Kiện Viên kỹ năng, từng quen thuộc với tất cả chương trình thuộc Dịch Vụ Sức Khỏe Tâm Tánh của Quận cam kết thực hiện việc giới thiệu, người này có thể giúp những cá nhân và những thành viên của gia đình liên kết được với những dịch vụ nào đáp ứng được những nhu cầu của họ.

Nhân viên có kỹ năng sẵn sàng trả lời điện thoại hay trả lời trên mạng từ Thứ Hai đến Thứ Sáu từ 8 giờ sáng đến 6 giờ Chiều. Nhân viên sẽ tìm hiểu những nhu cầu của người gọi và nói kết họ hay người thân của họ đến các dịch vụ, nhân viên này cũng sẽ giữ đầu giây cùng với người gọi cho đến lúc sự liên kết được thành công.

Hãy liên lạc ngay hôm nay bằng cách gọi số 855-OC-Links (855-625-4657) hay viếng trang mạng www.ochalthinfo.com/oclinks. Điện thoại đánh cho người khiếm thính (nghe không rõ) là 714-834-2332.

# # #
(Santa Ana) – More than 60 million people have been infected with the HIV virus and approximately 30 million people have died of AIDS worldwide. In Orange County, 11,394 people have been diagnosed with HIV and using CDC criteria over 1,500 people are estimated to be infected without knowing their status. World AIDS Day is commemorated on December 1st, it is a day to reflect and remember those who have lost their lives and those who are still living with HIV or AIDS.

The 2013 World AIDS Day theme is “Getting to Zero: Zero new infections. Zero discrimination. Zero AIDS related deaths”. Eliminating stigma about HIV, encouraging everyone to know their HIV status, and making sure people living with HIV have access to medical care and medications are all important steps in “Getting to Zero” in Orange County.

Get tested to know your status! In conjunction with World AIDS Day, HIV testing will be available throughout Orange County starting November 21 at these, and many other locations:

- November 21 - Golden West College; 10am-2pm at the Student Center Game Room
- November 22 - Delhi Center in Santa Ana; 7-9pm; Candlelight Vigil (Spanish) and dinner. Free and open to the public.
- November 26 - University of California, Irvine; 11am-3pm at the Health Education Center
- December 1 - Laguna Beach; 2-4pm at Laguna Art Museum and 2-5:30pm at Laguna Main Beach
• December 2 - Laguna Hills; 12-3pm, by appointment only at Shanti OC (23461 South Pointe, Ste. 100)

• December 2–8 - Garden Grove; 12-8pm, no appointment necessary. APAIT Health Center (12900A Garden Grove, Ste. 220)

• December 5 - California State University, Fullerton; 11am-3pm in the Humanities Quad

Learn more about Orange County efforts by reading the Orange County HIV Comprehensive Plan. For additional testing sites and more information about HIV services in Orange County, please call (714) 834-8711.

# # #
Get a Flu Vaccination for a Healthy Holiday Season
Special Saturday Clinics

(Santa Ana) – The Orange County Health Care Agency reminds people that the best way to prevent the flu is by getting vaccinated. Peak flu season has not yet arrived and it is not too late to vaccinate. Flu vaccine is recommended for everyone six months of age and older, and is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions.

Flu vaccine is widely available from medical providers throughout Orange County or you can find a local flu vaccine provider at www.flushot.healthmap.org. Information about locations and dates of other community sites offering free flu vaccine is available at www.ochealthinfo.com/flu. If you do not have a medical provider, or if you do not have health insurance coverage, free flu shots are also available through the Health Care Agency’s Family Health Clinic located at 1725 W. 17th Street, Santa Ana on the days listed below. For information about the County’s flu shot program call the HCA Health Referral Line at 1-800-564-8448 or visit www.ochealthinfo.com/flu.

Every Thursday
8:00am - 4:00pm (no appointment is needed)
(closed for lunch from 11:45am- 12:45pm)

Saturdays
December 14 & January 25
8:00 a.m. – noon (no appointment is needed)

In addition to getting vaccinated, it’s important to practice good hand washing and other good health habits. People who are ill should take actions to stop the spread of germs:
• Stay home if you are sick
• Cover your nose and mouth when coughing or sneezing
• Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer
• Avoid touching your eyes, nose and mouth

For more information about seasonal influenza please visit the Health Care Agency’s website www.ochealthinfo.com/flu or the Centers for Disease Control website www.cdc.gov/flu

# # #
Orange County Reports Season's First Influenza Death
Most Influenza in the County is pH1N1

(Santa Ana) - A 28 year-old Orange County woman died last week from influenza A (pH1N1)-related disease. This is the first influenza-related death reported in the county in a person under 65 this season.

Reports of influenza disease have increased in Orange County in the last couple of weeks. The vast majority of reported cases have been Influenza A and most of those have been due to a strain called pH1N1, the same strain that has been circulating since the 2009 pandemic. The Centers for Disease Control and Prevention (CDC) recently issued an alert discussing reports from several states of severe illness in young and middle-aged adults due to pH1N1 virus.

Getting vaccinated is the first and most important step in protecting against influenza. CDC recommends an annual influenza vaccination for everyone 6 months and older. Anyone who has not yet been vaccinated this season should still obtain a vaccination now; particularly persons at higher risk for severe influenza illness such as people with chronic medical conditions (like heart disease, lung disease or diabetes), young children, pregnant women and obese persons.

In addition to getting vaccinated, a few small actions will help reduce the spread of flu and other illnesses:
• Stay home if you are sick
• Cover your nose and mouth when coughing or sneezing
• Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer
• Avoid touching your eyes, nose and mouth

Vaccinations are widely available from private physicians, pharmacies and other retail businesses in the community. Information about these locations and dates is available at http://findaflushot.com. Free vaccinations are also available to eligible individuals through the Orange County Health Care Agency. Call the HCA Health Referral Line at 1-800-564-8448 or visit www.ochealthinfo.com/flu or the Centers for Disease Control website www.cdc.gov/flu for more information.

# # #
Orange County Health Profile Report Identifies Key Health Disparities

(Santa Ana) - A new report from the Orange County Health Care Agency shows a complex picture of health in Orange County. Orange County’s health indicators fare well compared to other counties and state and national data, however disparities exist in health conditions amongst groups of people based on economics, race, ethnicity, gender, age, and geography. The report provides a breakdown of many health and health-associated indicators at a sub-county level to help in understanding where these health disparities occur.

As just one example, while overall rates of obesity are lower in Orange County (23.8%) than in California (25.4%) and the nation (27.8%), obesity continues to disproportionately impact some communities more than others. With an obesity rate of 39.8%, Latina women are nearly twice as likely to be obese as compared to the overall population.

“The Health Care Agency and our partners are committed to improving the health of all Orange County residents,” said Agency Director Mark Refowitz. “This report highlights where things are going well and helps identify communities of greatest need. The Health Care Agency and our partners are using these data to create a community-wide health improvement plan, which will be presented in spring 2014.”

The Orange County Health Profile includes more than 70 key health indicators and social, economic, and environmental indicators including Life Expectancy, Health Insurance Coverage, Crowded Living Conditions, Breastfeeding Rates, Heart Disease Deaths, Obesity Rates, and Smoking Rates. The report is available online at: www.ochealthinfo.com/pubs
For Immediate Release: February 6, 2014
Contact: Nicole Stanfield
nstanfield@ochca.com
714-834-2178

Confirmed Measles Activity in Orange County
Underlines the Importance of Childhood Vaccination

(Santa Ana) – The Orange County Health Care Agency has confirmed three cases of measles in Orange County in the last six weeks. These cases are unrelated and thus far have not resulted in transmission to other Orange County residents. In the last five years, Orange County has only seen zero to one case of the measles per year. The Orange County Health Care Agency reminds people that the way to protect yourself and your family against the measles is to get the MMR (measles, mumps, and rubella) vaccine.

Routine measles vaccination of children (with MMR) is recommended at 12-15 months with a repeat dose at 4-6 years of age. The vaccine is effective, safe, and usually provides lifelong protection. Measles is a rare disease in the United States and in countries and regions of the world where vaccination coverage is high. However, measles is widespread in much of the rest of the world. Visitors from abroad and US residents traveling internationally can become infected and spread the infection to unvaccinated and unprotected people. Maintaining high vaccination rates is vital to preventing outbreaks of disease in our community.

It is recommended that unvaccinated persons of any age get the MMR vaccine, especially college students; healthcare workers; cruise ship passengers and international travelers; and women of childbearing age. MMR vaccine is widely available from medical providers throughout Orange County. The Health Care Agency’s Family Health Clinic located at 1725 W. 17th Street, Santa Ana offers vaccinations to eligible individuals Monday through Friday. Appointments can be made 24 hours a day, seven days a week by calling 1-800-914-4887. Learn more about Orange County travel immunizations and family immunizations.

To learn more about measles, visit the Centers for Disease Control and Prevention or http://ochealthinfo.com/phs/about/dcepi/epi/disease/measles.
For Immediate Release: February 19, 2014
Contact: Nicole Stanfield
nstanfield@ochca.com
714-834-2178

COUNTY OF ORANGE - HEALTH CARE AGENCY
PRESS RELEASE

Bat Found at Fullerton College
Tests Positive for Rabies

(Santa Ana) - A bat found on the ground at Fullerton College near the Music Building on February 18, 2014 has tested positive for rabies. Anyone who had recent contact with a bat in the vicinity of Fullerton College located in the City of Fullerton is asked to call Orange County Health Care Agency Epidemiology at (714) 834-8180 from 8am to 5pm or (714) 834-7792 after hours so a nurse can evaluate the risk for rabies.

Once a person begins showing signs and symptoms of rabies, the disease is nearly always fatal. For that reason preventive treatment to stop the rabies virus from causing illness is given to anyone who may have been exposed to rabies. Medical assistance should be obtained promptly after an exposure so any wound can be cleaned and preventive treatment can be started. This treatment is safe and effective.

The rabies virus is found in an animal’s saliva and is transmitted to people by a bite from a rabid animal. Although very rare, contamination of the eyes, mouth or an open wound by the saliva of a rabid animal can also transmit rabies. Most cases of human rabies in the United States in recent years have resulted from bat strains of rabies; bats have very small teeth, and their bites may go unnoticed.

The Health Care Agency and OC Animal Care recommend the following preventive actions:

• 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. Once the bat(s) have been removed, close off any areas allowing 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 OC Animal Care
• Report stray animals to OC Animal Care

Potential exposure to a bat or other wild animal should be reported to Orange County Health Care Agency Epidemiology at (714) 834-8180. To report a bat in your home, an animal bite, or a stray animal, contact OC Animal Care at (714) 935-6848.

More information about rabies is available at the Centers for Disease Control and Prevention website at www.cdc.gov/rabies

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For Immediate Release: February 20, 2014
Contact: Nicole Stanfield
nstanfield@ochealthca.com
714-834-2178

COUNTY OF ORANGE - HEALTH CARE AGENCY
PRESS RELEASE

Potential Public Exposure to Measles

(Santa Ana) - The Orange County Health Care Agency has confirmed four cases of measles in Orange County in the last seven weeks, which is consistent with an increase seen throughout California. These cases raise the possibility that Orange County residents may be exposed to measles. The most recent case spent time in public locations in Orange County while contagious.

Staff at the Health Care Agency has been working with these locations to contact people who may have had a prolonged exposure to this case. The risk of developing infection after brief encounters with persons with measles is low, but as a precaution, people who were in the below locations around the same time as the individual with measles should:

- Review their vaccination history if they have not previously had the measles; people who have not had measles or the measles vaccine are at higher risk after an exposure, so they should talk with a health care provider about receiving MMR vaccination.
- Monitor themselves for illness with fever and/or an unexplained rash from 7 days to 21 days after their exposure (the time period when symptoms may develop); if symptoms develop, contact a health care provider immediately

Potential exposure locations and times:

- Del Taco, 7001 Katella Ave, Stanton
  - Monday, February 10: 5:30-11pm
  - Thursday, February 13: 4-9pm
- Pueblo Medical Center, 8045 Cerritos Ave, Stanton
  - Tuesday, February 11: 2-4pm
- Western High School, 501 South Western Ave, Anaheim
  - Thursday, February 13: 7:45am - 4pm
- West Anaheim Medical Center, 3033 West Orange Avenue, Anaheim
Friday, February 14: 8-11am

Measles is a highly contagious and potentially severe disease that causes fever, rash, cough, and red, watery eyes. Measles spreads very easily by air and by direct contact with an infected person. Measles is contagious from approximately four days before the rash appears through four days after the rash appears.

