



RURAL COMMUNITIES SECTOR TELEBRIEFING

County of San Diego
Last Updated: April 20, 2023



AGENDA & SPEAKERS



LIVE WELL
SAN DIEGO

Agenda Item	Presenter
Welcome and Introductions	Liz Wellbrock
Announcements	Liz Wellbrock
Wildfire Preparedness Week	Captain Thomas Shoots
Spring Vector Awareness for Rural Residents	Vector Control Program
Public Health and Medical Updates	Dr. John Malone
Q&A	All
Feedback Survey	Audience
Closing	Liz Wellbrock



ELIZABETH WELLBROCK
Community Health Program
Specialist, Rural Sector Lead
Live Well San Diego Support Team



**JOHN MALONE, MD, MPH, FIDSA,
FACP, FACPE**
Medical SME
County of San Diego



MARISSA REGALO, MPH
Environmental Health Specialist
Outreach and Community Engagement
Vector Control Program
*Department of Environmental Health and Quality
San Diego County*



CAPTAIN SHOOTS
Fire Captain – Public Information Officer
CAL FIRE / San Diego County Fire

RURAL SECTOR TEAM



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TERESA GREENHALGH
Rural Sector Workgroup Co-Lead
San Diego County Fire CERT Coordinator
Community Risk Reduction
San Diego County Fire Protection District



ROSE MARKS-PATTON



SUSANA MARFIL



BELLE STEVENS



ALONDRA ESTRADA



KELLEN HOPP

WELCOME TO THE RURAL TELEBRIEFING



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SAN DIEGO

A few reminders before we begin:



This telebriefing is
being recorded.



Your lines are muted.



Please enter your questions in
the Q&A box and your
comments in the chat box.

Email us at LiveWellCFBO@sdcounty.ca.gov
To receive a recording of today's telebriefing, please sign up [HERE](#).

Please say hello by adding your NAME, ORGANIZATION, and EMAIL to the chat box.

QUIZ TIME!



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Good luck!



QUIZ TIME



ANNOUNCEMENTS

LIZ WELLBROCK
COMMUNITY HEALTH PROGRAM SPECIALIST
RURAL SECTOR LEAD



WHEN IS THE NEXT TELEBRIEFING?



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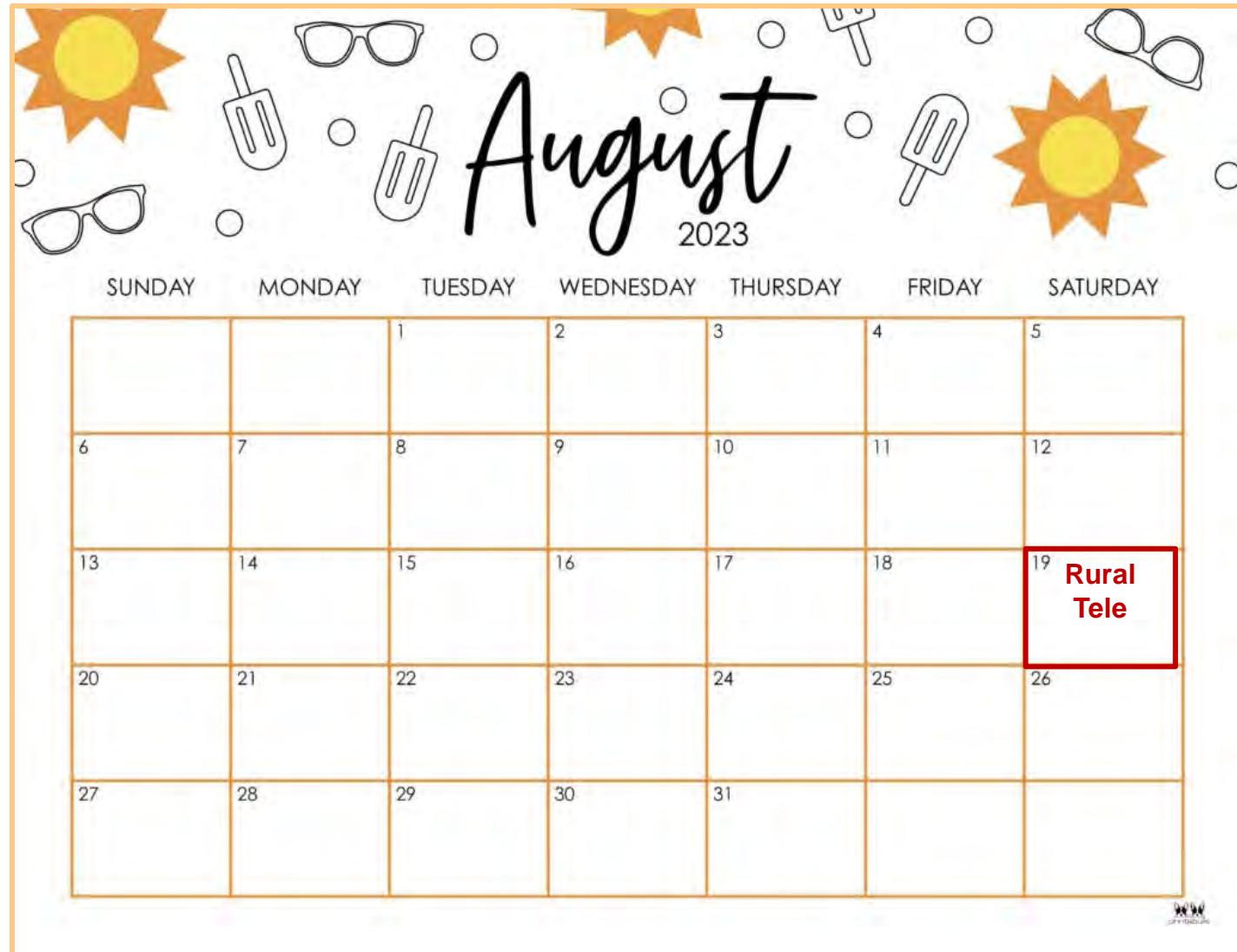
Next Rural Telebriefing

Stay tuned!

SATURDAY 8/19 at 1 pm

**Ramona Library &
live stream!**

[SUBSCRIBE FOR RURAL UPDATES](#)



RURAL E-NEWSLETTER



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Live Well San Diego CFBO
COMMUNITY | FAITH | RURAL COMMUNITIES



Do you have an upcoming event or announcement
that you want to promote in our newsletters?



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E-Newsletter Content Request

Check out our [E-Newsletter Content Request Form](#)
and submit your request today!



Do you want your organization
to be in the **SPOTLIGHT** in our
next Rural newsletter?



Complete this [FORM](#) for
the opportunity to **spotlight**
your organization in a
future Rural newsletter.



39TH ANNUAL BLOOD DRIVE



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**It's not too late to donate blood during the
County's 39th annual blood drive!**

Give blood, save lives



**Find a County blood drive near you and book your
blood donation appointment.**

Thank you for saving lives!

East Region Live Well Center

Monday, April 25, 2022 | 9:00am – 2:30pm | [Book Now](#)

HHSA - San Diego Child Welfare

Tuesday, April 26, 2022 | 8:30am – 2:00pm | [Book Now](#)

Fallbrook Community Center

Wednesday, April 27, 2022 | 12:30pm – 5:30pm | [Book Now](#)

Live Well Support Center (Seville Plaza)

Thursday, April 28, 2022 | 9:00am – 3:00pm | [Book Now](#)

County of SD - Housing and Community Development Services

Thursday, April 28, 2022 | 9:00am – 2:30pm | [Book Now](#)



WILDFIRE PREPAREDNESS WEEK

CAPTAIN THOMAS SHOOTS
FIRE CAPTAIN – PUBLIC INFORMATION OFFICER
CAL FIRE / SAN DIEGO COUNTY FIRE



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Preparing for Peak Fire Season

