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# Health Matters Newsletter

www.sbcphd.org

June 2018

## National CPR and AED Awareness Week: June 1st - June 7th

The Santa Barbara County Emergency Medical Services Agency is pleased to support the American Heart Association and its important mission to increase survival from cardiac arrest.

In 2017, there were 276 non-traumatic cardiac arrests in Santa Barbara County. The county has a 41% out-of-hospital survival rate, which is higher than the national average. Approximately 88% of cardiac arrests occur in the home, thus learning simple life saving Hands-Only CPR is critical in increasing our survival rates within the county. In

just 90 seconds, you can learn the two simple steps to Hands-Only CPR. Click [here](#) to watch the [Hands-Only CPR video](#). Please watch the video any day June 1 -7. Then share the link with family and friends. In addition, in partnership with our various county EMS providers, hands-only CPR training events will be taking place throughout the county on **June 7, 2018**. Specific sites and times may be found here: [English](#) [Spanish](#)



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## National HIV Testing Day - June 27th

Santa Barbara County Public Health Department joins the Centers for Disease Control (CDC) in celebrating National HIV Testing day. It is important for everyone in our community to know their HIV status. Getting an HIV test is the first step for people living with HIV to get care and treatment and control the infection.



*In the United States CDC reports:*

- 1 in 2 people with HIV have had the virus at least 3 years before diagnosis.
- About 40% of new HIV infections come from people who don't know they have HIV.
- 7 in 10 people at high risk for HIV who weren't tested last year saw a healthcare provider during that year.

*Healthcare providers can help by:*

- Routinely provide HIV testing to all people aged 13 to 64, according to CDC guidelines.
- Screen all teens and adults for HIV risk, and test people at high risk at least once a year. This includes some gay and bisexual men who may benefit from more frequent testing (for example, every 3 to 6 months).
- Start people on HIV treatment as quickly as possible after diagnosis.
- Discuss prevention tools with patients, including pre-exposure prophylaxis (PrEP) and services for people who inject drugs.

## Epidemiology Program Updates

- [2018 Valley Fever Investigation findings](#): In February 2018, the Santa Barbara County Public Health Department (SBCPHD) became aware of concerns in the local healthcare community of a potential link between increases in Valley Fever cases and the Thomas Fire & January 9th Debris Flow events. A thorough investigation was initiated by the SBCPHD reviewing all cases of Valley Fever throughout the county during the time period 12/4/2017 - 3/30/2018.
- Other updated reports available on the Epidemiology Reports webpage: <http://cosb.countyofsb.org/phd/epi.aspx?id=40517>