Measles is a rare disease in the United States and in regions of the world where vaccination coverage is high. Maintaining high vaccination rates is vital to preventing outbreaks of disease in our community.

To learn more about measles, visit the Centers for Disease Control and Prevention or the Orange County Health Care Agency.
For Immediate Release: March 7, 2014
Contact: Nicole Stanfield
nstanfield@ochca.com
714-834-2178

Five Confirmed Measles Cases in Orange County

(Santa Ana) - The Orange County Health Care Agency has confirmed five cases of measles in Orange County in the last nine weeks, which is consistent with an increase seen throughout California. These cases raise the possibility that Orange County residents may be exposed to measles. The most recent case spent time in public locations in Orange County while contagious.

Staff at the Health Care Agency has been working with these locations to contact people who may have had a prolonged exposure to this case. The risk of developing infection after brief encounters with persons with measles is low, but as a precaution, people who were in the below locations around the same time as the individual with measles should:

- Review their vaccination history if they have not previously had the measles; people who have not had measles or the measles vaccine are at higher risk after an exposure, so they should talk with a health care provider about receiving MMR vaccination.
- Monitor themselves for illness with fever and/or an unexplained rash from 7 days to 21 days after their exposure (the time period when symptoms may develop); if symptoms develop, contact a health care provider immediately

Potential exposure location and times:

- St. Joseph's Emergency Department, 1100 West Stewart Drive, Orange
  - Sunday, March 2nd between 4:30pm and 8:30pm
  - Monday, March 3rd from 7:30pm until 5:00am

Measles is a highly contagious and potentially severe disease that causes fever, rash, cough, and red, watery eyes. Measles spreads very easily by air and by direct contact with an infected person. Measles is contagious from approximately four days before the rash
appears through four days after the rash appears.

Measles is a rare disease in the United States and in regions of the world where vaccination coverage is high. Maintaining high vaccination rates is vital to preventing outbreaks of disease in our community.

To learn more about measles, visit the Centers for Disease Control and Prevention or the Orange County Health Care Agency.

# # #
March 13, 2014

TO: Supervisor Shawn Nelson, Fourth District, Chair
    Supervisor Patricia C. Bates, Fifth District, Vice Chair
    Supervisor Janet Nguyen, First District
    Supervisor John M. W. Moorlach, Second District
    Supervisor Todd Spitzer, Third District

SUBJECT: Board Information Letter: Increased Measles Activity

We are providing information to your Honorable Board regarding an unusually high number of measles cases in Orange County. As of today, Orange County has eight confirmed cases in the last several months, three of which were reported this week. By comparison, Orange County had a total of three cases during the five years preceding this current activity. Our experience mirrors events around Southern California, with surrounding counties reporting increases in cases as well.

Measles is a vaccine-preventable disease that is typically acquired by a non-immune traveler exposed to the disease outside the country. The increased activity we are seeing is connected with large outbreaks in the Philippines and other countries. While likely brought to the region by travelers, it is now being transmitted between people across the Southern California region.

Measles is an easily transmittable disease that can cause serious illness and even death, particularly for people with underlying health conditions and the very young. It can also cause significant health risks to pregnant women. For this reason Public Health encourages all individuals to be up-to-date with their Measles, Mumps and Rubella (MMR) vaccination. This is a simple, inexpensive, and very effective measure to prevent infection. Unfortunately, despite evidence to the contrary, there are still too many families that believe the vaccination is more risky to their children than the illness, and therefore do not have their children fully vaccinated. This increases the risk of transmission not just to their child but to other individuals should their child become ill.

Orange County Public Health is working closely with neighboring counties and the California Department of Public Health to appropriately respond to this increase in measles cases. The following activities are being conducted by Public Health to reduce measles transmission and adverse health outcomes:
1. Promoting vaccination for children and adults who have not completed recommended vaccination with MMR.
2. Investigating new cases to identify those contacts at highest risk of being exposed, such as household contacts, and those at highest risk for severe disease, such as infants, pregnant women, and those with compromised immune systems. These are contacted by Public Health to assess risk and recommend care as appropriate. Disease can be prevented by obtaining a vaccination within a few days of exposure and can be mitigated by use of other treatments in some individuals.
3. As provided by law, requiring non-immune individuals who were exposed to measles (and therefore at risk of becoming ill and transmitting the disease to others) to be excluded from school and health care settings for 21 days from the date of exposure (i.e. the incubation period).
4. Providing information about measles exposure to schools, health care providers, business and organizations for distribution to individuals that may have been exposed.
5. Continuing to update healthcare providers of the increased measles activity and requesting their vigilance in identifying new cases and maintaining strong infection control practices.
6. Issuing press releases when there is value of notifying the public of possible exposure at specific locations and times.
7. Maintaining public information about measles and vaccination services on our Health Referral Line (800-564-8448) and on our website (ochealthinfo.com).
8. As part of our regular services, providing free vaccinations to children who do not have health insurance or other resources and low cost vaccinations to adults.

We have provided this for informational purposes only and will inform your Board if there are any significant changes.

Please feel free to contact David Souleles, MPH, Deputy Agency Director, Public Health Services, at 714-834-3882, if you have any questions.

Mark A. Refowitz, Director

cc: Michael B. Giancola, County Executive Officer
    Mark Denny, Chief Operating Officer
For Immediate Release: March 14, 2014

Contact: Deanne Thompson
dthompson@ochca.com
714-834-2178

Seven Confirmed Measles Cases in Orange County

(Santa Ana) - The Orange County Health Care Agency has confirmed seven cases of measles in Orange County in 2014, which is consistent with an increase seen throughout California. The most recent cases spent time in public locations in Orange County while contagious.

“We expect to see additional measles cases in Orange County, increasing the likelihood that you and your family may be exposed to the disease,” said Dr. Eric Handler, Public Health Officer for the County of Orange. “These new measles cases underscore the importance of making sure that you and your families are up to date with the MMR vaccination.”

Potential exposure locations and times include:

• St. Joseph Heritage Healthcare Medical Office, 4300 Rose Drive, Suite D, Yorba Linda, CA
  ◦ Monday, March 3 from 9:30 – 11:00 am
  ◦ Friday, March 7 from 1:30 – 3:00 pm

• Panda Express  27602 Antonio Pkwy Ste G3, Ladera Ranch · (949) 365-0291
  ◦ Tuesday, March 4 from 1:00 – 3:00 pm

• Friends Christian Elementary School, 5151 Lakeview Avenue, Yorba Linda, CA
  ◦ Wednesday, March 5 from 9:30 - 11:30 am
• Robinson Ranch School, 21400 Lindsay Drive, Trabuco Canyon, CA  
  ◦ Thursday, March 6, 6:30 - 9:00 p.m.

• Placentia Linda Hospital Emergency Department, 1301 North Rose, Yorba Linda, CA  
  ◦ Saturday, March 8 from 11:30 a.m. – 1:00 p.m.

• Kids Doc, 27800 Medical Center Road, Mission Viejo, CA  
  ◦ Sunday, March 9 from 1:00 – 2:30 pm

• Mission Hospital, Mission Viejo, Emergency Department, 27700 Medical Center Rd, Mission Viejo, CA 92691  
  ◦ Sunday, March 9 from 9:50 am to 3:45 pm  
  ◦ Monday, March 10 from 11:25 am to 12:30 pm

• Mission Hospital, Mission Viejo, CHOC Pediatric Medical Surgical Department, 27700 Medical Center Rd, Mission Viejo, CA 92691  
  ◦ Monday, March 10 from 11:25 am to Tuesday, March 11 at 4:30 pm

Staff at the Health Care Agency has been working with these locations to contact people who may have had a prolonged exposure to a person infected with measles. The risk of developing infection after brief encounters with persons with measles is low, but as a precaution, people who were in these locations around the same time as the individual with measles should:

• Review their vaccination history if they have not previously had the measles; people who have not had measles or the measles vaccine are at higher risk after an exposure, so they should talk with a health care provider about receiving MMR vaccination.

• Monitor themselves for illness with fever and/or an unexplained rash from 7 days to 21 days after their exposure (the time period when symptoms may develop); if symptoms develop, contact a health care provider immediately
Measles is a highly contagious and potentially severe disease that causes fever, rash, cough, and red, watery eyes. Measles spreads very easily by air and by direct contact with an infected person. Measles is contagious from approximately four days before the rash appears through four days after the rash appears.

Measles is a rare disease in the United States and in regions of the world where vaccination coverage is high. Maintaining high vaccination rates is vital to preventing outbreaks of disease in our community.

To learn more about measles, visit the Centers for Disease Control and Prevention or the Orange County Health Care Agency.
March 25, 2014

TO: Supervisor Shawn Nelson, Fourth District, Chair
    Supervisor Patricia C. Bates, Fifth District, Vice Chair
    Supervisor Janet Nguyen, First District
    Supervisor John M. W. Moorlach, Second District
    Supervisor Todd Spitzer, Third District

SUBJECT: Update on Increased Measles Activity

We are providing an update to your Honorable Board to the Board Information Letter dated March 13, 2014 addressing the unusually high number of measles cases in Orange County. As of today, Orange County has twenty-one confirmed cases this year, more than half reported during the past week. By comparison, Orange County had a total of three cases during the five years preceding this current activity. Orange County has the highest number of measles cases among California counties for 2014.

Measles is a vaccine-preventable disease that is typically acquired by a non-immune traveler exposed to the disease outside the country. While this outbreak was likely brought to Orange County by a traveler, it is now being transmitted between people across the county. Measles is a highly infectious disease that can cause serious illness and even death, particularly for people with underlying health conditions and the very young. It can also cause significant health risks to pregnant women.

Orange County Public Health is working diligently to address this outbreak and we are in daily communication with the California Department of Public Health (CDPH) regarding the response efforts. It is likely that we will see additional measles cases so we are taking necessary steps to prepare for a coordinated response. Public Health continues to perform the activities outlined in the previous Board Information Letter in an effort to reduce measles transmission and adverse health outcomes. In addition to those activities, the following actions have been taken to manage the increased activity and prepare for a continued response:

1. Temporarily reassigned staff to Epidemiology from other Public Health programs to provide additional support needed for response. CDPH has also provided two employees who arrived Monday, March 23rd.
2. Established a temporary satellite measles clinic on the 17th Street Campus. This clinic is dedicated to measles related clinical needs such as testing for immunity or for
disease and for administration of injections for people exposed to cases. This
dedicated clinic keeps measles contacts separate from other clinical services and
provides additional support to Epidemiology so that they can focus on the disease
investigation response.
3. Providing daily communications to Health Care Agency leadership which includes
status update of case count, logistical response issues and communication plans.
Daily meetings/conference calls are scheduled and held if needed which is
determined day to day.
4. Contracting with a community clinic that is open evenings and weekends to provide
better coordinated access for contacts who need testing for immunity and or
prophylactic injections to prevent disease.
5. Communicating with the medical provider community to coordinate an effective
response to the outbreak between Public Health and the private health care providers.
6. Developing a revised communication plan regarding the messaging for the general
community. Due to the large number of cases and exposure sites we have ceased
issuing press releases for each case outlining exposure sites and time and are
reframing messaging to a broader public message related to increased spread of
disease.

We will continue to provide updates to the Board as information changes. Please feel free to
contact David Souleles, MPH, Deputy Agency Director, Public Health Services, at (714) 834-
3882, if you have any questions.

Mark A. Refowitz, Director

cc: Michael B. Giancola, County Executive Officer
Mark Denny, Chief Operating Officer
For Immediate Release: March 27 2014
Contact: Nicole Stanfield
nstanfield@ochca.com
714-834-2178

Measles Outbreak in Orange County
MMR Vaccine Highly Recommended

(Santa Ana) – Orange County has twenty-one confirmed cases of measles in 2014, the most reported by any county in California. The Health Care Agency expects that the measles outbreak will continue to spread, and reminds the public that the best way to prevent the measles is by getting vaccinated.

Five of the 21 cases have been children, none of them immunized. Five have been healthcare workers who became ill after exposure to measles cases. The Health Care Agency will take every precaution to prevent outbreaks in health care facilities, schools and daycare facilities. Unimmunized children, school and daycare staff, and healthcare workers who are exposed to the measles will be instructed to stay home for up to 21 days after exposure.