CAL FIRE/San Diego County Fire

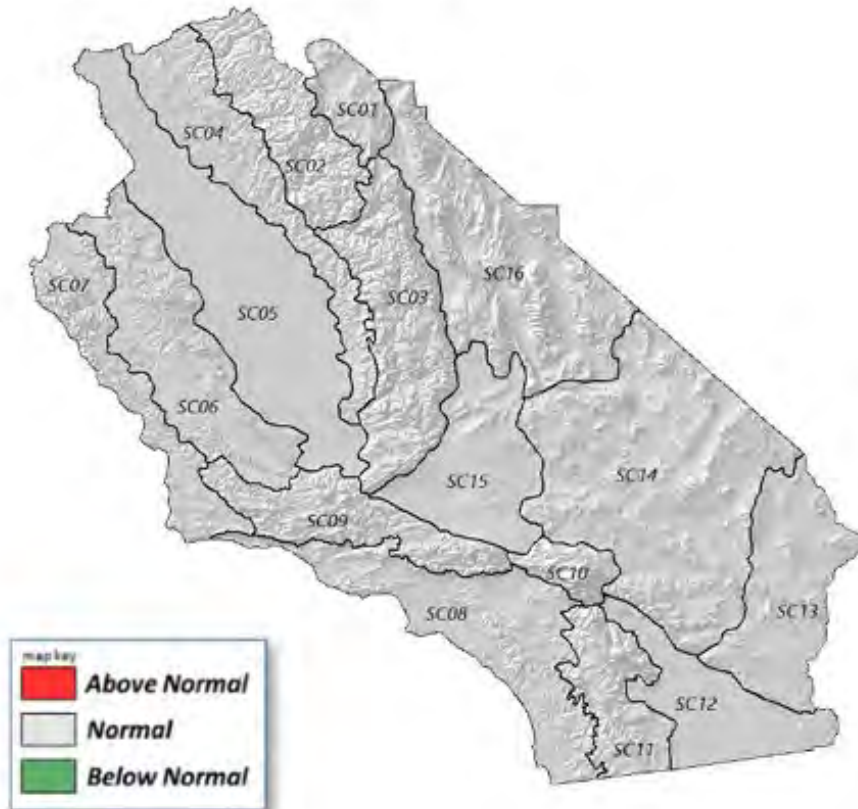
MONTHLY/SEASONAL OUTLOOK

ISSUED: APRIL 1, 2023 VALID: APRIL – JULY, 2023

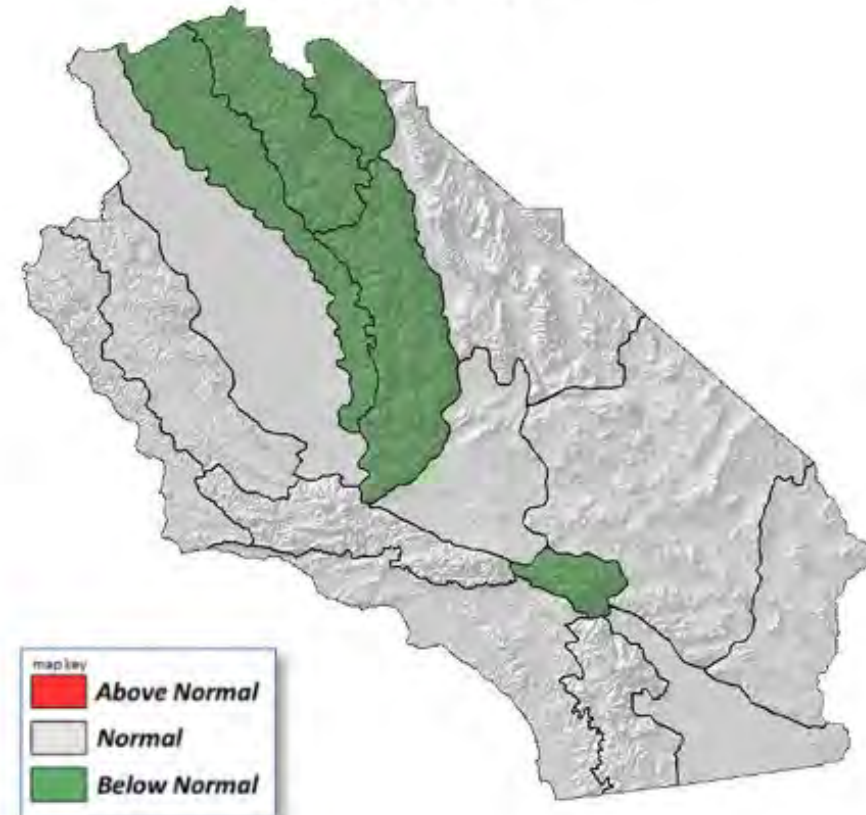


4-Month Significant Fire Potential:

April – May 2023



June 2023

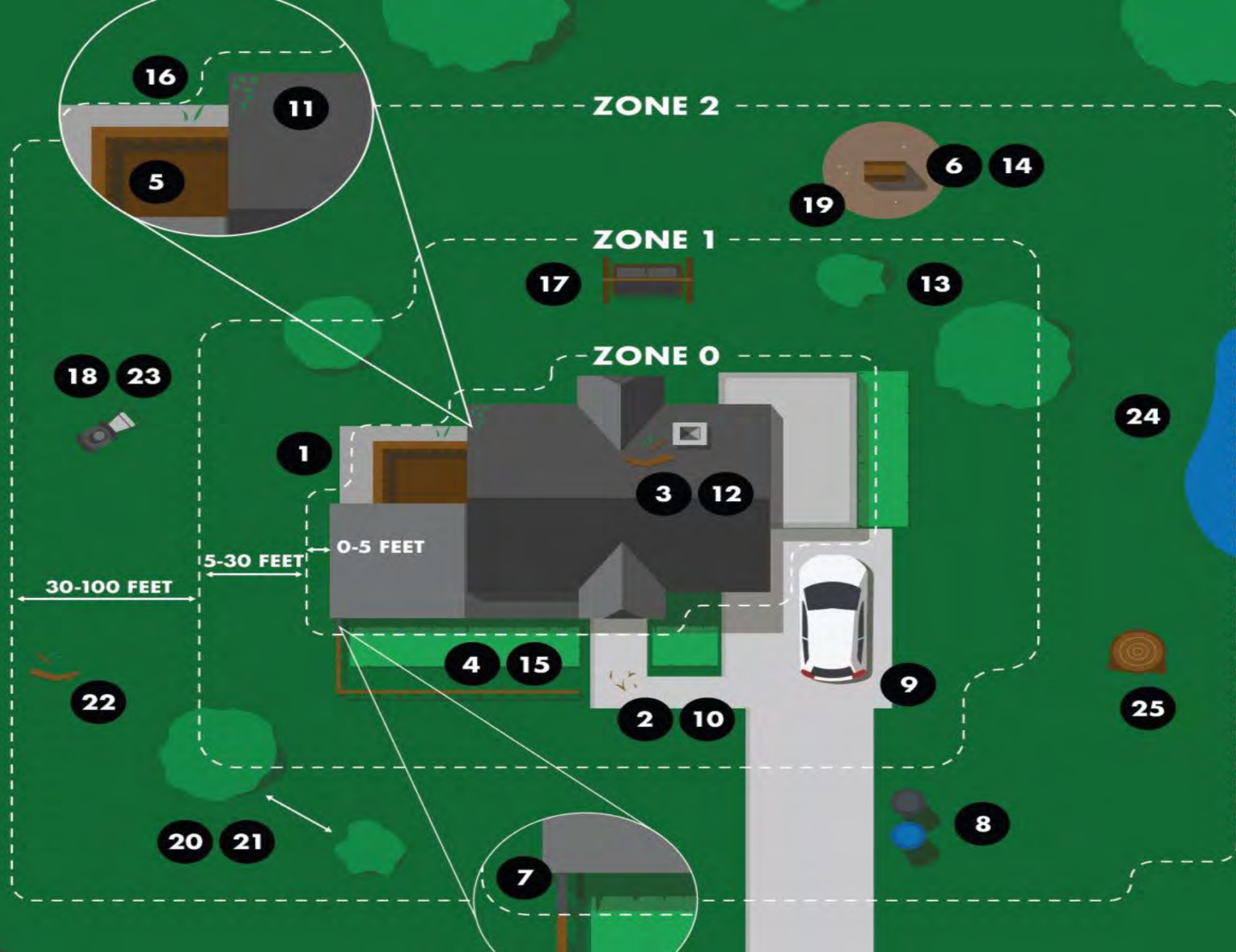




COVERAGE YOU COUNT ON

TAKING CARE OF WHAT WE CAN CONTROL





WILDFIRE HOME RETROFIT GUIDE

How to Harden Homes
Against Wildfire



LIVING
WITH FIRE
TAHOE



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

PEER
REVIEWED

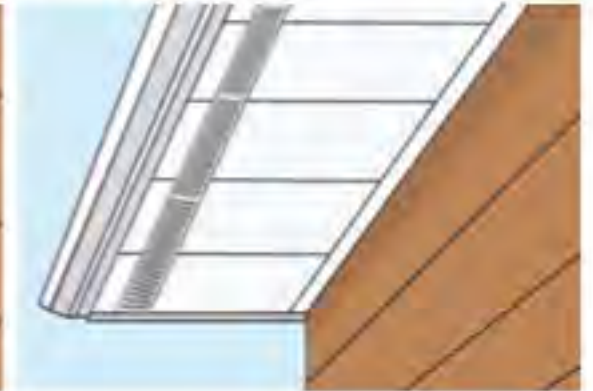
Eaves

The under-eave area provides a point of entry for flames if nearby vegetation or other materials are burning. There are two basic designs for under-eave construction: open-eave and soffit-eave (i.e., one that is boxed in). Open-eave designs are more vulnerable to flames—heat can build up in an area between the roof rafters allowing for more rapid fire spread laterally, which increases the likelihood that fire will find a location to enter the attic. Vents that are in the blocking between rafters in open-eave construction are more vulnerable to the entry of embers than vents in a soffit-eave.

