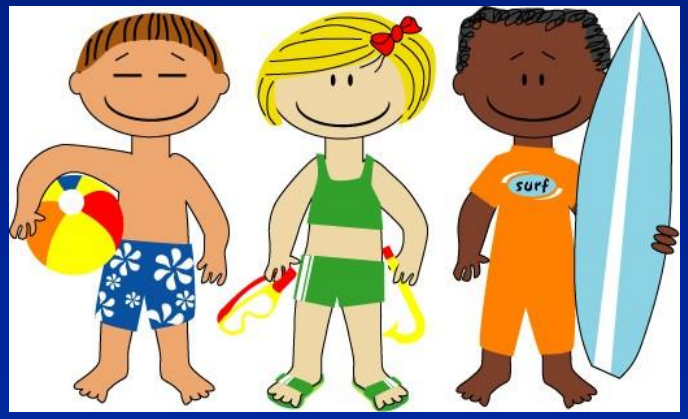
What's New in Public Health?



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September 25, 2024

Disclosures

- I am on a Safety Monitoring Board for a Pfizer vaccine for Lyme disease
- I may be mentioning off label uses of drugs or vaccines

Learning Objectives

Following this presentation, the learner well be able to discuss:

- The Health Alert Network
- The NJLINCS health alert network
- Non-contagious health hazards

Health Alert Network

- CDC's method of sharing information
- National program, free
- Eighteen alerts so far in 2024
- Sign up for updates: https://emergency.cdc.gov/han/updates.asp

emergency.cdc.gov/han/

NJHealth New Jersey Department of Health NJLINCS Health Alert Network

- Alerts: tianeptine; withdraw risks
- Advisories: Marburg; acute flaccid myelitis
- Updates: rule adoption; survey; advice
- Information: vector-borne; respiratory ills
- Training: patient testing; infection control
- Recalls: Happy Moose Juice; cinnamon

phm.njlincs.net

Parenteral fluids: 10/12/24

- Hurricane Helene damage to Baxter international facility in North Carolina
- Peritoneal dialysis and intravenous fluids
- Asses inventory, conserve, avoid waste, optimize use, and communicate
- In NJ and elsewhere, some elective surgery is being cancelled

emergency.cdc.gov/han/2024/han00518.asp

Marburg disease: 10/3/24

- Marburg virus, *Filoviridae*, think Ebola
- Acute hemorrhagic fever
- Rwanda: 36 cases, 11 deaths, 19 healthcare
- Spread by direct contact blood and body fluids, by fruit bat contact and bushmeat
- Fever, headache, pains, fatigue, bleed
- No cases outside Rwanda yet

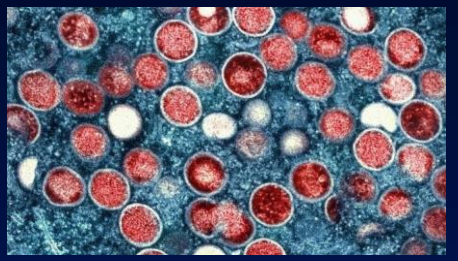
emergency.cdc.gov/han/2024/han00517.asp
phm.njlincs.net/Message/GetMessageContent?messageId=112526

Tianeptine Update: 9/26/24

- Tianeptine falsely marketed and sold in gas stations and online as a dietary supplement
- Neptune Resources, LLC; Neptune fix
- Opioid-like effects: poisoning and deaths
- First warnings in January; sales continue

emergency.cdc.gov/han/2024/han00518.asp

Mpox: 9/23/24



- Pox virus, endemic in central Africa
- 2022 global outbreak: Clade II
  - Primarily sexually transmitted
- Current outbreak: Clade I
  - Spread by close contact
- Rash, fever, swollen glands

www.cdc.gov/mpox/; emergency.cdc.gov/han/2024/han00516.asp

Signs and Symptoms of Mpox

Mpox can cause a rash that may look like pimples or blisters anywhere on the body, including the hands, feet, chest, face, or mouth, and sometimes on or near the genitals or anus.

Other symptoms can include:

Fever

Swollen lymph nodes

Muscle aches & backache

Respiratory symptom (sore throat, nasal congestion, or cough)