Measles is a highly contagious and potentially severe disease that causes fever, rash, cough, and red, watery eyes. Measles spreads very easily by air and by direct contact with an infected person. People are contagious from approximately four days before the rash appears through four days after the rash appears. Anyone suspecting they have measles should CALL their medical provider BEFORE arriving at the medical office to avoid exposing others to the measles virus.

Two doses of the MMR (measles, mumps, and rubella) vaccine are very protective; individuals who have not received two doses of MMR vaccine may be at risk of infection. Vaccination is especially important for children, health care workers, adolescents and adults who have not been adequately vaccinated, and people planning foreign travel. The MMR vaccine is widely available from medical providers throughout Orange County. A list of free and low-cost vaccinations is available on the [Health Care Agency website].

Protect Yourself and Family from Measles:
• Children should receive their first MMR vaccine at 12-15 months of age. The second dose of MMR is given at 4 to 6 years of age before going to school.
• Vaccinating children, adolescents and adults is the best way to protect infants who are too young to receive the MMR vaccine.
• Vaccinations are very safe. The benefits far outweigh any risks. Side effects are usually mild, such as soreness where the shot was given.
• Measles is found in many parts of the world, including Europe, Asia, Africa, and the Middle East. Vaccination before traveling is recommended. Learn more about measles by visiting the Health Care Agency or Centers for Disease Control and Prevention websites.

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For Immediate Release: April 1, 2014
Contact: Nicole Stanfield nstanfield@ochca.com
714-834-2178

COUNTY OF ORANGE - HEALTH CARE AGENCY
PRESS RELEASE

CHROMIUM COMPOUND FOUND IN AIR SAMPLES IN THE CITY OF NEWPORT BEACH

(Santa Ana) - Information from ambient air monitoring provided by the South Coast Air Quality Management District (SCAQMD) to the County Health Officer on February 28, 2014, indicates that Hixson Metal Finishing, located at 817-853 Production Place in the City of Newport Beach, has emitted elevated levels of the toxic air contaminant hexavalent chromium.

The Health Care Agency has reviewed response activities and has evaluated the information provided by SCAQMD, and determined that the release meets the requirements of public notification pursuant to California Health and Safety Code section 25180.7(d), as part of the Safe Drinking Water and Toxic Enforcement Act of 1986, or Proposition 65. The intent of Proposition 65 is to protect the public and its drinking water resources, and requires the County Health Officer to inform the public about potential exposures to chemicals that are reported by various state and local agencies.

SCAQMD is the lead agency and is responsible for enforcement of air pollution rules and regulations at some 27,000 facilities across the Southland. At this specific location, SCAQMD has been carrying out an intensive air monitoring program to investigate the source of chromium emissions. Hixson has previously put measures in place to reduce its emissions and SCAQMD is now working with the facility to implement additional corrective actions.

This facility is also currently working with the Department of Toxics Substances Control (DTSC), as the lead agency for addressing soil contaminated with chlorinated solvents and chromium from previous metal finishing and plating operations.

Hexavalent chromium is a toxic form of the element chromium. Hexavalent chromium compounds are man-made and are used in many different industries. While there may be
some risk associated with exposure to this substance, health effects are not normally experienced immediately, and risk analyses for chemicals like hexavalent chromium typically assume a 40- to 70-year exposure in the calculation of cancer risk to nearby residents.

For more specific details and information about this release and ongoing efforts to reduce emissions at Hixson, please contact Sam Atwood, SCAQMD Media Relations Manager at (909) 396-3456 or email him at satwood@aqmd.gov. For information on the Department of Toxic Substances Control oversight of the contaminated soil clean-up, please contact Irena Edwards, DTSC Project Manager, at (714) 484-5385 or email her at irena.edwards@dtsc.ca.gov.

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For Immediate Release: April 2, 2014
Contact: Nicole Stanfield nstanfield@ochca.com
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Firearm-Related Injury and Death in Orange County

(Santa Ana) - A new study by the Orange County Health Care Agency examines the prevalence and circumstances around firearm-related incidents in Orange County between 2009 and 2011. During this period, there were 1,292 firearm-related incidents resulting in the death of 439 persons and non-fatal injuries to 853 residents.

Lethal firearm incidents were most often associated with suicides (63%, n=278) and homicides (32%, n=142). Less severe injuries were typically the result of accidental discharges of firearms. Though the overall personal and economic losses associated with these incidents are difficult to measure, the costs associated with hospitalization averaged $16 million per year.

While the overall rate of firearm-related death in Orange County is lower than neighboring counties and the state, the incidence of suicide deaths in OC that involved the use of a firearm has increased 5.3% during this time period compared to the previous time period of 2006-08.

“Gun-related injury and death, especially self-inflicted incidents are a serious concern for the mental health community,” said Mary Hale, Deputy Agency Director of Behavioral Health Services. “Our mental health programs and professionals are working hard to help reduce such unnecessary loss of life.”

Two major goals of the Prevention and Early Intervention (PEI) effort funded through the Mental Health Services Act (MHSA or Prop 63) are to understand the risk factors for suicide and implementing preventive measures. PEI programs are aimed at reducing multiple risk factors and promoting well-being in order to prevent the mental health problems that can lead to self-harm. Through these and other efforts it is our hope that we
can eliminate such preventable deaths and suffering.


# # #
For Immediate Release: April 8, 2014

Contact: Nicole Stanfield nstanfield@ochca.com
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Mercury Poisoning Linked to Use of Face Cream

The Orange County Health Care Agency warns against the use of face creams that appear to be homemade or imported from Mexico due to potentially high levels of mercury. One case of mercury poisoning associated with use of these products has recently been identified in Orange County, and several others are under investigation.

The face cream claims to lighten skin, fade freckles and age spots, and treat wrinkles and acne. Air samples taken from the cream had more than 50,000 times the safe limit. The U.S. Food and Drug Administration does not allow mercury in drugs or cosmetics, except under very specific conditions which these products do not meet.

“Anyone using homemade face creams should stop using it immediately,” said Dr. Eric Handler, Orange County Public Health Officer. “If you have used these products and have symptoms of mercury poisoning see a physician immediately and get tested for mercury poisoning.”

The signs and symptoms of mercury poisoning may include muscle pain and cramps, nervousness and irritability, difficulty with concentration, headache, tremors, memory loss, depression, insomnia, weight loss, and fatigue. Other symptoms may include numbness or tingling in hands, feet, or around the lips.

Creams that contain mercury can be dangerous for anyone living in the home where they are used. The mercury spreads from the hands of anyone using the cream to other things they touch. Mercury then gets into the air and anyone in the home can breathe it in. Unborn babies, infants, and children are especially sensitive to the effects of mercury. It can damage the kidneys and the nervous system, and interfere with the development of the brain in unborn children and very young children.
Any face cream product that is suspected to contain mercury must be disposed of as a household hazardous waste; people are urged to call Orange County Environmental Health at (714) 433-6000 for proper disposal of the product.

The Health Care Agency is working with the California Department of Public Health, U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency to investigate the cases and availability in the community.

Examples of products

How to Protect Yourself
• Check the label of any skin lightening, anti-aging, acne or other skin product you use. If you see the words “mercurous chloride,” “calomel,” “mercuric,” “mercurio,” or “mercury,” stop using the product immediately.
• If there is no label or no ingredients are listed, do not use the product. Federal law requires that ingredients be listed on the label of any cosmetic or drug.
• Don’t use products labeled in languages other than English unless English labeling is also provided.
• If you suspect you have been using a product with mercury, stop using it immediately. Thoroughly wash your hands and any other parts of your body that have come in contact with the product. Contact your health care professional or a medical care clinic for advice.
• If you have questions, call your health care professional or the Poison Center at 1-800-222-1222; it is open 24 hours a day.
• Do not throw the product in the trash; contact Orange County Environmental Health at (714) 433-6000 for proper disposal of the product.

To learn more about the health effects of mercury, visit the U.S. Environmental Protection Agency.

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**Envenenamiento por mercurio relacionado con el uso de cremas faciales**

(Santa Ana) – La Agencia del Cuidado de Salud del Condado de Orange advierte contra el uso de cremas faciales que parecen ser hechos en casa o importados de México debido a la potencialmente altos niveles de mercurio. Uno de los casos de envenenamiento por mercurio asociado con el uso de estos productos se ha identificado recientemente en el Condado de Orange y varios más están bajo investigación.

La crema facial alega aclarar la piel, desaparecer las pecas y manchas de envejecimiento y el tratamiento de las arrugas y el acné. Las muestras de aire tomadas de la crema tenían más de 50,000 veces el límite de seguridad. La Administración de Alimentos y Medicamentos de EE.UU. no permite el mercurio en los fármacos o cosméticos, excepto bajo condiciones muy específicas que estos no cumplen.

“Cualquier persona que use las cremas faciales hechas en casa deben dejar de usar la crema de inmediato,” dijo el doctor Eric Handler, Oficial de la Salud Pública del Condado de Orange. “Si usted ha usado estos productos y tiene síntomas de la intoxicación por mercurio consulte a un médico inmediatamente y haga la prueba para la intoxicación por mercurio.”

Los signos y síntomas de la intoxicación por mercurio pueden incluir dolor muscular y
calambres, nerviosismo e irritabilidad, dificultad para concentrar, dolor de cabeza, temblores, pérdida de memoria, depresión, insomnio, pérdida de peso y fatiga. Otro síntomas pueden incluir entumecimiento u hormigueo en las manos, pies, o alrededor de los labios.

Las cremas que contienen mercurio pueden ser peligrosas para cualquier persona que viva en el hogar donde se utiliza. El mercurio se disemina desde las manos de cualquier persona que utilice la crema en otras cosas que tocan. El mercurio entonces se introduce en el aire y cualquier persona en el hogar lo puede respirar. Los bebés en gestación, los bebés, y los niños son especialmente sensibles a los efectos del mercurio. Puede dañar los riñones y el sistema nervioso, e interferir con el desarrollo del cerebro en los niños no nacidos y los niños muy pequeños.

Cualquier producto de crema para la cara que se sospecha que contiene mercurio se puede desechar como residuos peligrosos del hogar; se urge a la gente a llamar al Condado de Orange Salud Ambiental al (714) 433-6000 para su eliminación adecuada del producto.

La Agencia del Cuidado de Salud está trabajando con el Departamento de California de Salud Pública, Administración de Alimentos y Medicamentos (FDA) y la Agencia de Protección Ambiental de EE.UU. para investigar los casos y la disponibilidad en la comunidad.

Cómo se puede proteger

- Revise la etiqueta de cualquier aligeramiento de la piel, anti-envejecimiento, acné u otro producto para la piel que utilice. Si usted ve las palabras “cloruro de mercurio,” “calomel,” “mercuric,” o “mercurio,” deje de usar el producto inmediatamente.
- Si no hay una etiqueta o ingredientes no están en lista, no utilice el producto. La ley Federal requiere que los ingredientes se listan en la etiqueta de cualquier cosmético o medicamento.
- No utilice productos etiquetados en idiomas diferente del Ingles menos que también se realice la etiqueta en Ingles.
- Si usted sospecha que ha estado utilizando un producto con mercurio, deje de usarlo inmediatamente. Lávese bien las manos y cualquier otra parte de su cuerpo que hayan estado en contacto con el producto. Comuníquese con su profesional de la salud o una clínica de atención médica para recibir asesoramiento.
- Si tiene alguna pregunta, llame a su profesional de la salud o al Centro de Envenenamiento al 1-800-222-1222; que está abierta las 24 horas del día.
- No tire el producto a la basura; llame al Condado de Orange Salud Ambiental al (714) 433-6000 para su eliminación adecuada del producto.
Para obtener más información sobre los efectos del mercurio, visite la [Agencia de Protección Ambiental de los Estado Unidos](http://www.epa.gov).
Plan to Improve the Health of Orange County Available for Public Comment

(Santa Ana) – The Orange County Health Care Agency and its partners announce a plan to help improve the health of everyone who lives, works and plays in Orange County. Orange County’s overall health fares well compared to other counties in California; the County Health Rankings ranked Orange County the 6th healthiest county in California. Despite that, issues such as obesity and diabetes and increasing rates of Alzheimer’s disease in our aging population are of great concern. Such concerns led to a new community-wide collaborative initiative “Orange County’s Healthier Together” and the development of the Community Health Improvement Plan.

“I am proud of the commitment the community has made to improve the health of all Orange County residents,” said Deputy Agency Director David Souleles. “This plan provides a road map for how we can work together to make measurable impacts on Orange County’s health in the coming years.”