OPEN EAVE



SOFFITED EAVE

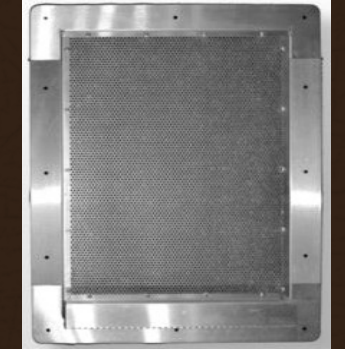
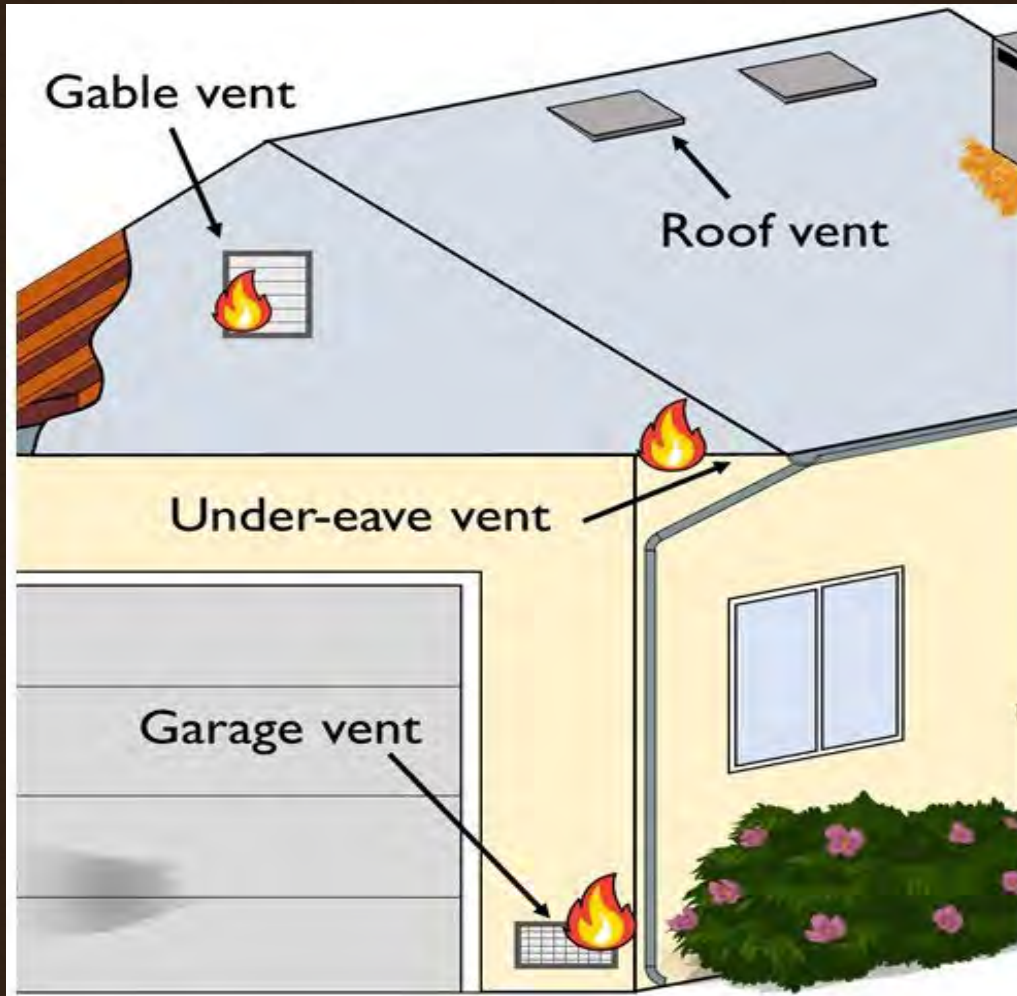


HOW TO REDUCE THE VULNERABILITY OF EAVES

- Inspect open-eave areas for gaps where embers could lodge or pass through into the attic. All vents should be screened and all other gaps should be filled with durable caulk.
- Enclose under-eave area to create a soffit eave.

✦ Enclose open eaves to protect attic spaces from ember intrusion.

VENTS: A LOW-COST RETRO



Fire-Resistant Vents:

- Vulcan Vents
- Brandguard
- Embers Out

<https://ucanr.edu/sites/fire/Prepare/Building/Vents/>

EVACUATION TERMS

WARNING



Potential threat to
life/property

Treat as an Order for AFN

ORDER



Immediate threat to
life/property



EMERGENCY NOTIFICATIONS

LOCAL FIRE INFO

- Wireless Emergency Alerts
- AlertSD.org
- Twitter (@CALFIRESANDIEGO, @CLEVELANDNF and others)
- TV News Stations
- Radio News Stations
- Scanner Apps
- HPWREN/AlertWildfire Cams





VECTOR KNOWLEDGE DURING SPRING ACTIVITIES

Marissa Regalo, MPH

Environmental Health Specialist

Vector Control Program

Department of Environmental Health and Quality

County of San Diego





The Vector Control Program

DEPARTMENT OF ENVIRONMENTAL HEALTH AND QUALITY

MARISSA REGALO- ENVIRONMENTAL HEALTH SPECIALIST TRAINEE



What is a Vector?



Vectors are animals, like mosquitoes, ticks, and rats, that can spread diseases to people.





Vector Control Program

- Our main goal is to prevent vector-borne diseases in the community
- We do this by using an Integrated Vector Management Strategy
- Serve all unincorporated and incorporated areas within San Diego county except for federal and tribal lands

Here To Help!

San Diego County residents can:

- Request mosquito and/or rat inspections
- Report mosquito breeding, green pools, and dead birds
- Request information and presentations
- Get mosquitofish free of charge



Integrated Vector Management (IVM)



The Vector Control Program (VCP)



Surveillance

- Set traps to monitor vectors and bring to the lab for pathogen testing

Diagnostics

- Testing vectors for pathogens

Control

- Reducing vector populations and/or people's exposure to vectors

Outreach

- Educating the public about preventative behaviors

Potential Sources of Exposure

Ticks

- Present in brush
- Tularemia, Rickettsia



Rats and Mice

- Present in harborage
- Hantavirus



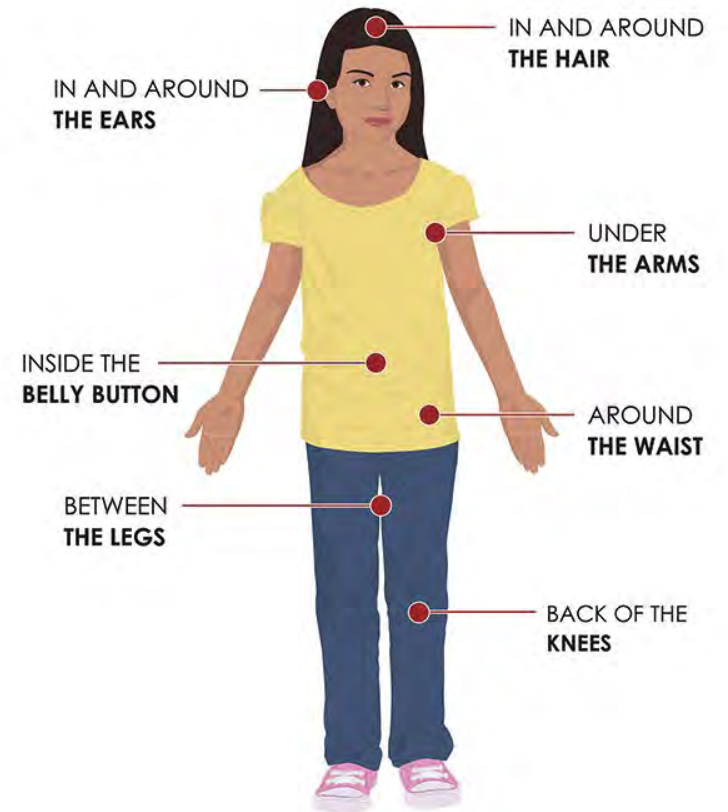
Mosquitoes

- Lay eggs in standing water
- West Nile virus



Tick Prevention

- Wear light colored clothing to help spot ticks.
 - Long pants, sleeves, socks
- EPA approved registered repellent (DEET, Picaridin, IR3535, Oil of Lemon Eucalyptus)
- Check clothes and gear
 - Dry clothes on high heat
- Check your body for ticks!
 - Take a shower
 - Use a mirror
 - Check hard to see places
- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible and clean the area.
- If you develop a rash or fever within several weeks of removing a tick, see your doctor.



