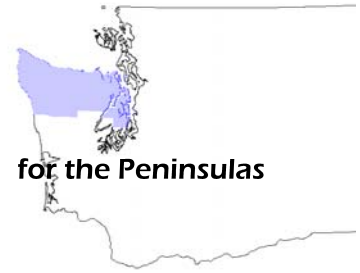




Public Health



for the Peninsulas

News Flash ⚡ **Handwashing continues to be a sensible strategy against the spread of infectious diseases.** The Centers for Disease Control (CDC) says, "Improved adherence to hand hygiene has been shown to terminate outbreaks in health care facilities, to reduce transmission of antimicrobial resistant organisms and reduce overall infection rates."

The Basics—Respiratory Etiquette

- Cover your coughs and sneezes with a tissue and discard.
- If tissue is not available, cough into the bend of your arm.
- Wash hands with soap and water after sneezing or coughing, or use hand sanitizer.
- Stay home when you're sick.
- Keep a container of hand sanitizer by your check-in desk and encourage patients to use it before they sign in.



About Gloves

The CDC cautions that "the use of gloves does not eliminate the need for hand hygiene. Likewise, the use of hand hygiene does not eliminate the need for gloves. The CDC reports, "Gloves reduce hand contamination by 70 to 80 percent, prevent cross-contamination and protect patients and health care personnel from infection." For more resources check this CDC website www.cdc.gov/handhygiene/



Flu season? Not yet but . . .

- ✓ Have you implemented an education plan for staff regarding flu vaccination and respiratory etiquette? Can we help?
- ✓ Have you ordered flu vaccine? Is it confirmed?
- ✓ Do you have a plan for who gets vaccine and when they get it?
- ✓ Do you have a plan for when and if vaccine doesn't come or you have larger than expected interest/response?
- ✓ Do you have an influenza vaccination policy for your staff? The CDC recommends: *All healthcare personnel should get flu shots so they do not get influenza and pass the virus to those at high risk for influenza-related complications, such as person over 50 years of age and those of any age with chronic medical conditions.*

Posters coming soon!

Public Health will be delivering the eye-catching 8½" by 11" poster below to your office in late summer or early fall. They'll be available in Spanish too!



Public Health 24/7—We hear you!

Region 2 Duty Officers continue to be on call 24/7. The calls they received last quarter – April, May, June – involved: pertussis, meningococcus; animal bites; liquid mercury disposal; sewage spills; and tetanus information.

Public Health at Your Fingertips

Clallam County Health & Human Services

www.clallam.net/HealthServices

(360) 417-2274

Jefferson County Public Health

www.jeffersoncountypublichealth.org

(360) 385-9400

Kitsap County Health District

www.kitsapcountyhealth.com

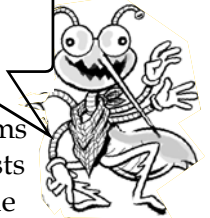
(360) 337-5235

Notifiable Conditions Report

During the recent pertussis activity in Region 2, Public Health staff report excellent communication between Public Health and providers. The result is that patient symptoms have been recognized, patients have been getting the tests and treatment they need and Public Health has been able to track the disease and work on containment.

West Nile Update

No human cases of West Nile Virus have originated in Washington state as of 8/10 /05. West Nile virus is an arbovirus and is a notifiable condition.



Vet Binders Coming Soon!

Public Health will be visiting veterinarians soon with binders similar to those already given to health care providers.

Reported Cases of Selected Diseases in Region 2	Kitsap Cases		Jefferson Cases		Clallam Cases		Region Total	
	April–June 2005	April–June 2004	April–June 2005	April–June 2004	April–June 2005	April–June 2004	April–June 2005	April–June 2004
	Campylobacteriosis	9	4	0	1	3	0	12
Cryptosporidiosis	1	0	0	0	2	0	3	0
Chlamydia	166	203	14	15	13	20	193	238
E. coli 0157:H7	1	0	0	0	0	0	1	0
Giardiasis	3	1	0	1	3	0	6	2
Gonorrhea	14	15	0	0	3	2	17	17
Hepatitis A	1	2	0	0	0	0	1	2
Hepatitis C	101	66	2	1	6	10	109	77
Herpes	26	15	1	2	5	3	32	20
HIV & AIDS (only AIDS cases not previously reported as HIV)	2	4	0	0	0	0	2	4
Malaria	1	0	0	0	0	0	1	0
Meningococcal Disease	1	1	0	0	1	0	2	1
Pertussis	11	0	0	0	0	0	11	0
Salmonellosis	7	5	0	1	1	2	8	8
Shigellosis	1	0	0	0	0	0	1	0
Syphilis	3	4	0	0	0	0	3	4
Tuberculosis	2	2	0	0	0	1	2	3

In the second quarter of 2005 and of 2004 there were no reports of the following notifiable conditions: cyclosporiasis; enterohemorrhagic *E. coli* (non-0157); mumps; rubella.

Region 2 Public Health
 Kitsap County Health District
 345 Sixth Street, Suite 300
 Bremerton, WA 98337

Recipe for hand sanitizer gel

Ingredients:

- 1 C. Aloe vera gel
- 1-2 tsp. rubbing alcohol
- 2 tsp. veg. glycerine
- 10—15 drops essential oil



Place aloe vera gel in a glass bowl or bottle. Add alcohol and glycerine. Stir until well mixed. Add essential oils (such as tea tree oil). Shake or stir to mix. Store in a colored glass plain or pump bottle.

Source: <http://healthyherbs.about.com/cs/recipes/ht/handsanitizer.htm>