Examples of findings from the Orange County Health Improvement Plan assessment:

- One in five (1 in 5) Orange County residents will be 65 or older in the next fifteen years
- Less than 57% of Orange County 5th graders had healthy body composition
- Overdoses due to prescription drug use have more than doubled since 2001

Four priority health areas have been identified: 1) Infant and Child Health; 2) Older Adult Health; 3) Obesity and Diabetes; and 4) Mental Health and Substance Use. The Orange County Health Improvement Plan lays out assessments, goals, objectives and strategies for addressing the priority health areas, and the overall public health system, over the next three years.
The Plan is available for public comment through April 30, 2014 online at www.ochealthinfo.com.
HIGH TEMPERATURES BRING RISK OF HEAT-RELATED ILLNESSES

(Santa Ana) - Temperatures in many inland Orange County communities are expected to reach high temperatures above 95 degrees this week, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to heat.

Prolonged exposure to high temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. At the first sign of heat exhaustion, move to a cool location, rest and drink fluids. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

• Drink plenty of water; don’t wait until you are thirsty.

• Wear light, loose-fitting clothing.

• Stay out of the sun if possible, and when in the sun, wear a hat, preferably with a wide brim, and use sunscreen.

• Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.

• Never leave children, elderly people or pets unattended in closed cars or other vehicles.
• Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.

• Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

# # #
For Immediate Release: May 16, 2014
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High Temperatures and Wildfire Smoke Pose Potential Health Risk

(Santa Ana) - Higher than normal temperatures are expected throughout the weekend in many inland Orange County cities, increasing the risk of heat related illnesses. In addition, smoke from the San Diego County wildfires may pose a health danger to some Orange County residents, especially those in certain high-risk groups. The South Coast Air Quality Management District has issued a Smoke Advisory for Orange County.

“Everyone should take precautions to stay cool and drink plenty of water to reduce health risks related to the heat and wildfire smoke,” said Dr. Eric Handler, County Health Officer. “Additional precautions are especially needed for older adults, those with preexisting medical conditions like heart or lung disease, those with disabilities, children, and those who may be working outdoors.” Dr. Handler also reminds residents to check on their family members, friends and neighbors this weekend.

Heat Related Illness Signs & Symptoms:

• Symptoms of heat exhaustion may include: heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness.
• Warning signs of heat stroke may include: extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache.
• If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Precautions to Prevent Heat Related Illnesses:

• Drink plenty of water. Don’t wait until you are thirsty.
• Never leave children, elderly people or pets unattended in vehicles.
• Stay cool indoors. If your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.
• Check often on those at high-risk. This includes older adults, people with heart or lung disease, and young children. Be sure to check on your neighbors.
• Avoid unnecessary sun exposure. Wear light, loose-fitting clothing, a hat, and use sunscreen.
• Avoid unnecessary exertion outdoors. Take frequent rest and refreshment breaks in a shaded area.
• Provide shade and extra water for your pets.

Precautions to Reduce Health Effects of Wildfire Smoke:

• Avoid any vigorous outdoor or indoor activity.
• People with respiratory or heart disease, the elderly, and children should remain indoors.
• Keep the windows and doors in your home closed.
• Use your air conditioner on the re-circulate mode, if available, to limit the intake of outdoor air and keep your home comfortable.
• Keep your airways (nose and mouth) moist by drinking extra amounts of water. This helps your body filter out potentially harmful particles in the smoke.
• Seek medical attention if you have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

For more information about the South Coast Air Quality Management District Smoke Advisory, visit the AQMD website http://www.aqmd.gov/.

# # #
Emergency Medical Service (EMS) Personnel Recognized During EMS Week

(Santa Ana) – In celebration of Emergency Medical Services (EMS) Week, May 18-24, 2014, the Health Care Agency recognizes Orange County’s EMS first responders (fire, ambulance and marine safety), law enforcement, dispatch, hospital personnel and medical professionals for their dedication and commitment in providing day-to-day life saving services to the community.

“EMS first responders are vital to keeping our community safe,” said Mark Refowitz, Health Care Agency Director. “I would like to thank each and every responder for their dedication to saving lives, preventing injury and optimizing the health of our community.”

Each year, Orange County EMS solicits nominations for outstanding service made by the County’s EMS personnel who respond to the scene of a specific incident or for overall performance. Congratulations to the following individuals who were identified by their peers for their exceptional performance and dedicated service. The stories behind each nomination are provided below.

• **Anaheim Fire Department**: Chris Richichi, Mark Edinger, Nathan Petralia, Tom Roche, Shane Kohls, Manny Ortega, Joel Griffin, Jason Hartley, Denny Munson, Mark Lucas, Matt Fiorena, Dave Verdecia, John Warrickand, Justin Balint, Brad Oye, Lacee Keller, Jimmy Timboe, John Price (now retired), Alex Hale and Alex Mistuloff

• **Care Ambulance Service**: Drew Thomas, John Cavuto, Ray Shanahan, Anthony Glover, Chris Salcedo, Mike Stene, Mason Lawrence, Javier Barragan and Dennis Rodriguez

• **Costa Mesa Fire Department**: Tim Vasin, Fred McDowell, Taylor Voss, Mark Martinez and Ken McCart
This year marks the 40th anniversary of EMS Week, which is celebrated annually to recognize the efforts and dedication of all EMS personnel. To learn more, visit EMS Week 2014.

## Stories Behind Each Nomination

- Anaheim Fire Department personnel from Anaheim Truck 1 paramedics Captain Tom Roche, Shane Kohls, Brad Oye, and Firefighter Manny Ortega; from Engine 5 paramedics Captain Joel Griffin, Jason Hartley, and firefighters Denny Munson and Mark Lucas; and Metro Net Dispatcher John Delgado. Anaheim Fire Engine 5 was dispatched to a medical aid call for “pregnancy.” The female patient was in her second trimester with twins. One of the twins was born in the toilet, in full arrest. After obtaining more information from a distraught father, dispatcher John Delgado upgraded the level of the call, gave the father CPR instructions as well as instructions on the care of the mother. He also had the foresight to call in the second crew from Station 1 (Anaheim Truck 1). Engine 5 crew members began CPR on the nearly 3 month preemie, cut the cord and handed the newborn to Truck 1, proceeding to care for the mom and the unborn twin. Truck 1 crew continued CPR, suctioning and warming measures on the newborn. The mother had an emergency C-section in the emergency department to deliver the second twin. On follow-up to UCI Medical Center, mother and babies were doing well and expected to go home. Of special note, Captain Tom Roche, paramedics Brad Oye, Shane Kohls, and Firefighter Manny Ortega also delivered a healthy baby girl in the parking lot of their station (Station 1) approximately 30 minutes after they returned to the fire station from responding to this call.
Anaheim Fire Department paramedics Captain John Price (now retired), Matt Fiorenza, Dave Verdecia, and John Warrick; Care Ambulance Service personnel Mike Stene and Mason Lawrence; and Disney Health Services responded to a male in his 60’s in cardiac arrest. Upon arrival of Anaheim Fire personnel, nursing staff from Disney Health Services were attending to the patient. An automated external defibrillator analysis was administered; subsequently paramedics intubated, shocked and administered cardiac medicine with Care Ambulance personnel assisting with CPR and their rapid effective transport to the nearest Cardiovascular Receiving Center. The patient survived due to excellent teamwork between Disney Health Services, Anaheim Fire Department and Care Ambulance personnel.

Anaheim Fire Department Engine 4 personnel, Captain Justin Balint, EMT-P, Brad Oye, EMT-P, and Firefighters Lacee Keller and Jimmy Timboe responded to an “unknown medical aid” call. Upon arrival at the residence, they found a just delivered, partially blue, premature newborn (six weeks early) with a slow pulse. The paramedics initiated advanced life support treatment and the baby was transported to the hospital. Mother and baby were both discharged home a few days later.

Costa Mesa Fire Department personnel, Captain Tim Vasin, Engineer Fred McDowell, paramedics Taylor Voss and Mark Martinez, and Firefighter Ken McCart responded to a medical aid call at the site of a large oil-drilling operation. They were shown to a mobile oil derrick where a male in his 20’s was lying in the dirt at the base of the vehicle. The patient was non-responsive, had severe facial injuries, and covered in blood. The patient had been working on a platform near the top of the oil derrick where he was adding sections of pipe as the drilling operation proceeded. Due to the height of the platform, he had been wearing a safety harness. At the time of the accident, the harness became entangled with the rotating drill. The harness was wrapped around the patient’s arms, neck and jaw, inflicting severe crushing injuries and trauma. His co-workers were able to cut the strap, lower him to the ground and call 9-1-1. The rescue and treatment of the patient had several challenges, they were working in an extremely dusty area with a high potential of contamination of the patient’s many wounds, difficulty in removing the safety harness and clothing while maintaining full spinal immobilization; and difficulty in making base hospital contact because of the nearby bluff overlooking the job site. The patient was transported to Western Medical Center/Santa Ana’s trauma center with the crew wondering of patient outcome. A few short weeks later, the patient stopped by to thank Costa Mesa Fire personnel for their efforts leading to his full recovery.
During the Tinkerbell Half-Marathon hosted by Disneyland & amid thousands of runners, a participant and his family members were running the race in memory of one of his brothers who had recently passed away. Disney Health Services nurses Chris Claire and Holly Schaffer and Care Ambulance Service personnel Drew Thomas, John Cavuto, and Operations Manager Ray Shanahan were among the personnel assigned to the event. Ambulance crew members Drew Thomas and John Cavuto had been assigned to a location near the finish line. The physician in charge instructed them to locate their unit just outside the finish line, to provide quick egress, in case of an emergency. The crew decided to remove and prepare their equipment by placing the AED, trauma bag and spinal immobilization equipment on the gurney inside of the finish line. The crew responded to a male participant who had collapsed just at the finish line of cardiac arrest. They were actively working on the patient along with Disney Health Services staff and Anaheim Fire Medic 43 preparing the patient for transport. Prior to departure for UCI Medical Center, the patient’s pulses and breathing had been restored as a result of the early intervention, CPR and defibrillation of Care Ambulance crew members. After the crew departed for UCI Medical Center, Disney Health Services nurses were able to locate family members who had also run the race. Ray Shanahan escorted the distraught family members to UCI using the operations vehicle. The patient had bypass surgery and was expected to make a full recovery.

Garden Grove Fire Department paramedics Richard Ronstadt and David Sanchez responded to a medical aid call of a female in her 40’s who presented with difficulty speaking and weakness on her right side. They assessed the patient, made base hospital contact and transported her to a Stroke Neurology Receiving Center within 22 minutes of arriving at her home. Paramedic Sanchez was commended by the base hospital coordinator at UCI Medical Center for the documentation he provided using ePCR given the newness of the tool. The patient was found to have a left basal ganglia bleed. She was released from the acute rehabilitation unit of UCI Medical Center with full independent function.

Garden Grove Fire Department paramedics, Pete Huber, Ryan Van Wie, and Joey Wingert responded to a medical aid call of a male in his 40’s who they found to be in full arrest. The patient had reported chest pain and fatigue before collapsing from playing basketball. Bystander CPR was performed with paramedics taking over CPR upon arrival. Paramedics recognized the need for the patient to be transported to the nearest cardiovascular receiving center and contacted UCI Medical Center’s base hospital. The hospital’s Cath Lab staff commended Pete
Huber, Ryan Van Wie and Joey Wingert on the excellent care provided to the patient.

- Laguna Beach Marine Safety Lifeguards, Scott Diedrich, Tom Cantrell, and Steven Renisch responded to an adult male who was bodysurfing. They noticed that he had **ridden a wave and immediately came up floating face down in the ocean surf**. The lifeguards responded to rescue the victim from the water using specialized techniques in the dynamic surf conditions to stabilize the patient’s airway and spine. He was extricated from the ocean and moved to dry sand where the lifeguards were able to assess the patient and call ALS. The patient was treated as a trauma victim, having deficits and airlifted to Mission Hospital/Mission Viejo via Mercy Air Service.