Rats/Mice Prevention



- Check for rat or mice signs
 - Droppings
 - Gnawing marks
- Remove attractants
 - Bird feeders
 - Fruit trees (fallen fruits)
 - Dog/cat food
- Sealing entry points into your home or sheds
- Clean mice droppings using a wet cleaning method

Mosquito Prevention

- To prevent mosquito breeding:
 - Remove standing water where mosquitoes can lay eggs
 - Only need ¼ inch of water to lay eggs
 - Many backyard items can hold water
- To protect against mosquito bites
 - Keep doors and windows closed and covered
 - Wear pants, long sleeves
 - Wear mosquito repellent containing an EPA registered active ingredient
 - DEET
 - Picaridin
 - Oil of Lemon Eucalyptus
 - IR3535





What is a VCP's role in a rural environment?



- Inspect and educate
- Recovery phase of rural emergencies
- Protect San Diego County from disease outbreak
- Communicate to public and local agencies



Stay Informed!

For program updates and general tips please follow/share our social media!

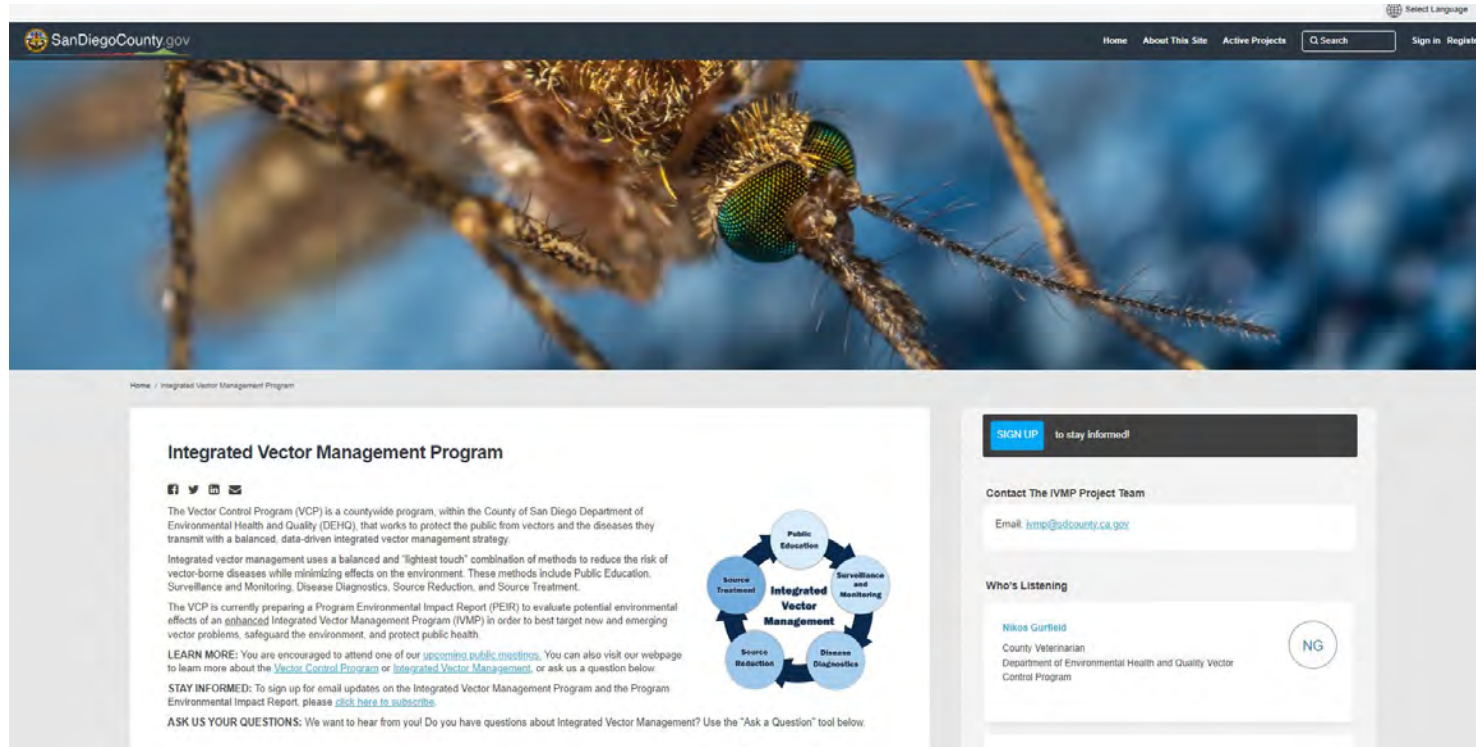
@sdfightthebite



sdvector.com

sdfightthebite.com





PEIR Public Comment

- Upcoming Program Environmental Impact Report (PEIR) with public comment period
- We are always looking for ways to enhance our program in the most environmentally responsible way
- Sign up for updates or to learn more visit: <https://engage.sandiegocounty.gov/vector>

Questions?

Websites: sdvector.com, sdfightthebite.com

Email: vector@sdcounty.ca.gov

Phone: 858-694-2888

Address: 5570 Overland Ave Suite 102
San Diego, CA 92123





PUBLIC HEALTH & MEDICAL UPDATES

JOHN MALONE, MD, MPH, FIDSA, FACP, FACPE
Medical SME

County of San Diego



BIRD FLU IN SAN DIEGO COUNTY



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Rural or backyard farm settings with infected H1N1 poultry increase the risk for human transmission.

IF you notice a sudden die off in poultry OR multiple ill birds, please call the Sick Bird Hotline so staff can assess, diagnose, and assist in culling sick birds.

Do not attempt to manage ill or dead birds yourself or hide the issue!

Report any unusual or suspicious sick or dead domestic, pet, or collection birds immediately via the CDFA **Sick Bird Hotline at (866) 922-2473.**

RESPIRATORY VIRUS SURVEILLANCE REPORT



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SAN DIEGO

Respiratory Virus Surveillance Report

Data through 4/8/2023



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY



[Respiratory
Virus
Surveillance
Report](#)

[COVID-19 Local
Cases](#)

[About COVID-
19](#)

COVID-19 and Influenza Fiscal Year-to-Date Overview

Figure 1.1. San Diego County **COVID-19***
Cases by Episode Month

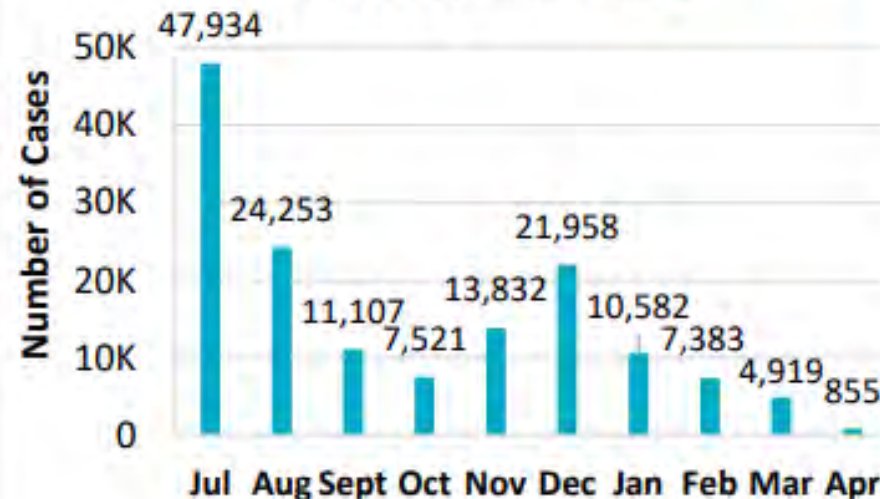
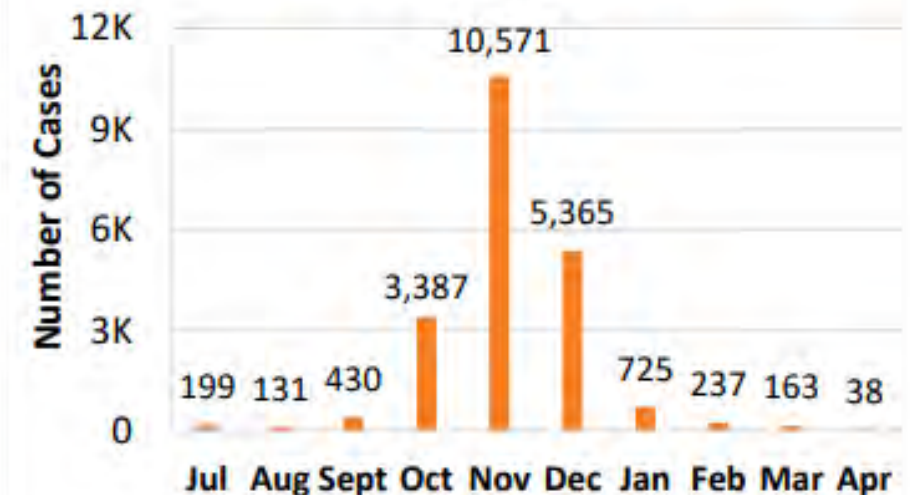