Chills

Exhaustion

Headache

CDC

www.cdc.gov/mpox/

Mpox rash

www.cdc.gov/mpox/

Mpox

- Diagnosis: viral detection in lesions
  - PCR test – local labs and health dept.
- Treatment:
  - Supportive and pain control
  - Antiviral agent available: tecovirimat
- Prevention: JYNNEOS vaccine

www.cdc.gov/mpox/

Oropouche Virus, 8/16/24

- Virus: *Peribunyaviridae*, *Orthobunyavirus*
- First detected 1955 Vega de Oropouche, Trinidad and Tobago
- Endemic in South America and Cuba
- Spread by midges and some mosquitoes

emergency.cdc.gov/han/2024/han00515.asp

Oropouche Virus

- Fever, headache, chills, myalgia, arthralgia, rash; dizzy, eye pain, nausea, vomit, rash
- Symptoms last about a week, recur in 60%
- Case reports of fetal death and anomalies including microcephaly
- Travel alert for pregnant people

www.cdc.gov/oropouche/

Parvovirus B19, 8/13/24

- Increased cases this year
- Respiratory virus, ubiquitous
  - Outbreaks late winter, early spring
- Erythema infectiosum, fifth disease
  - Mild fever, headache, cough, sore throat
  - Rashes: slapped cheek, hands and feet

emergency.cdc.gov/han/2024/han00514.asp
2024-2027 Red Book; www.cdc.gov/parvovirus-b19/about/

Parvovirus B19

- Polyarthropathy syndrome – adult women
- Anemia, aplastic crisis – sickle cell disease
- Hydrops fetalis – first 20 wk of pregnancy
- Diagnosis: antibody (IgM) testing, NAAT
- Treatment: supportive care
- Prevention: wash hands

2024-2027 Red Book; www.cdc.gov/parvovirus-b19/about/

Stimulants, 6/13/24

- Disrupted access to stimulant medications
- Federal health care fraud indictment against a telehealth company
- Ongoing prescription drug shortages for several stimulant medications
- Untreated ADHD adverse outcomes

emergency.cdc.gov/han/2024/han00510.asp

Untreated ADHD

- Social and emotional impairment
- School difficulties and failure
- Increased risk for drug or alcohol use
- Unintentional injuries
- Suicide

emergency.cdc.gov/han/2024/han00510.asp

Counterfeit pills

- DEA laboratory testing showed 7 of 10 pills contain a lethal dose of fentanyl
- Signs of opioid overdose
  - Unconscious or unable to awaken
  - Slow or difficult breathing
  - Discolored skin
  - Pinpoint pupils

emergency.cdc.gov/han/2024/han00510.asp

Diamond Shruumz™ 6/12/24

- Chocolate bars, cones, and gummies containing mushroom blend

- As of 9/18/24: 169 ill, 66 hospitalized, 2 deaths, 33 states (including NJ)
- Symptoms: CNS depression, seizures, tremor, abn heart rate, abn blood pressure, GI symptoms, skin flushing, sweating

emergency.cdc.gov/han/2024/han00509.asp; www.cdc.gov/environmental-health-studies/outbreak-investigation-diamond-shruumz-products/index.html

Diamond Shruumz™ 6/12/24

- Multiple substances: psilocin, kavalactones, O-acetylpsilocin, pregabalin, and muscimol
- Treatment of hallucinogenic mushrooms is supportive care
- Investigation ongoing

emergency.cdc.gov/han/2024/han00509.asp; www.cdc.gov/environmental-health-studies/outbreak-investigation-diamond-shruumz-products/index.html