- Newport Beach Fire and Marine Safety personnel, Battalion Chief Ralph Restadius; Captains Rick Zaccaro and Mike Ybarra; paramedics, Adam Novak, Joe Harrison, Engineers Roman Taijeron, Jeff Bogin, firefighters Joel Chidley and Dustin Suppe; Lifeguard Captain Brian O’Rourke; and lifeguards Michael Prichard, Beau Nicolette, and Gavin Wuerfel responded to a call on a cliff in Corona del Mar. A couple was walking along a sandy ocean path near a cliff when they **became trapped as the path quickly was covered in water as the tide rose**. The woman had fallen on the rocks suffering lacerations to her face when she was trying to escape because of her inability to swim. The first to reach the couple was Lifeguard Captain Brian O’Rourke who summoned for help. Since the fire units were unable to be driven on sand due to their weight, the firefighters and lifeguards quickly jumped in the water. It took them an hour to transport the female victim to the harbor patrol boat because of her potential spinal injuries and her fear of the water. They were able to swim back to the male victim and get him to the boat. Both patients were transported to Hoag Memorial Hospital Presbyterian.

- Orange City Fire Department Engine 6 and Rescue 5 were dispatched to a medical aid call in the parking structure at UCI Medical Center. Upon their arrival, they found UCI Security and Javier Barragan and Dennis Rodriguez from Care Ambulance Service **assisting a man in full arrest**. Javier and Dennis had an AED, oral airway, BVM, and CPR in progress when Orange City Fire arrived on-scene. They continued to assist Orange City Fire personnel Captain Jim Fournier, Engineer, Norm Glastetter, and paramedics John Wiegand, Carey Clubb, and Bryan Stewart who commended Javier and Dennis for their competence and
professionalism. En-route to UCI Medical Center’s emergency room, the patient regained pulses and a blood pressure was noted in the emergency room.

• In early 2013, Lynch Ambulance Service was offered the opportunity to participate in the Orange County Emergency Medical Service’s IFT-ALS pilot project. The pilot project enables non-fire paramedics to facilitate patient movement between facilities using private ambulances in a more efficient manner than previous traditional methods. **Lynch Ambulance Service is currently the only fully licensed IFT-ALS provider in Orange County.**
Local Students Win Statewide Suicide Prevention Video Contest

(Santa Ana) – Local students and their high schools will receive recognition for participation in “Directing Change,” a student video contest that is part of a statewide effort funded by the Mental Health Services Act to prevent suicide, reduce stigma and promote wellness.

Proclamations from the Board of Supervisors will be presented to the students and their schools during a Mental Health Board Meeting on Wednesday, May 28 from 9:00 to 10:30 a.m. at the Board Planning Commission Hearing Room located at 333 W. Santa Ana Blvd. in Santa Ana.

Suicide continues to be a persistent, yet preventable, public health issue impacting America’s youth. According to the Centers for Disease Control and Prevention (CDC), suicide was the second leading cause of death in the U.S. among youth between the ages of 12-17 in 2010. In California, suicide accounted for nearly 23% of all deaths among this same age group (90 out of 344).

“Suicide prevention starts with recognizing warning signs and taking them seriously, said Behavioral Health Services Deputy Agency Director Mary Hale. “The Directing Change contest has brought attention to reducing the stigma associated with mental health issues and seeking help.”

Students created 60-second public service announcements about suicide prevention and ending the silence about mental illness that featured educating the public about stigma, suicide warning signs, words to use to offer help to someone you are concerned about and resources that are available.

Statewide, a total of 432 Directing Change submissions were received, representing 996
students from 112 high schools, 9 UC campuses and 31 counties. Congratulations to the following Orange County contest winners:

**First Place:**
*“Hey Taylor”*
Canyon High School
Students: Kimberly Stratton, Stephen Garcia, Cassidy Foelsch and Nicholas Jackson
Advisor: Alex Graham

*“Through the Tunnel”*
San Juan Hills High School
Student: Will D'Epagnier
Advisor: Brian Devaney

*“If We All Speak Loud Enough”*
Canyon High School
Student: Nick Walker
Advisor: Alex Graham

**Second Place:**
*“It Does Not Define Me”*
Corona Del Mar High School
Student: Ellen Naruse
Advisor: Michele Gonzales

**Third Place:**
*“Meet Kiersten”*
Canyon High School
Student: Katie Maynard
Advisor: Alex Graham

To view a complete list of local finalists, please visit the Health Care Agency [Directing Change](http://www.directingchange.com) webpage or for a complete statewide list, visit [California winners and finalists](http://www.directingchange.com/). Visit Behavioral Health [Prevention & Intervention Services](http://www.preventionca.org) to learn more about access to services, community resources and outreach and education.

# # #
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'Take the Test, Take Control'
National HIV Testing Day
(Spanish & Vietnamese Below)

(Santa Ana) – June 27 marks National HIV Testing Day, which helps promote testing and early diagnosis of HIV, the virus that causes AIDS. There are 6,215 individuals living with HIV disease in Orange County with over 250 people being diagnosed with HIV each year. There are an additional estimated 1,364 people living in Orange County who have HIV and don’t know it – many of whom will develop AIDS before realizing they are HIV infected.

Of the 131 AIDS cases diagnosed in 2013, 42.0% (55) were concurrently diagnosed with HIV, indicating that the individual was living with HIV for a long time before the diagnosis. On average, individuals who are concurrently diagnosed are estimated to have been living with HIV for more than 10 years. Many of these people had been to a medical setting like an emergency room, a community health center, or their doctor, but were not tested for HIV.

Because so many individuals are estimated to have HIV and unaware of it, the Centers for Disease Control and Prevention recommends that every adult between 13 and 64 be tested for HIV at least once in their lifetime and those at high risk of infection be tested at least annually as part of routine care. Making HIV testing a routine part of medical care will help people learn their HIV status before they get sick and will make it possible for them to seek treatment for HIV so that they don’t become sick. An additional benefit to early detection of HIV is that people who know their HIV status are more likely to take steps to prevent spreading HIV to others.

If you have never been tested for HIV, ask your medical provider for an HIV test. In addition to medical providers throughout Orange County, the following agencies offer
year-round confidential and anonymous free or low-cost testing in Orange County:

• **AIDS Services Foundation**: Walk-ins only on Tuesdays, Wednesdays and Thursdays from 3 to 8 p.m.; and Saturdays from 10 a.m. to 4 p.m. (949) 809-8775

• **APAIT Health Center**: Walk-ins Monday, Thursday and Friday 12 p.m. to 8 p.m., Wednesday 12 p.m. to 7 p.m. For additional hours, please make an appointment, call (714) 636-1669.

• **Orange County Health Care Agency**: 17th Street Clinic. Walk-ins only on Mondays, Wednesdays, and Thursdays, 8 a.m. to 4 p.m.; Tuesday and Friday, 10 a.m. to 4 p.m. (714) 834-8787

• **The Center Orange County**: Monday through Friday 10 a.m. to 6 p.m., except for Tuesday 1 p.m. to 6 p.m. Appointments are strongly preferred, to make an appointment call (714) 953-5428 x 207. Walk-ins welcomed, appointments strongly encouraged.

For more testing sites and information about HIV services in Orange County, call (714) 834-8711 or visit [http://ochealthinfo.com/phs/about/dcepi/hiv/sites](http://ochealthinfo.com/phs/about/dcepi/hiv/sites). Make HIV testing a part of your routine healthcare; Take the Test, Take Control!

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**‘Hazte la prueba, Tome Control’**

**Día Nacional de la Prueba del VIH**

(Santa Ana) – El 27 de junio se conmemora el Día Nacional de la Prueba del VIH, que ayuda a promover el análisis y el diagnóstico temprano del VIH, el virus que causa el SIDA. Hay 6,215 personas viviendo con VIH en el Condado de Orange, y más de 250 personas que son diagnosticadas con el VIH cada año. Hay un estimado adicional de 1,364 personas que viven en el Condado de Orange que tienen VIH y no lo saben - muchas de las cuales desarrollarán el SIDA antes de darse cuenta de que están infectadas por el VIH.

De los 131 casos de SIDA diagnosticados en el 2013, el 42.0% (55) fueron diagnosticados simultáneamente con el VIH, lo que indica que el individuo estaba viviendo con el VIH durante mucho tiempo antes de ser diagnosticado. En promedio, las personas que son diagnosticadas simultáneamente se estima que han estado viviendo...
con el VIH por 10 años. Muchas de estas personas habían estado en un establecimiento médico, como una sala de emergencia, un centro de salud comunitario, o su médico particular, pero no se hicieron la prueba del VIH.

Debido a que se estima que muchas personas tienen VIH y no lo saben, los Centros para el Control y la Prevención de Enfermedades recomiendan que todos las personas entre las edades de 13 y 64 se hagan la prueba del VIH al menos una vez en su vida y las personas con alto riesgo de infección por lo menos se hagan exámenes anualmente como parte del cuidado de rutina. Hacerse la prueba del VIH como parte rutinaria de su atención médica le ayudará a la gente a aprender su estatus del VIH antes de enfermarse y harán lo posible para buscar tratamiento para el VIH y no enfermarse. Un beneficio adicional para la detección temprana del VIH es que las personas que conocen su estado del VIH son más propensas a tomar medidas para prevenir transmisión del VIH a otras personas.

Si usted nunca se ha hecho una prueba del VIH, pregúntele a su proveedor médico por un examen del VIH.

Además de los proveedores médicos a través del Condado de Orange, las siguientes agencias ofrecen pruebas confidenciales y anónimos gratuitas o de bajo costo en el Condado de Orange todo el año:

- **AIDS Services Foundation:** Walk-ins sólo los martes, miércoles y jueves de 3pm a 8pm; y sábados de las 10am a 4pm (949) 809-8775.
- **APAIT Health Center:** Walk-ins sólo los lunes, jueves y viernes de 12pm a 8pm de la tarde, miércoles 12pm a 7 pm. Durante horas adicionales, por favor haga una cita, llamando al (714) 636-1669.
- **Orange County Health Care Agency:** (Clínica de la Calle 17) Walk-ins sólo los lunes, miércoles, y jueves, 8am a 4pm; martes y viernes, de 10am a 4pm (714) 834-8787.
- **The Center Orange County:** De lunes a viernes de 10am a 6pm, excepto el martes 1pm a 6pm. Las citas son fuertemente preferidas, para hacer una cita llame al (714) 953 a 5428 x 207. Walk-ins también son bienvenidas, pero las citas son fuertemente preferidas.

Para más sitios de prueba e información acerca de los servicios del VIH en el Condado de Orange, llame a (714) 834-8711 o visite [http://ochealthinfo.com/phs/about/dc/epi/hiv/sites](http://ochealthinfo.com/phs/about/dc/epi/hiv/sites). Haga la prueba del VIH una parte de su atención médica rutinaria; Hazte la Prueba, Tome Control!

# # #
Hãy Thử Nghiêm Để Kiểm Soát Căn BỆNH’
Ngày Quốc Gia Thử Nghiêm Siêu Vi BỆnh Liệt Kháng (HIV)


Trong 131 trường hợp chẩn đoán bị bệnh AIDS trong năm 2013, 42% (55) những người này khi chẩn đoán cũng đồng thời thấy mắc phải siêu vi HIV, có nghĩa là những cạn nhân này đã sớm chung với siêu vi HIV rất lâu trước khi được chẩn đoán. Trung bình, những cẩn nhân khi chẩn đoán thấy mắc cá hai thứ thì theo phong đạo họ đã sống với siêu vi HIV hơn 10 năm. Nhiều người trong số họ đã từng đến phòng cấp cứu, trung tâm y tế cộng đồng, hay gặp bác sĩ của họ nhưng không được thử nghiệm HIV.

Vi doctrine có rất nhiều người mắc phải siêu vi HIV nhưng không biết mình bị mắc phải, nên Trung Tâm Kiểm Soát và Ngân Ngừa BỆnh Tật khuyến mời người tuởi từ 13 đến 64 can thử nghiệm HIV ít nhất là một lần trong đời, và đối với những ai ở trong trường hợp để bị nhiễm siêu vi khi không thể cắt đi thử nghiệm mới năm ít nhất một lần như là một phần của sự chăm sóc sức khoẻ dinh ky. Dựa việc thử nghiệm siêu vi HIV như là một phần của việc khám sức khoẻ dinh ky để giúp con người biết tình trạng bị nhiễm siêu vi HIV trước khi người đó thực sự bị bệnh, và điều này giúp những người đó có thể tìm kiếm việc chữa trị siêu vi HIV nên họ không bị những bệnh. Thêm một điều lợi nữa đối với việc tìm ra siêu vi HIV sớm là một khi họ biết tình trạng mắc phải siêu vi HIV, họ thường tìm cách ngăn chặn để siêu vi HIV không lây sang người khác.

Nếu quý vị chưa từng được thử nghiệm siêu vi HIV thì hãy yêu cầu người sẵn sức khoẻ cho quý vị giúp quý vị được đi thử nghiệm HIV.