Figure 1.2. San Diego County **Influenza**
Cases by Episode Month

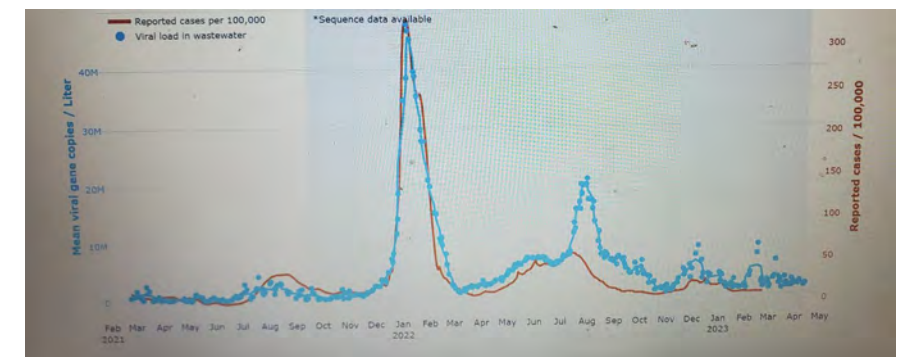


COVID Status San Diego County



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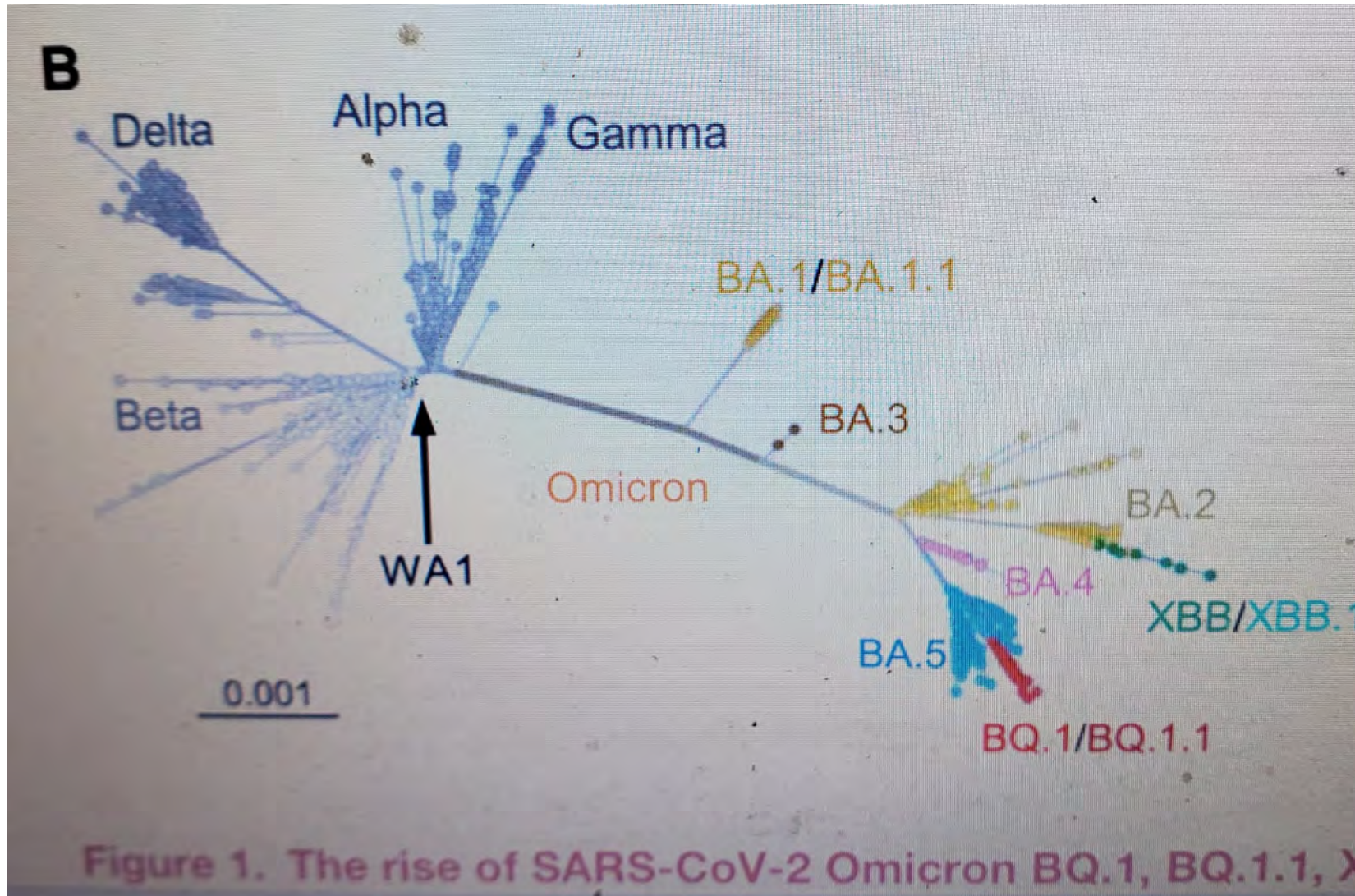
- Wastewater COVID data fluctuates but essential stable (12 April 2023 SEARCH data)
- COVID related deaths continue San Diego County at 1/day. Most recent data shows 6 individuals deaths with COVID related on death certificates aged 60-70, one additional individual at 43 years old.
- Early testing for COVID recommended with Paxlovid therapy in the initial 5 days. Paxlovid indicated for ANY individual with risk factors –not just age related which includes overweight, hypertension and any age minority members that most likely live in multi generational family units.
- Long COVID continues at a 20% (1 in 5) infection rate...Paxlovid therapy is beneficial to prevent long covid including younger ages.



