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Zika and Travel

As summer approaches and mosquito season begins, the Santa Barbara County Public Health Department (SBCPHD) would like to remind you of steps you can take to protect yourself and your family from Zika and other infections spread by mosquitoes.

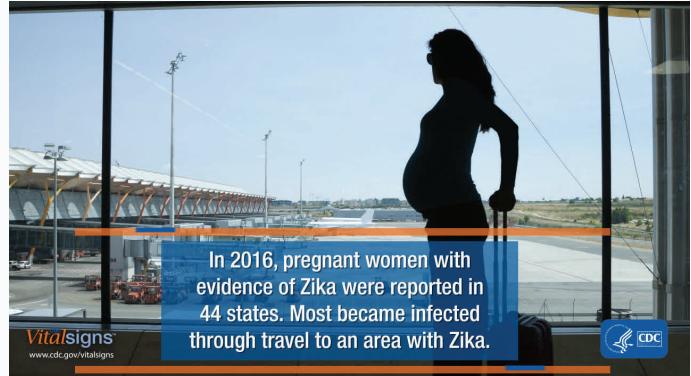
❖ Protect yourself and your family from mosquito bites:

- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus, or other approved active ingredients
 - If you are also using sunscreen, apply sunscreen first and repellent second
 - Wear long-sleeved shirts and long pants
 - For additional protection, clothing can be treated with permethrin.
- Take steps to control mosquitoes inside and outside your home
- Use air conditioning and screens on windows and doors. Sleep under a mosquito net if these are not available.
- Empty standing water weekly from containers such as flowerpots, buckets, and birdbaths (mosquitoes need water to grow)

❖ Prevent Zika during pregnancy:

- If you are pregnant or planning a pregnancy, do not travel to affected countries (maps of affected areas can be found at www.cdc.gov/zika/geo/index.html). If you must travel, speak with your healthcare provider first.
- If you travel to affected areas, use mosquito repellent while abroad and for 3 weeks after returning. In addition, use condoms with sexual activity while abroad and for at least 8 weeks (women) or 6 months (men) after returning because Zika can also be passed through sex .

Many infected persons will have mild symptoms or no symptoms at all. Common symptoms include fever, rash, headache, joint pain, eye redness, and muscle aches. No specific treatment is available, and symptoms resolve on their own within a week. The greatest health concern is for unborn babies when the pregnant mother is infected with Zika. If you have visited an affected area or had unprotected sex with someone who has visited an affected area, and are exhibiting Zika infection symptoms see your healthcare provider. This is particularly important if you are pregnant. Zika can be diagnosed with a blood or urine test.



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Please report mosquito problems, particularly aggressive daytime biting mosquitoes, to the Mosquito and Vector Management District <http://mvmdistrict.com/>.

For local, State and national Zika updates, testing information and additional education, visit:
http://cosb.countyofsb.org/zika_Virus/

Combat Infant Pertussis: Vaccinate During Each Pregnancy

Pertussis (whooping cough) is a highly contagious bacterial disease that can be spread by coughing. Epidemics of pertussis peak every 3-5 years with the last peak occurring in 2014 with over 11,000 cases reported in California. People with pertussis have severe coughing attacks that can last for months. Infants too young for vaccination have the highest reported rates of illness, hospitalization and death from pertussis.

With vaccination being the best strategy to protect babies from this serious, and sometime fatal respiratory infection, the Santa Barbara County Public Health Department reminds the obstetrical community of the importance of vaccinating pregnant women during each pregnancy. Transplacental transfer of antibodies during pregnancy protects young infants against pertussis during the critical period before they begin receiving the primary infant pertussis immunization series. The Centers for Disease Control and Prevention recommends the following immunization schedule:

- Pregnant Women are recommended to receive Tdap (whooping cough booster) in their third trimester (between 27-36 weeks of pregnancy, preferably during the earlier part of this time period). The protection that expectant moms receive from Tdap also passes to their baby in the womb. This helps protect babies during the most vulnerable period, until they are old enough to get their first whooping cough vaccination at 6-8 weeks.
- Infants can start the childhood whooping cough vaccine series, DTaP, as early as 6 weeks of age. Even one dose of DTaP may offer some protection against fatal whooping cough disease in infants. Young children need five doses of DTaP by kindergarten (ages 4-6).
- Students in 7th grade in California need to have met the requirement for a Tdap booster - see www.shotsforschool.org
- Adults are also recommended to receive a Tdap booster, especially if they are in contact with infants or are health care workers, but most adults have not yet received Tdap.

For more information about pertussis, please visit www.sbcphd.org/dcp and www.cdph.ca.gov

Epidemiology Program Updates

- 2017 First Quarter Reportable Communicable Diseases Counts for the County:
<http://cosb.countyofsb.org/phd/epi.aspx?id=23610>
- Updated reports available on the Epidemiology Reports webpage:
<http://cosb.countyofsb.org/phd/epi.aspx?id=40517>

- ◊ 2016-2017 Seasonal Influenza - Final influenza report for the 2016-2017 season now online.
- ◊ Birth Rates in Santa Barbara County—updated with 2015 data
- ◊ 2016 *Santa Barbara Residents Living with HIV Report* and a report reviewing the 2016 *Newly Diagnosed HIV Patients* are online