Bên cạnh những nơi cung cấp việc chăm sóc sức khoẻ khắp Quân Cam, những cơ quan trong Quân Cam sau đây quan năm thử nghiệm miễn phí hay với giá thấp cùng với sự kin đao và ăn danh:

- Quy Định Vụ AIDS (AIDS Services Foundation): Những ngày sau đây không cần lấy hẹn: Thứ Ba, Thứ Tư và Thứ Năm từ 3 giờ chiều đến 8 giờ tối; và ngày Thứ Bảy từ 10 giờ sáng đến 4 giờ chiều. Số điện thoại là (949) 809-8775


Trung Tâm Quản Cam (The Center Orange County): Thứ Hai đến Thứ Sáu từ 10 giờ sáng đến 6 giờ chiều, trừ ngày Thứ Ba thứ 1 giờ trưa đến 6 giờ chiều. Tốt nhất là lấy hẹn, để lấy hẹn xin gọi số (714) 953-5428 x 207. Đâu không có hẹn vắn được chào đón, tuy nhiên vẫn khuyên khích lấy hẹn.

Để biết thêm về những nơi thử nghiệm và thông tin về những dịch vụ HIV trong Quận Cam, xin gọi số (714) 834-8711 hay tham trang nhà http://ochealthinfo.com/phs/about/dcepi/hiv/sites. Hãy xem việc thử nghiệm HIV như là một phần của việc khám sức khỏe định kỳ; Thử nghiệm Để Kiểm Soát Cẩn Bệnh!

# # #
COUNTY OF ORANGE – HEALTH CARE AGENCY
PRESS RELEASE

HCA LAUNCHES CAMPAIGN TO COMBAT PREVENTABLE DEATHS AND CHRONIC DISEASE

(Santa Ana) – In Orange County, six out of ten preventable deaths are due to chronic disease, which can be linked to three behaviors: poor nutrition, physical inactivity and smoking. The Health Care Agency has launched a campaign encouraging people to make three small changes in their daily lives that can have significant impacts on health and quality of life – eat fresh, play some way, and breathe smoke-free, every day.

“The Health Care Agency's Eat. Play. Breathe. campaign is one of many efforts to promote healthful behaviors and to keep Orange County the best place to work, live and play,” said HCA Director Mark Refowitz. The centerpiece of the campaign, www.myHEALTHoc.org, is a valuable website that compiles the best available resources on the web, providing access to simple tools and information to help people to be more active, eat healthier, and quit smoking. A sample of the useful links include a directory of parks and trails, a Farmers Market directory, bike path options, tips for eating healthier at home and on the go, and resources to help quit smoking.

The Eat. Play. Breathe. campaign launched in early July and will run through Labor Day, with messaging on OCTA buses, at County libraries, parks and public buildings, and in other high visibility locations throughout the county. The www.myHEALTHOC.org web site will continually be updated with news and information.

# # #
ORANGE COUNTY REPORTS FIRST HUMAN WEST NILE VIRUS CASE OF 2014

(Santa Ana) - A Santa Ana man has tested positive for West Nile Virus (WNV) infection, becoming the County’s first human WNV infection in 2014. This is the 10th human case of WNV reported in California. The man was admitted to the hospital in late June with symptoms of West Nile Virus, and is now at home recovering.

In 2013, there were 12 reported human infections of West Nile Virus and zero WNV related deaths reported in Orange County.

“West Nile Virus is endemic in Orange County, recurring every year during the summer months and continuing into the fall,” said Dr. Eric G. Handler, County Health Officer. "The best way to avoid West Nile Virus infection is to take precautionary measures to avoid mosquito bites."

Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls
- Making sure your window and door screens are in good condition
- Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
- 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 do not experience symptoms, but about 20% will develop fever and may have headache, body aches, nausea, tiredness and sometimes a skin rash. More serious symptoms, such as severe headaches, neck stiffness, confusion, muscle weakness or paralysis, occur more rarely, but people who
develop these symptoms should seek medical care immediately. People over 50 years of age and those with certain medical conditions 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. Other websites with helpful information about West Nile Virus include:

- Centers for Disease Control and Prevention www.cdc.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

# # #
CDPH Warns Consumers Not to Eat VR Green Farms Jarred Food Products Because of Botulism Risk

Date: 7/30/2014
Number: 14-067
Contact: Anita Gore (916) 440-7259

SACRAMENTO

California Department of Public Health (CDPH) Director and State Health Officer Dr. Ron Chapman warned consumers today not to eat VR Green Farms jarred food products because they may have been improperly produced, making them susceptible to contamination with Clostridium botulinum.

Ingestion of botulism toxin from improperly processed jarred and canned foods may lead to serious illness and death. CDPH is coordinating with the US Food and Drug Administration and the Ohio Department of Health in the investigation of two cases of suspected food-borne botulism infections that may be associated with consumption of the firm’s Pine Nut Basil Pesto.

VR Green Farms of San Clemente, California, is voluntarily recalling the following varieties of jarred food products: Pine Nut Basil Pesto, Pickled Farm Mix, Old World Tomato Sauce, Sundried Tomatoes in Olive Oil, Tuscan Grilling Sauce, and Pasta Sauce. These food products were sold under the VR Farms label and packaged in Mason-style glass jars with screw-on metal lids. The product labels do not include any coding or “use by” dates. Photographs can be found on Recalled Product Photos Page. The products were sold at the VR Green Farms stand in San Clemente, California and via the Internet to consumers throughout the United States.

Botulism toxin is odorless and colorless. Consumers who have any of these products or any foods made with these products should discard them immediately. Double bag the cans in plastic bags and place in a trash receptacle for non-recyclable trash. Wear gloves when handling these products or wash your hands with soap and running water.

Botulism is a rare but serious paralytic illness caused by a nerve toxin that is produced by the bacterium Clostridium botulinum. The initial symptoms frequently experienced are double or blurred vision, drooping eyelids, and dry or sore throat. Progressive descending paralysis, usually symmetrical, may follow. Infants with botulism appear lethargic, feed poorly, are constipated, have a weak cry and poor muscle tone. CDPH recommends consumers experiencing any ill effects after consuming these products should consult their health care provider. Consumers that observe the product being offered for sale should report the activity to CDPH at (800) 495-3232.
NEW REPORT IDENTIFIES RISK FACTORS FOR DEATH BY SUICIDE IN ORANGE COUNTY

(Santa Ana) - Every year in Orange County about 3,000 people intentionally harm themselves, and about 278 end their lives by suicide. A new study by the Orange County Health Care Agency examines the incidence of suicide in Orange County, and identifies risk factors for suicidal behavior.

“Intentional self-harm is a serious public health problem that has a devastating impact on those affected, including family, friends, and the community,” said Mary Hale, Deputy Agency Director for Behavioral Services at the Orange County Health Care Agency.

“Understanding how to address these risk factors and implementing preventive measures will help reduce intentional self-harm and suicide deaths in Orange County.”

Among the key findings in the report, men aged 75 or older had the highest rate of suicide deaths; middle-aged men 45 to 54 years of age have the highest number of suicides each year; and the suicide rate among military veterans is three times higher than that of non-veterans. The study also found that major risk factors for suicidal behavior include mental illness, substance abuse, and military service. Veterans accounted for 15% of all suicide deaths among Orange County residents (31.5 per 100,000), three times higher than non-veterans (10.8 per 100,000).

Among Orange County residents, nearly all suicides (88.8%) were caused by firearms (33.2%), hanging/strangulation (33.1%), or poisoning/overdose (22.5%). Females are more likely to intentionally injure themselves, most often using poisoning/overdose. Males are more likely to employ fatal means such as firearms and strangulation and are almost three times more likely to result in a suicide death. Orange County has a suicide rate of 9.0 suicide deaths per 100,000 people, which is lower than the rates for the state of California (9.9), and the nation (12.0).
Suicide prevention efforts in Orange County include the 24/7 Suicide Prevention Hotline (877) 727-4747, the Veterans Crisis Line (800) 273-8255, and the OC Links line (855) 625-4657 provides referrals to all Behavioral Services within the Health Care Agency.

The full report entitled *Suicide Deaths in Orange County (2009 - 2011)* is available on the HCA website at [http://www.ochealthinfo.com/pubs](http://www.ochealthinfo.com/pubs)
For Immediate Release: August 18, 2014
Contact: Nicole Stanfield nstanfield@ochca.com
714-834-2178

Back-to-School Immunizations
(Santa Ana) – With the new school year starting, vaccinations should be included in every back-to-school list. Parents are reminded to have their children up-to-date on required vaccinations before school starts. “Immunizations are a safe and effective way to help children stay healthy in school and protect them, and the people around them, from vaccine preventable illnesses that can be very serious,” said Dr. Eric Handler, Orange County Health Officer.

While vaccines have significantly reduced the incidence of many diseases in the United States, such as measles, whooping cough, polio, hepatitis B, and chickenpox, they still pose a public health threat. This year, Orange County has experienced increases in both measles and whooping cough cases, in part due to inadequate vaccinations of children, with 235 cases of whooping cough and 22 cases of measles reported.

State law requires children to receive certain immunizations prior to attending public and private elementary and secondary schools, child care centers, family day care homes, nursery schools, day nurseries and developmental centers. “Be sure that children are up-to-date on all required immunizations, including an adolescent whooping cough (Tdap) booster for incoming 7th graders,” Handler said.

Required immunizations are a part of preventative health care and are generally covered free-of-charge by health insurance. If your infant or child does not have health insurance or you cannot afford immunizations, the Health Care Agency provides free and low cost immunizations for infants and children ages 2 months to 18 years at our clinic in Santa Ana. For more information, please call the Health Referral Line at 800-564-8448 or visit the Health Care Agency website.

Each year in August, the importance of back-to-school immunizations is emphasized as part of National Immunization Awareness month.
Orange County Reports
West Nile Virus Related Fatality
West Nile Virus Activity throughout the County is Increasing

(Santa Ana) – A Seal Beach resident in her 80s with underlying medical conditions died last week with complications of West Nile Virus (WNV) infection. Test results received this week confirmed WNV infection; of which she had the more severe form, West Nile Neuroinvasive Disease. Orange County currently leads the state in number of WNV infections this year with 40 to date, compared to fewer than 5 infections around this time in the previous four years.

“This unfortunate death shows how serious West Nile Virus infection can be,” said Dr. Eric G. Handler, County Health Officer. “West Nile Virus activity tends to peak in August and September in Orange County, but we continue to have cases occur throughout the fall. It is important for people to remember that the end of summer does not mean the end of West Nile Virus season.”

Orange County has 36 symptomatic WNV infections, of which 30 were hospitalized. These include 28 cases of West Nile Neuroinvasive Disease and 8 West Nile Fever. Four asymptomatic blood donors have tested positive for WNV infection through routine donation screening. Santa Ana has the highest number of infections in Orange County this year; however infections have occurred throughout the county. Because about 80% of people infected with WNV have no symptoms, and the majority of cases of West Nile Fever do not seek medical care and are not tested, the reported cases greatly underestimate the number of affected people in our County.

County health officials point out that it is especially important to take precautions against
mosquito bites during the peak West Nile Virus season. Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls
- Making sure your window and door screens are in good condition
- Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products containing IR3535, always following label directions
- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active
- Wearing long-sleeved shirts and long pants when outdoors.

Symptoms of West Nile Fever include fever, headache, body aches, nausea, tiredness, and sometimes swollen lymph glands or a skin rash. Anyone who develops the more serious symptoms of West Nile Neuroinvasive Disease, such as severe headaches, neck stiffness, confusion, muscle weakness, or vision loss should seek medical care immediately. People over 50 years of age and those with certain medical conditions are at increased risk of serious complications from West Nile Virus infection.

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.gov
- State of California www.westnile.ca.gov
- Orange County Health Care Agency www.ochealthinfo.com

# # #
High Temperatures Bring Risk of Heat-Related Illnesses

(Santa Ana) – Temperatures in many inland Orange County communities are expected to reach high temperatures above 95 degrees this weekend, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

• Drink plenty of water; don’t wait until you are thirsty.

• Wear light, loose-fitting clothing.

• Stay out of the sun if possible, and when in the sun wear a hat, preferably with a wide brim, and use sunscreen.

• Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.

• Never leave children, elderly people or pets unattended in closed cars or other vehicles.
• Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.

• Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.
High Temperatures and Wildfire Smoke Pose Potential Health Risk

(Santa Ana) – Higher than normal temperatures are expected throughout the weekend in many inland Orange County cities, increasing the risk of heat related illnesses. In addition, smoke from the wildland brush fire burning in Silverado Canyon may pose a health danger to some Orange County residents, especially those in certain high-risk groups. The South Coast Air Quality Management District has issued a Smoke Advisory for portions of Orange County, including the Saddleback Valley and Capistrano Valley areas.

“Everyone should take precautions to stay cool and drink plenty of water to reduce health risks related to the heat and wildfire smoke,” said Dr. Eric Handler, County Health Officer. “Additional precautions are especially needed for older adults, those with preexisting medical conditions like heart or lung disease, those with disabilities, children, and those who may be working outdoors.” Dr. Handler also reminds residents to check on their family members, friends and neighbors this weekend.

Heat Related Illness Signs & Symptoms:
Symptoms of heat exhaustion may include: heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness.

• Warning signs of heat stroke may include: extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache.
• If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Precautions to Prevent Heat Related Illnesses:
Drink plenty of water. Don’t wait until you are thirsty.

• Never leave children, elderly people or pets unattended in vehicles.
• Stay cool indoors. If your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.
• Check often on those at high-risk. This includes older adults, people with heart or lung disease, and young children. Be sure to check on your neighbors.
• Avoid unnecessary sun exposure. Wear light, loose-fitting clothing, a hat, and use sunscreen.
• Avoid unnecessary exertion outdoors. Take frequent rest and refreshment breaks in a shaded area.
• Provide shade and extra water for your pets.

Precautions to Reduce Health Effects of Wildfire Smoke:

Avoid any vigorous outdoor or indoor activity

• People with respiratory or heart disease, the elderly, and children should remain indoors
• Keep the windows and doors in your home closed
• Use your home and automobile air conditioners on the re-circulate mode, if available, to limit the intake of outdoor air and keep your home comfortable.
• Keep your airways (nose and mouth) moist by drinking extra amounts of water. This helps your body filter out potentially harmful particles in the smoke.
• Seek medical attention if you have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

For more information about the South Coast Air Quality Management District Smoke Advisory, visit the AQMD website http://www.aqmd.gov/.

# # #
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Recommended precautions to prevent heat related illnesses include:

• Drink plenty of water; don’t wait until you are thirsty.

• Wear light, loose-fitting clothing.

• Stay out of the sun if possible, and when in the sun wear a hat, preferably with a wide brim, and use sunscreen.

• Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.

• Never leave children, elderly people or pets unattended in closed cars or other vehicles.

• Check on those who are at high risk to make sure they are staying cool – including
seniors who live alone, people with heart or lung disease, and young children.

• Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at http://emergency.cdc.gov/disasters/extremeheat/.

For a list of cooling centers and other resources please visit http://www.211oc.org/get-help/disaster-services/extreme-heat-resources.html
'Laura's Law' Hotline Launches in Orange County

(Santa Ana) – The Assisted Outpatient Treatment (AOT) program, also known as Laura’s Law, provides court-ordered treatment for persons with severe mental illness who meet specific criteria. The program is designed to assist individuals who are resistant to obtaining or maintaining treatment. A Hotline is available for AOT referral and criteria verification. Please call 1-855-HCA-1421 or 1-855-422-1421, Monday through Friday, between 8:00 am and 5:00 pm.

There are specific guidelines determining who can request AOT and who qualifies for AOT. A summary of criteria can be found at this link. There is an information session scheduled for October 14, 2014 from 6:00 pm to 8:00 pm at the Delhi Center, 505 E. Central Avenue, Santa Ana, 92707. The information session, which is free and open to the public, will cover the guidelines and criteria for Laura’s Law and Assisted Outpatient Treatment in detail. Attendees will have an opportunity to speak with behavioral health services professionals and ask questions.

Orange County is one of several counties in California to approve implementation of AB1421, commonly referred to as Laura’s Law. The law was named after Laura Wilcox, a mental health worker who was killed by a man who had refused psychiatric treatment. To qualify for the program, an individual must have a serious mental illness and a recent history of psychiatric hospitalizations, incarcerations, or acts, threats or attempts of serious violent behavior towards them self or others.

The Health Care Agency offers a variety of outreach and engagement programs and hotlines for individuals and families in need of behavioral health services and resources. Please refer to the list below for a brief summary.

Behavioral Health Resources
• **OC Links** (855-OC-Links)

Monday – Friday 8 a.m. to 6 p.m.
Information and Referrals for anyone seeking Behavioral Health Services, including:
mental health, crisis programs, alcohol and drug inpatient and outpatient, and prevention
and early intervention services.

• Emergency Psychiatric Evaluation
  (866) 830-6011 / 24 hours a day, 7 days a week.

The **Centralized Assessment Team** responds to private residences, police stations, health
clinics, private doctors', therapists' offices, and in the field

• Orange County Crisis Prevention Hotline  1-877-7CRISIS or 1-877-727-4747

• **BHS Emergency Phone Numbers**

# # #
Free Seasonal Flu Shots on October 10

(Santa Ana) - Free influenza vaccine will be offered October 10 to adults and children at two Orange County locations. The event is part of a continuing series of emergency exercises testing the county’s ability to distribute medications to large numbers of people.

Free flu shots will be offered October 10 from 11:30 a.m. to 1:30 p.m. at:

- **Saddleback College**
  28000 Marguerite Parkway, Mission Viejo, CA 92692

- **Ehlers Community Center**
  8150 Knott Avenue, Buena Park, CA 90620

Flu shots will be provided at no cost to adults and children three years of age and older on a first-come first-served basis. Both locations will offer both walk-up and drive-through flu shots. To receive a flu shot, participants should be feeling well on the day of the flu shot exercise and must complete a brief health screening to ensure they can safely receive a flu vaccine.

An annual flu vaccination is the best way to prevent seasonal influenza. Some groups, such as older adults, young children, and people with certain health conditions, are at higher risk for serious influenza complications. Only the standard dose trivalent (three strains) influenza vaccine given by injection will be offered at these locations on October 10th.

Get more information about the one-day event at [http://ochealthinfo.com/freeflushot](http://ochealthinfo.com/freeflushot).

# # #
Orange County Confirms Three Cases of Enterovirus D68

(Santa Ana) - The Orange County Health Care Agency has received confirmation from the California Department of Public Health (CDPH) that three patients in Orange County have tested positive for enterovirus D68. The three patients, all of them children, are unrelated and are not linked with any community outbreak of the illness.

There has been an increase in enterovirus D68 reported across the country over the last few months, resulting in enhanced surveillance locally. “Due to the heightened awareness and surveillance for enterovirus D68, it is not surprising to identify cases in Orange County” said Dr. Eric Handler, Public Health Officer. Individual cases of enterovirus D68 have also been reported in communities throughout the state, including several counties in Southern California, but outbreaks of respiratory illness have not been reported in California.

Enterovirus D68 virus spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces. Symptoms may include runny nose, sneezing, cough, and body and muscle aches. Children with enterovirus D68 infection generally do not have fever; when present, the fever is usually low-grade. Some children have more serious illness, manifesting as breathing difficulty and wheezing. Children with asthma are more likely to have severe respiratory illness.

Parents should seek medical attention immediately for children who are having any breathing difficulty such as wheezing. There is no specific treatment for persons with enterovirus D68, nor is there a vaccine to prevent it. The best way to prevent transmission of enterovirus D68 is to:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick
• Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick

Additional information about enterovirus D68 can be found on the Health Care Agency website or CDC website.
“Commit to Act”
National Latino AIDS Awareness Day

(Santa Ana) – October 15th marks National Latino AIDS Awareness Day (NLAAD), which helps promote testing and early diagnosis of HIV, the virus that causes AIDS. This year’s NLAAD theme is “Commit to Act,” which means to take action and promote HIV testing, connect people to care, and hold activities that raise HIV/AIDS awareness.

NLAAD is important because there are 6,215 individuals living with HIV disease in Orange County with over 250 people being diagnosed with HIV each year. **Over half (52%) of the 6,215 individuals living with HIV/AIDS are Latino** while they only represent 34% of the total Orange County population. There are an additional estimated 1,364 people living in Orange County who have HIV and don’t know it (according to Centers for Disease Control and Prevention data) – many of whom will develop AIDS before realizing they are HIV infected. In 2013, **Latinos accounted for 28 of the 55 (51%) people who were diagnosed with AIDS and did not know they had HIV (concurrently diagnosed)**, indicating that they were living with HIV for years without knowing their HIV status. Many of these people had been to a medical setting like an emergency room, a community health center, or their doctor, but were not tested for HIV. On average, individuals who are concurrently diagnosed are estimated to have been living with HIV for more than 10 years without knowing their HIV status.

Because one in five individuals are estimated to have HIV and be unaware of it, the Centers for Disease Control and Prevention recommends that every individual between 13 and 64 get an HIV test at least once as part or routine health care and those at high risk of infection should be tested at least annually. **Commit to Act; get tested for HIV. Know your HIV status and prevent new infections.**

In addition to medical providers throughout Orange County, the following agencies offer year-round confidential and anonymous free HIV testing in Orange County:

- **AIDS Services Foundation:** Walk-ins only on Tuesdays, Wednesdays and Thursdays from 3 p.m. to 8 p.m.; and Saturdays from 10 a.m. to 4 p.m. (949) 809-8775
- **APAIT Health Center:** Walk-ins Monday, Thursday and Friday 12 p.m. to 8 p.m., Wednesday 12 p.m. to 7 p.m. For additional hours, please make an appointment, call (714) 636-1669.
- **Orange County Health Care Agency:** 17th Street Clinic. Walk-ins only on Mondays, Wednesdays, and Thursdays, 8 a.m. to 4 p.m.; Tuesday and Friday, 10 a.m. to 4 p.m. (714) 834-8787
- **The LGBT Center OC:** Monday through Friday 10 a.m. to 6 p.m., except for Tuesday 1 p.m. to 6 p.m. Appointments are strongly preferred, to make an appointment call (714) 953-5428 x 207. Walk-ins welcomed, appointments strongly encouraged

If you have never had an HIV test, ask your medical provider. For more testing sites and information about HIV services in Orange County, call (714) 834-8711 or visit [http://ochealthinfo.com/phs/about/dcep/hiv/sites](http://ochealthinfo.com/phs/about/dcep/hiv/sites). Make HIV testing a part of your routine healthcare.

###

(Santa Ana) – 15 de octubre marca el Día Nacional Latino de Concientización del SIDA (NLAAD, sus siglas en Ingles), que ayuda a promover el análisis y el diagnostico temprana del VIH, el virus que causa el SIDA. Le tema de este año es
"Comprométase a actuar" que significa tomar acción y promover la prueba del VIH, conectar a las personas a la atención médica y patrocinar las actividades que elevan la conciencia del VIH/SIDA.

El Día Nacional de Concientización del SIDA (NLAAD) es importante porque hay 6,215 personas que viven con el VIH en el Condado de Orange con más de 250 personas que están diagnosticados con el VIH cada año. Más de la mitad (52%) de las 6,215 personas que viven con el VIH/SIDA son latinos, mientras que sólo representan el 34% total de la población del Condado de Orange. Es estimado que hay un adicional de 1,364 personas que viven en el Condado de Orange que tienen VIH y no lo saben (de acuerdo con los Centers for Disease Control and Prevention de los datos) – muchos de ellos se desarrollarán el SIDA antes de darse cuenta de que están infectados por el VIH. En 2013, los latinos representaron 38 de los 55 (51%) personas que fueron diagnosticados con SIDA y no sabían que tenían el VIH (concurrentemente diagnosticado), indicando que estaban viviendo con el VIH por años sin saber su estado serológico. Muchas de estas personas habían ido a un establecimiento médico, como una sala de emergencias, un centro de salud de la comunidad, o su doctor, pero no tomaron una prueba de sangre para el VIH. En promedio, las personas que son diagnosticadas concurrentemente se estima que han estado viviendo con VIH por más de 10 años sin saber su estado serológico.

Debido a que una de cada cinco personas se estima que tienen VIH y no darse cuenta de ello, los Centros para el Control y la Prevención de Enfermedades recomiendan que todas las personas entre 13 y 64 años obtenga una prueba de VIH al menos una vez como parte de la atención rutina médica y las personas con alto riesgo de la infección se debe ser probado por lo menos anualmente. Comprométase de Actuar; haga la prueba de VIH. Conozca su estado de VIH y ayuda a prevenir nuevas infecciones.