COVID Omicron Variant Difference – Need for Bivalent Boosters



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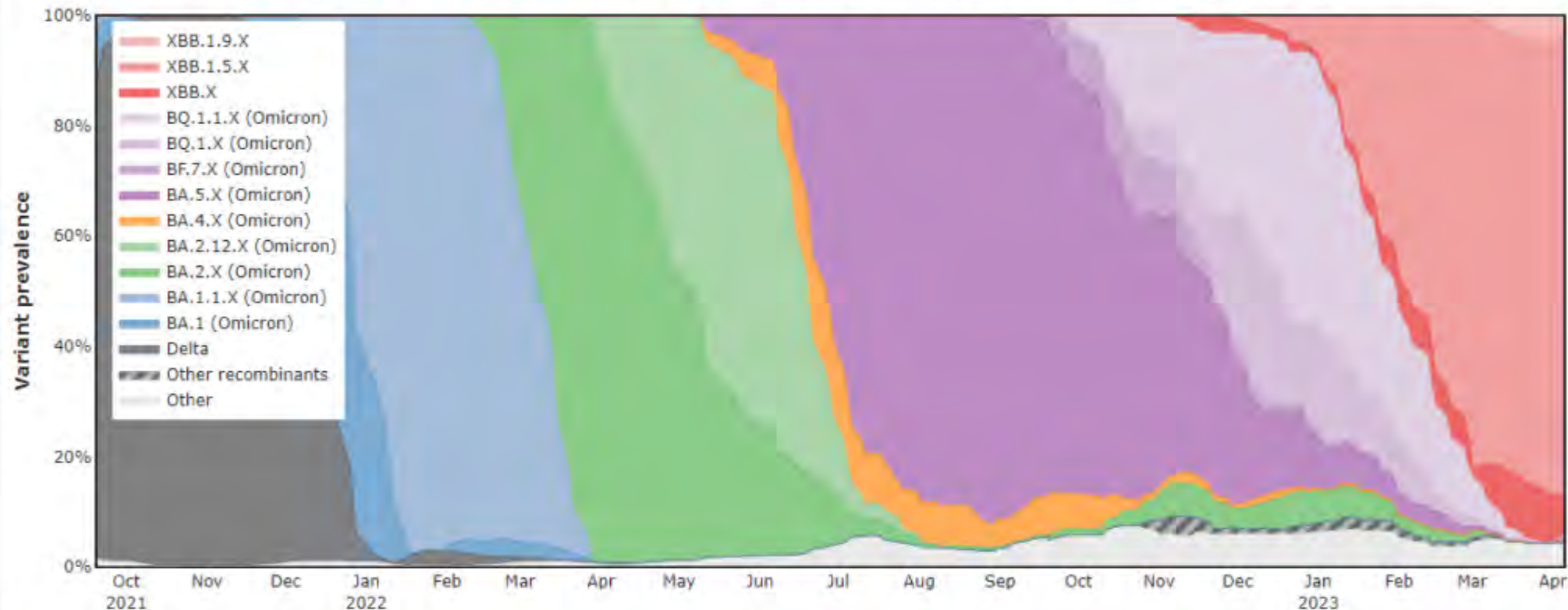
Wang Q, et al. Alarming antibody evasion properties of rising SARS-CoV-2 BQ and XBB variants. *Cell*. 2022; 186: 279-286. (19 Jan 2023)
<https://doi.org/10.1016/j.cell.2022.12.018>

COVID-19 AND WASTEWATER



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Figure 26. SARS-CoV-2 Wastewater Lineage Prevalence Over Time in San Diego



Source: SARS-CoV-2 variant prevalence in wastewater was generated by the SEARCH consortia (<https://searchcovid.info/dashboards/wastewater-surveillance/>).

Data through
4/8/2023

Epidemiology and Immunization Services Branch
www.sdepi.org (619) 692-8499

FDA approves 2nd dose mRNA COVID Omicron Booster



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- FDA approved 2nd Dose mRNA COVID-19 Bivalent Booster (Pfizer, Moderna) 18 April 2023.
- Indicated for older adults and compromised immune systems.
- Timing 4 months from past COVID-19 vaccination – either booster or initial series.
- For those with “weak immune systems” – two months only from last dose (include cancer, transplant patients, steroids, immune modulators i.e. Humira, Otezla).
- Bivalent COVID-19 vaccine will only be used as cover Omicron variants – initial series will no longer utilized as lack Omicron variant coverage.
- For first time COVID-19 vaccine, only bivalent booster will be utilized.
- “The agency believes this approach will help encourage future vaccination” – Dr Peter Marks, FDA Vaccine Chief. Britain and Canada with similar recommendations. Several weeks to implement. (Western States approval)₄₀

Updated COVID-19 Booster



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Most U.S. adults have not yet received an updated (bivalent) COVID-19 booster



An **updated booster** may reduce your risk of severe COVID-19 by 50% or more*



For the best protection, get an updated booster



*Vaccine effectiveness varied based on previous vaccination status of the control group and outcome studied

bit.ly/MMWR_COVIDVaccination

DECEMBER 16, 2022

MMWR

Maximize Children in School – COVID Testing

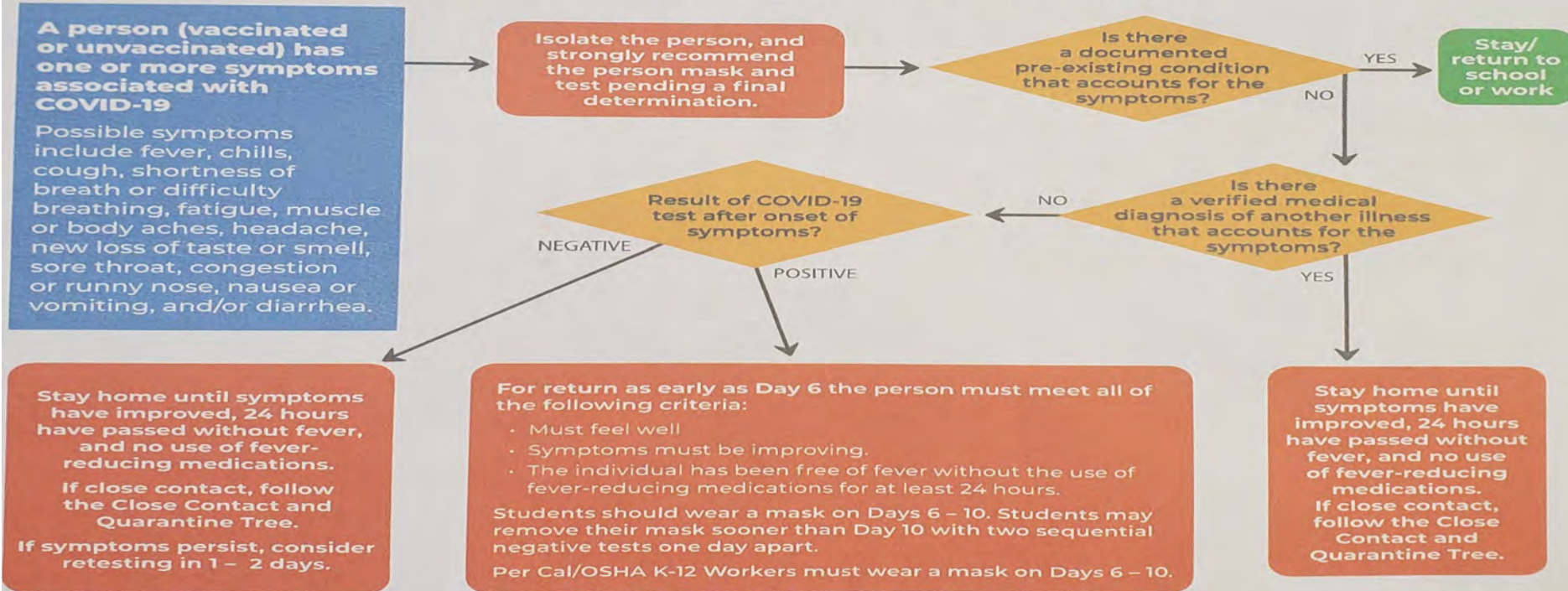


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If the person...

- Has **symptoms**, use the **Symptom and Isolation Tree**
- Has **tested positive** and **does not have symptoms**, use the **Asymptomatic Positive Tree**
- Is identified as a **close contact** and **does not have symptoms**, use the **Close Contact and Quarantine Trees**

Symptom and Isolation Tree for Students and K-12 Workers



K-12 schools are encouraged to develop standard criteria for managing students who develop symptoms of infectious diseases, including COVID-19.

San Diego County Office of Education website as of 12 April 2023.

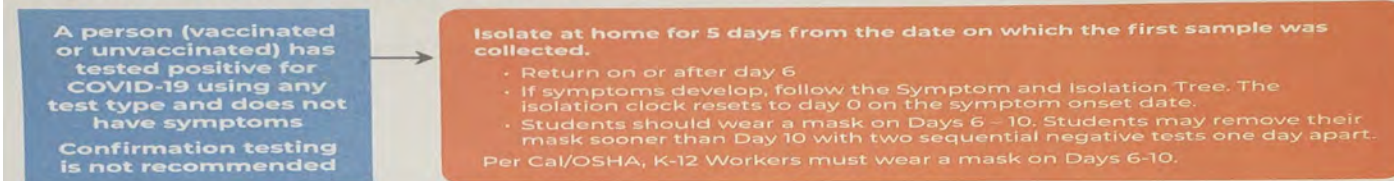
<https://covid-19.sdcoe.net> - in conjunction with San Diego HHSA.