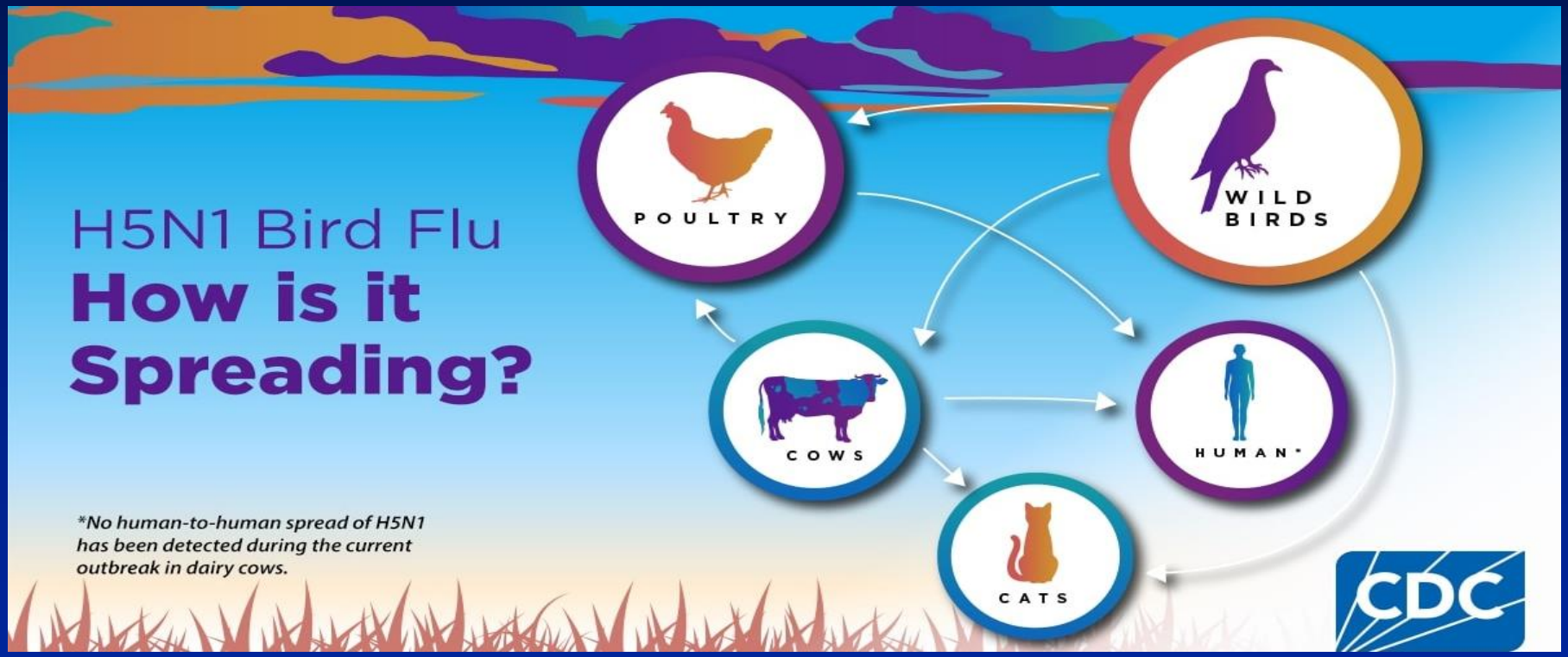
HPAI H5N1, 4/5/24

- Highly pathogenic avian influenza
- Dairy cattle and wild birds infected
- Farm worker in Texas – conjunctivitis 3/27
- No spread to household or farm contacts
- As of October: 100,781,821 infected poultry and 299 herds, 14 states

emergency.cdc.gov/han/2024/han00506.asp

HPAI H5N1

- Highly pathogenic to poultry – not others!



www.cdc.gov/bird-flu/situation-summary/index.html

HPAI H5N1

- Monitoring ongoing and extensive, all states
- 20 human cases since 2022
  - 10 cow related, 9 poultry, 1 no animal
  - Calif, Col, Mich, Missouri, Texas
- Waste water: 1 detection, Idaho
- Cases in swine, dogs, mink, cats, and more
- Pasteurized milk: no virus detected

www.cdc.gov/bird-flu/index.html

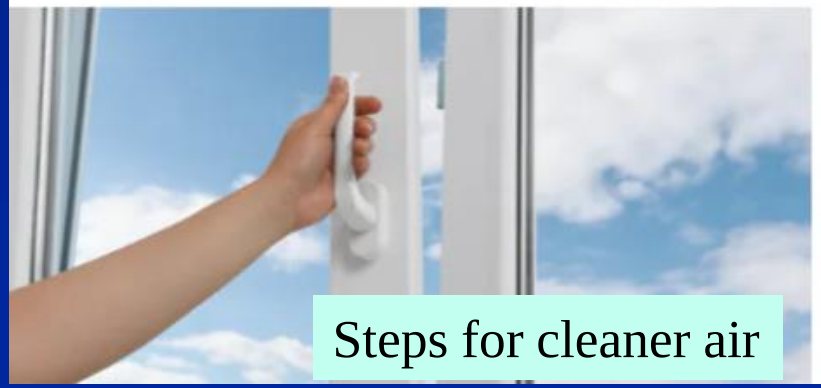
Respiratory Virus Prevention

Immunizations

Hygiene

CORE STRATEGIES

www.cdc.gov/respiratory-viruses/prevention/index.html



Steps for cleaner air

Stay home

Test and/or treat

Transmission

Respiratory Virus Prevention

Masks

Physical distancing

Tests

www.cdc.gov/respiratory-viruses/prevention/index.html

Influenza Vaccines

- Composition altered yearly
- 2024 - Trivalent: 2 A and 1 B
- Many products licensed, age specific
- High dose and adjuvanted recommended for those over age 65

www.cdc.gov/flu/prevent/flushot.htm

IIV Recommendations

- Everyone 6 months and older, any product
- High risk, especially important
- Healthcare providers: mandates suggested
- Immunize pregnant people to protect them and their infants

www.cdc.gov/flu/prevent/flushot.htm

Live Attenuated Vaccine

- Cold adapted virus
- Won’t survive body temperature
- Immunogenic
- Safe, rarely transmitted
- Approved in 2003

- Not recommended in 2016, 2017, iffy in 2018, ok since 2019
- Just approved for home use - 2025

LAIV Recommendation

- Healthy people 2 to 49 years of age
- Nasal spray
- Precaution for use in at risk people
- OK for healthcare providers and family members, unless their contacts are severely immunosuppressed

www.cdc.gov/flu/prevent/nasalspray.htm

COVID-19 Vaccines

- Prevent serious illness
- Recommended for all people 6 months and older
- 2024-2025 updated vaccine
  - Against JN strain
  - Now available

www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

Smiling is a contagious condition!