Además de los proveedores médicos en todo el Condado de Orange, las siguientes agencias ofrecen la prueba del VIH gratuita, confidencial y anónima en el Condado de Orange:

- **AIDS Services Foundation**: Sin cita solo los martes, miércoles y jueves de 3 a 8 de la tarde; y sábados de 10 a 4 p.m. (949) 809-8775
- **APAIT Health Center**: Sin cita los lunes, jueves y Viernes de 12 a 8 p.m., miércoles 12p.m. – 7 p.m. Horas adicionales, por favor llame para una cita al (714) 636-1669.
- **Agencia del Cuidado de Salud**: Clínica de la 17. Sin cita solo los lunes, miércoles y jueves, 8 a.m. hasta 4 p.m.; martes y viernes, 10 a.m. hasta 4 p.m. (714) 834-8787
- **The LGBT Center OC**: De lunes a Viernes de 10 a.m. hasta 6 p.m., excepto los martes 1 p.m. to 6 p.m. Las citas son preferidas, para hacer una cita llame al (714) 953-5428 x 207. Sin cita bienvenida, se recomiendan citas.

Si usted nunca ha tenido una prueba de VIH, consulte a su médico. Para más sitios de prueba e información acerca de los servicios de VIH en el Condado de Orange, llame al (714) 834-8711 o visite [http://ochealthinfo.com/phs/about/dcepi/hiv/sites](http://ochealthinfo.com/phs/about/dcepi/hiv/sites). Haga la prueba de VIH una parte de su rutina de atención médica.

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Public Update on Ebola Preparedness

(Santa Ana, CA) — Emergency planning is well underway in Orange County in response to the 2014 Ebola outbreak in the West African countries of Guinea, Liberia and Sierra Leone.

The risk of contracting Ebola in the United States and in Orange County is very low; there are currently no cases of Ebola in California and no suspect cases. County officials are reviewing communicable disease response plans and conducting drills to exercise those plans.

County officials have developed extensive preparedness procedures in coordination with other local, state and national partners, including the Orange County Health Care Agency, Orange County Sheriff’s Department and its Emergency Management Division, John Wayne Airport, the California Department of Public Health (CDPH), the national Centers for Disease Control and Prevention (CDC) and the Los Angeles County Public Health Lab, which is a CDC-designated site with the capability to test for Ebola.

“Health and public safety are our first priority and we are prepared to respond if necessary,” Board of Supervisors Chairman Shawn Nelson said.

In the event of a case in Orange County, the county’s emergency operations plan will be used to ensure a coordinated approach to monitoring and limiting the spread of the disease. The Health Care Agency routinely works closely with hospitals, health care providers, law enforcement and other government entities to ensure that Orange County is well prepared for any public health threat, including Ebola.

Ongoing Ebola readiness activities include:

- Assessing hospitals on infection control and preparedness.
- Conducting training exercises, including demonstrating patient care protocols, and appropriate use of Personal Protective Equipment (PPE).
- Establishing contracts for specialty hazardous-waste needs such as transport of laboratory specimens.
- Distributing information to hospitals, clinics, laboratories and health-care providers on CDC screening protocols and management of suspected and confirmed Ebola patients.
- Assuring that county health workers have protective equipment and proper training as recommended by the CDC.

Additional information about Ebola is available on the Health Care Agency website at http://www.ochealthinfo.com/ebola. The California Department of Public Health has established an Ebola hotline call center to respond to public inquiries related to Ebola at 855-421-5921 from 8:00 a.m. to 5:00 p.m. Monday through Friday.

###
(Santa Ana) – A new report from the Orange County Health Care Agency found that adult clients of the County’s drug and alcohol treatment programs experienced significant reduction in drug use, improved health, and social functioning; increased employment rates; and a reduction in arrest, incarceration and reliance on medical services. The report examines the treatment outcomes for over 11,000 clients of Behavioral Health – Substance Use Disorder services between 2011 and 2013.

“We know that treatment works and can reduce drug/alcohol misuse and dependence,” said Mary Hale, County Health Behavioral Health Officer. “In addition to reduced drug and alcohol use, our clients also reported improvements in other areas of their lives such as decreased arrests and increased employment – becoming more productive members of our community.”

Drugs of choice shifted across the adult lifespan. While heroin addiction was the second most common reason for seeking treatment in young adulthood, alcohol abuse became a more common problem requiring treatment later in adulthood (after age 35). Marijuana was the primary drug of choice for most (63%) teenage clients entering treatment. For adults, the primary drugs of choice were methamphetamine (44% of admissions), heroin (20%), alcohol (18%), and marijuana (13%).

The County’s Substance Use Disorder programs work to help improve the lives of individuals and families experiencing problems related to alcohol and substance use. Most clients were men (63%), non-Hispanic white (55%) or Hispanic (36%), and were between the ages of 18 and 45 years old (76%).

In addition to a 53% reduction in drug use, adult clients also showed marked improvements in health and social functioning:

- 65% fewer arrested and 74% reduction in incarcerations
• 107% increase in employment
• 32% reduction in ER visits and 42% reduction in hospitalizations
• 52% reduction in serious family conflicts
• 59% fewer clients living with an alcohol or other drug user
• 32% increase in use of social support recovery services

Teen clients also showed notable reductions in drug use, and improvements in health and social functioning. These client outcomes show that treatment not only results in decreases in drug use and criminal involvement, but also improvements in all life domains of those served by these programs.

The Health Care Agency offers several different public education, treatment and counseling services aimed at reducing the misuse and abuse of drugs and alcohol among Orange County residents. If you or someone you know needs help please call 855-OC-Links (855-625-4657) or visit: www.ochealthinfo.com/oclinks.

For Immediate Release: December 1, 2014
Contact: Nicole Stanfield  nstanfield@ochca.com
714-834-2178

World AIDS Day

(Santa Ana) - More than 60 million people have been infected with the HIV virus and approximately 30 million people have died of AIDS worldwide. In Orange County, 11,677 people have been diagnosed with HIV and using CDC criteria, greater than 1,500 people are estimated to be infected but do not know it. World AIDS Day is commemorated on December 1st; it is a day to reflect and remember those who have lost their lives and those who are still living with HIV or AIDS.

The 2014 theme for World AIDS Day is “Focus, Partner, Achieve: An AIDS-free Generation.” Eliminating stigma about HIV, encouraging everyone to know their HIV status, and making sure people living with HIV have access to medical care and medications are all important steps to “Achieving: An AIDS-free Generation” in Orange County.

In commemoration of World AIDS Day, a candlelight vigil will be held in Laguna Beach on December 1, 2014 at 5:00 p.m. at the Cobblestone area of the Main Beach. There are also the following free HIV testing events being held to support this year’s World AIDS Day theme:

- Sunday November 30, 2014 from 10 a.m. to 2 p.m. at the Cobblestone in Laguna Beach
- Monday December 1, 2014 from 12:30 p.m. to 2:30 p.m. at Santa Ana College provided by the LGBT Center

Achieving an AIDS-Free Generation - Get tested to know your status! HIV testing is available throughout Orange County at these locations:

- AIDS Services Foundation (Irvine): Walk-ins only on Tuesdays, Wednesdays and Thursdays from 3 p.m. to 8 p.m.; and Saturdays from 10 a.m. to 4 p.m. (949) 809-8775.
• **APAIT Health Center (Garden Grove):** Walk-ins Monday, Thursday and Friday 12 p.m. to 8 p.m., Wednesday 12 p.m. to 7 p.m. For additional hours, please make an appointment, call (714) 636-1669.

• **Orange County Health Care Agency (Santa Ana):** 17th Street Clinic. Walk-ins only on Mondays, Wednesdays, and Thursdays, 8 a.m. to 4 p.m.; Tuesday and Friday, 10 a.m. to 4 p.m. (714) 834-8787.

• **The LGBT Center (Santa Ana):** Monday through Friday 10 a.m. to 6 p.m., except for Tuesday 1 p.m. to 6 p.m. Appointments are strongly preferred, to make an appointment call (714) 953-5428 x 207.

For more testing sites and information about HIV services in Orange County, call (714) 834-8711.

# # #
New Study Finds Over One-Third of Orange County Deaths Are Premature

(Santa Ana) - A new study by the Orange County Health Care Agency examines the leading causes of premature death in Orange County residents. Over 6,000 deaths in 2010 were premature – people less than 75 years of age. The three leading causes of premature death were cancer, heart disease, and unintentional injury (primarily drug overdose).

Unintentional injury deaths primarily due to drug overdoses were the number one cause of premature death for young people (15-24 years old) and adults (25-44 years old). “The entire community has a role in promoting healthier behaviors, such as physical activity, smoking cessation, and the prevention of drug abuse in order to reduce premature deaths in Orange County,” said Dr. Eric Handler, County Health Officer. “Drug overdose deaths in particular are both tragic and preventable.”

While Orange County has lower premature death rates compared to state and national rates, it is a concern that over one-third of all deaths are premature. The report details the demographic and geographic burden of disease and injury in Orange County, and will be used to guide prevention efforts that may extend the years of life of county residents. In support of this, The Health Care Agency recently launched the Eat.Play.Breathe campaign to promote www.myHealthOC.org, a website that offers resources and practical tips on quitting smoking, increasing physical activity and improving diet.

The report uses data from the 2010 Orange County Master Death file for county residents. These are the most recent data available due to the time required for collection and analysis. A summary of the Leading Causes of Premature Mortality in Orange County report is available online.

# # #
Get a Flu Vaccination
for a Healthy Holiday Season

(Santa Ana) - Influenza activity has begun to increase in Orange County. The Orange County Health Care Agency reminds people that the best way to prevent the flu is by getting vaccinated. Peak flu season has not yet arrived and it is not too late to vaccinate.

Influenza vaccine is recommended for everyone six months of age and older, and is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions. Flu vaccines protect against three viruses which commonly cause disease each year: influenza A (H1N1), influenza A (H3N2), and influenza B viruses. While there have been reports nationally of influenza H3N2 strains causing illness that are drifted from the vaccine strain, this is just one of multiple influenza viruses seen so far this season. In situations when there is an imperfect match to one virus, vaccination provides protection against other strains which may be circulating.

Flu vaccine is widely available from medical providers throughout Orange County or you can find a local flu vaccine provider at www.flushot.healthmap.org. Information about locations and dates of other community sites offering free flu vaccine is available at www.ochealthinfo.com/flu. If a person does not have a medical provider, or does not have health insurance coverage, free flu shots are also available through the Health Care Agency’s Family Health Clinic located at 1725 W. 17th Street, Santa Ana on the days listed below. For information about the County’s flu shot program, please call the HCA Health Referral Line at 1-800-564-8448 or visit www.ochealthinfo.com/flu.

Every Thursday
8:00am - 4:00pm (no appointment is needed)
(closed for lunch from 11:45am- 12:45pm)

In addition to getting vaccinated, it’s important to practice good hand washing and other good health habits. People who are ill should take actions to stop the spread of germs:
• Stay home if you are sick
• Cover your nose and mouth when coughing or sneezing
• Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer
• Avoid touching your eyes, nose and mouth

For more information about seasonal influenza please visit the Health Care Agency’s website [www.ochealthinfo.com/flu](http://www.ochealthinfo.com/flu) or the Centers for Disease Control website [www.cdc.gov/flu](http://www.cdc.gov/flu)
Three Cases of Wound Botulism Associated with Heroin Use Reported in Orange County

(Santa Ana) - Three cases of botulism associated with heroin use have been reported in Orange County adults in the last month. All were hospitalized and two required admission to the intensive care unit.

Most people with injection drug-associated botulism are users of so-called “black tar heroin”, a specific preparation of heroin. Risk is also higher for those who inject the drug directly into tissues, as opposed to veins (skin popping). California has experienced an epidemic of botulism associated with black tar heroin use in recent years, with more reports of botulism associated with heroin use than any state in the country.

Symptoms of botulism include muscle weakness that starts in the head and neck muscles and then moves down the body to involve the arms and then legs; slurred speech; double or blurry vision; and trouble swallowing. In severe illness respiratory muscles are involved and respiratory failure may occur. Persons with botulism need to be hospitalized for treatment. Severe illness and death can occur in persons whose disease is not recognized early in its course. The only specific treatment for botulism is botulism antitoxin, which should be given as early as possible to ease symptoms.

Anyone who suspects they may have botulism should contact their doctor or hospital immediately. For more information about botulism visit the California Department of Public Health web page http://www.cdph.ca.gov/HealthInfo/discond/Pages/Botulism.aspx