Maximize Children in School Asymptomatic Test Positive

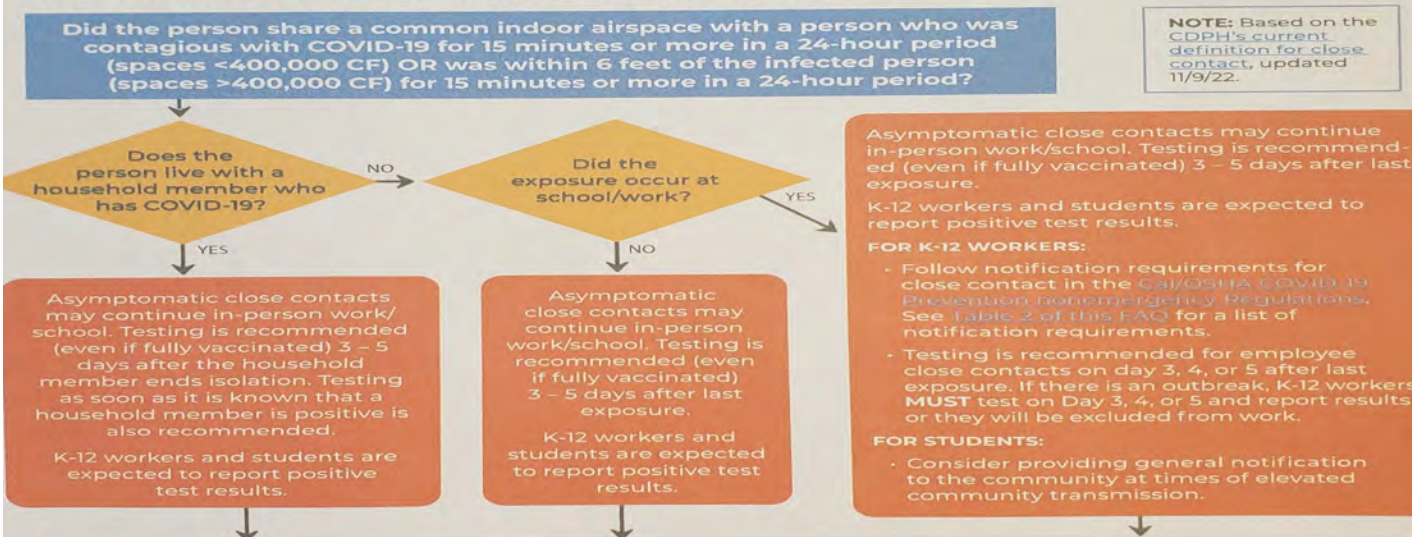


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Asymptomatic Positive Tree for Students and K-12 Workers



Close Contact Tree for Students and K-12 Workers



Students and K-12 Workers:

- Close contacts should consider testing as soon as possible to determine infection status. Testing is recommended (even if fully vaccinated) 3 – 5 days after last exposure.
- People who are within 30 days of a prior COVID-19 infection do not need to test.
- Schools are not required to verify negative test results.
- If the exposed person has symptoms consistent with COVID-19, they must stay home, should get tested, and must follow the guidance in the Symptom and Isolation tree on page 1.
- Students and K-12 Workers who test positive must stay home and notify the school/employer of the positive test.
- Close contacts should wear a well-fitting mask indoors around others for at least 10 days following the date of last exposure to a person who was contagious.
- If there is an outbreak, K-12 workers in the exposed group **MUST** wear a mask until the workplace no longer qualifies as an outbreak.

San Diego County Office of Education website as of 12 April 2023. <https://covid-19.sdcoe.net>

MPOX Jynneos Vaccine Efficacy



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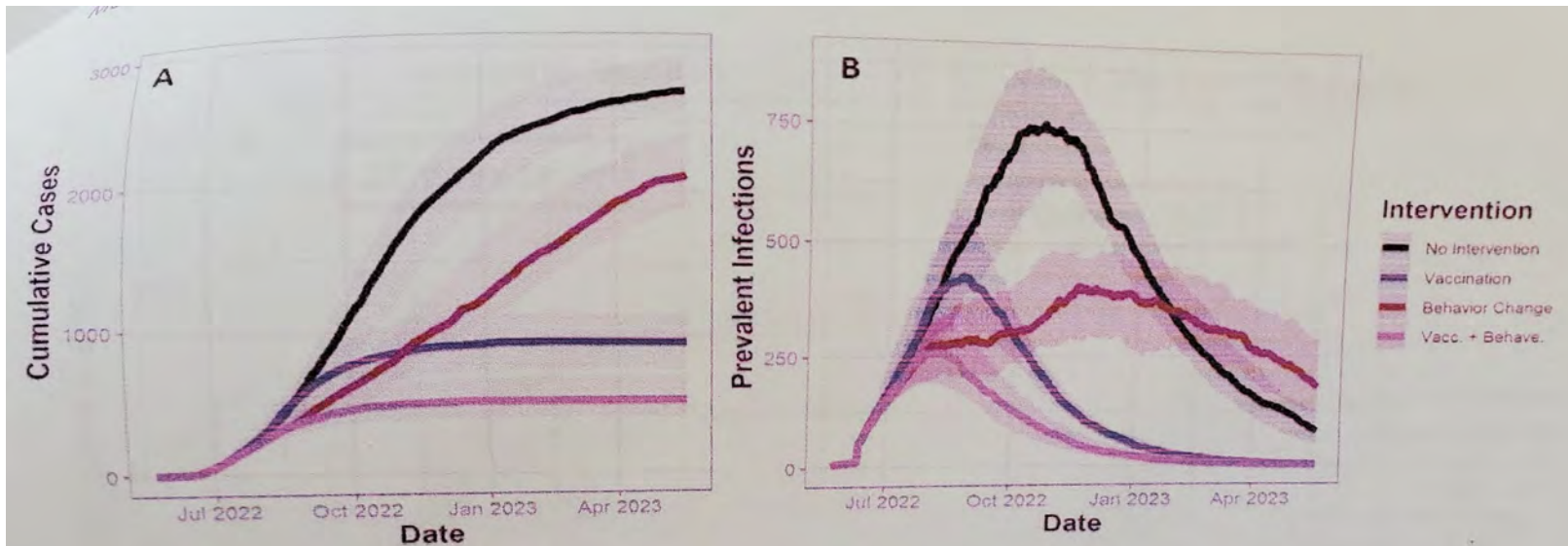


Figure 2: Vaccination and behavior change both reduce estimated cumulative cases and prevalent infections. (A) Y-axis shows model estimates of cumulative cases (i.e. individuals who are diagnosed with mpox), over time on the X-axis from May 21st 2022 to May 21st 2023. (B) Y-axis shows prevalent infections, over time on the X-axis. Solid lines indicate median values from 120 simulations, while transparent bands represent interquartile ranges. Colors indicate intervention combinations.

Clay PA, et al
(CDC). Modelling
the impact of
vaccination and
sexual behavior
change on reported
cases of mpox in
Washington D.C.
medRxiv preprint
posted 14 Feb 2023.
[https://doi.org/10.1101/
2023.02.10.23285772](https://doi.org/10.1101/2023.02.10.23285772)



Monkeypox (Mpox) Vaccinations Schedule by Day



Get your Mpox vaccine from a provider near you.

Contact your healthcare provider or visit [MyTurn.ca.gov](https://www.MyTurn.ca.gov) to schedule an appointment for your no-cost vaccine.

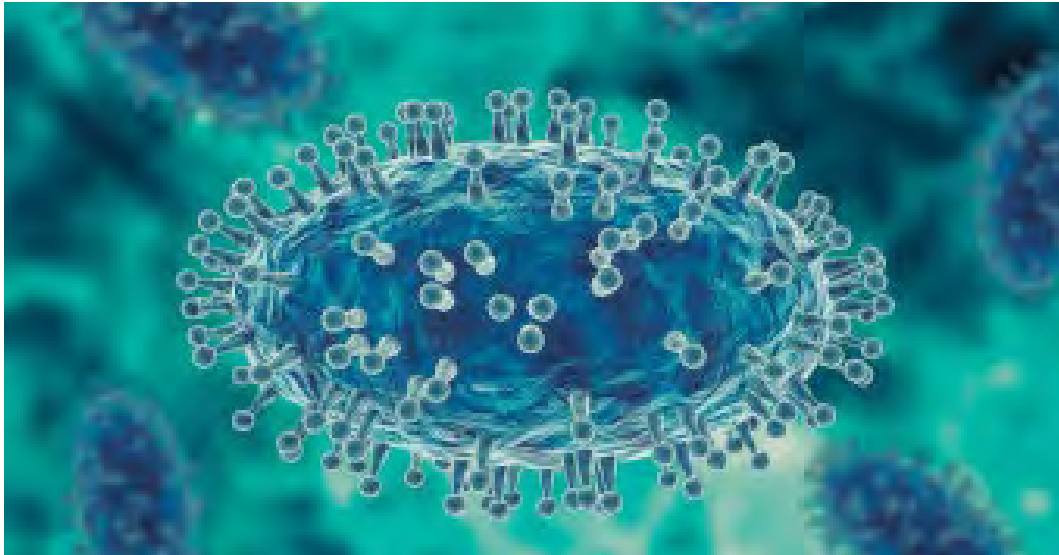
Individuals 12 years and older may book an appointment at www.MyTurn.ca.gov

Individuals 11 years and younger may book an appointment through the Epidemiology Unit at 619-692-8499.



Text **COSD MONKEYPOX** to 468-311.

Get text updates about mpox from the County. Text COSD MONKEYPOX to 468-311.



[Monkeypox Local Cases](#)

[About Human Monkeypox](#)

Congenital Syphilis Cases Rising SD County



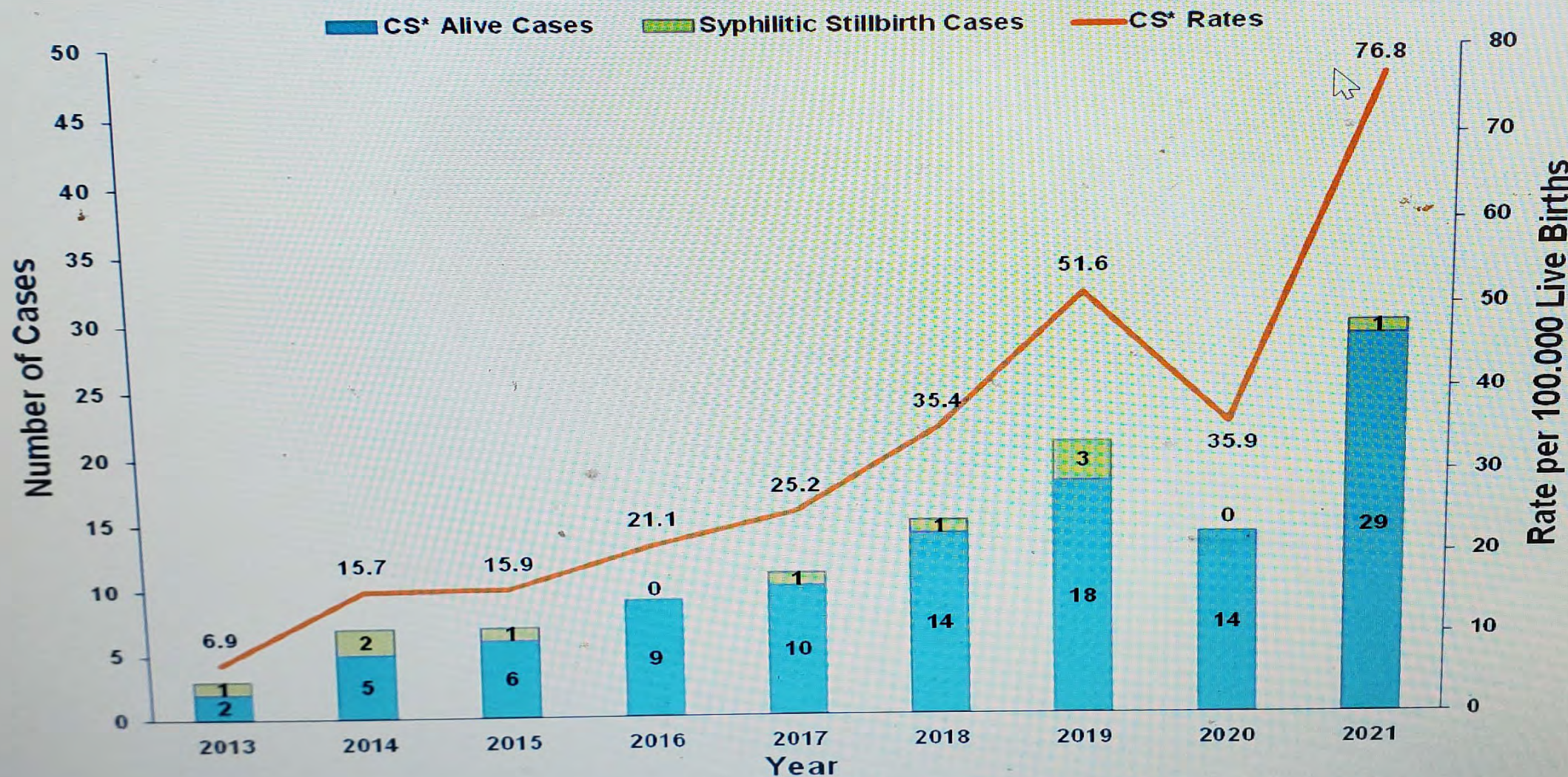
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- Congenital syphilis cases on the rise in SD County...most recent 30 cases in 2021 (Rate 76/100K live births). Passed from mother to child resulting in stillbirth, miscarriage, low birth weight death. Infants result in deformed bones, low blood counts, and neuro - developmental delays.
- From 2016 to 2020 California rates increased 126%.
- Multiple factors involved including drug usage (heroin, fentanyl), transactional sex, PEH shelter, and access to prenatal care and testing with insurance factors.
- Most important recommendation to expecting mothers is to complete prenatal visits and inform your provider or any new or additional sexual partner activity concerns.

Congenital Syphilis Cases and Rates, San Diego County, 2013 - 2021



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*CS: Congenital Syphilis. Rates for congenital syphilis were defined based on the number of live births and include syphilitic stillbirth.

STI Prevention “New” Ideas – “Morning After” Pill



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A Trial of Minocycline Given after Exposure to Prevent Gonorrhea. Harrison W....Karney W...Holmes KK. *NEJM*. 1979; 300:1074-1078. Doi:10.1056/NEJM197905103001903

In a prospective evaluation of antibiotic prophylaxis against gonorrhea, 1080 men were given 200 mg of oral minocycline or placebo after sexual intercourse with prostitutes in a Far Eastern port. Later, at sea, gonococcal infection was detected in 57 of 565 men given placebo and 24 of 515 men given minocycline ($P < 0.001$). Minocycline prophylaxis completely prevented infection by gonococci susceptible to 0.75 μg or less of tetracycline per milliliter, reduced the risk of infection or prolonged the incubation period in men exposed to gonococci susceptible to 1.0 to 2.0 μg per milliliter, but did not prevent infection or prolong incubation in men exposed to gonococci resistant to 2.0 μg . Minocycline did not increase the proportion of asymptomatic infections. Minocycline prophylaxis would probably have limited effectiveness as a public-health measure because of the tendency to select resistant gonococci. (*N Engl J Med* 300:1074-1078,1979).

DOXY – PEP EVIDENCE



- AIDS 2022 Conference, Montreal: Single Dose Doxycycline (200mg) after condomless sex in high risk settings (MSM/Transgender women) significantly reduced rates of STIs including gonorrhea.
327 MSM on HIV PrEP; doxy – 11%; control 32% per quarter (66% reduction)
174 with HIV – doxy 12%; control 30% (62% reduction)
- 2023 (Feb 20) CROI. A Luekemeyer. San Francisco General/UCSF – 50% reduction in ceftriaxone utilization. Gonorrhea resistance 30%
- *Lancet Infect Dis* 2018;18 (3):308-317. Molina JM. 232 patients in 72 hours condomless sex – 73 with STI:28 in doxy and 45 in control. Doxy decreased chlamydia and syphilis by 70%, not Gonorrhea.
- Meningococcal B vaccine recombinant (MenB-4C; Bexsero GSK) - *Neisseria meningitis* associated with reduction in *Neisseria gonorrhoeae* – observational study, Paris
- NO DOXYCYCLINE in Pregnancy – permanently stains newborn teeth.
- STI talk today 20 April 3:30 PM Medical Care Services Telebrief – Dr Tilghman, Head STI and Hepatitis, County of San Diego, HHSA



Q&A



WE WANT TO HEAR FROM YOU!



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WE WANT TO HEAR FROM YOU, RURAL COMMUNITIES!

Let us know how we've been doing and how
we can best serve and partner with you.



Complete our brief feedback form by **May 12** and enter for a chance to win a Live Well San Diego "swag bag."

Thank you!

Your opinion matters!

Help us better serve rural residents
and communities!

Click the link below to access the
feedback form by **FRIDAY, MAY 12th**.

RURAL COMMUNITIES SECTOR
FEEDBACK FORM





CLOSING



RURAL SECTOR



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STAY CONNECTED!

- For Rural Sector questions and resources, please email:
LiveWellCFBO@sdcounty.ca.gov
- [Rural Communities Website](#)
- [Sign up for email updates](#)

