WINTER 2024

PROVIDER UPDATE

News from your local Health Department

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Immunizations for International Travel

I have received several inquiries about vaccines for international travel (I.T.) as well as the availability of travel medicine clinics as there is currently a lack of access to "full service" travel medicine services in our region. Up-to-date information on recommendations for I.T. can be found on CDC Travelers' Health site which has information for the public as well as for providers including the online format of the "CDC Yellow Book". Information can be searched by country, region, and disease with recommendations for precautions, immunizations to consider or that may be required, need for malarial prophylaxis, and other preventive measures to reduce the risk of foodborne or vector -borne illness.

The most common illnesses associated with I.T. are not vaccine preventable but can be prevented by simple precautions to reduce risk of illness from others, from contaminated drinking water and prepared foods, as well as from insect bites. These simple steps are regular handwashing, using insect repellant and protective clothing, and choosing safe foods to eat and drink.

Immunizations are an important part of planning for I.T. It includes being up-to-date with routinely recommended vaccines, especially as many infectious diseases such as measles can spread rapidly in groups of unvaccinated persons, and getting needed vaccines such as tetanus could be difficult while outside the country. Hepatitis A Vaccine is also recommended for travelers, and once a two-dose series is done it provides lifetime protection against what is still a common illness in developing nations. Most routinely recommended vaccines for adults including Tdap, MMR, Shingles, Influenza, COVID-19, Pneumococcal, Meningococcal, Hep. A, Hep. B, and HPV are available at local health department clinics. Also, traveling to regions where polio is still circulating, a single lifetime booster dose of Polio Vaccine can be offered to adults.

I.T. recommendations may also include vaccines only available at a specialized travel clinic most notably Yellow Fever Vaccine as well as typhoid vaccine, neither are currently available at our local health department clinics. Even within countries, recommendations may depend on the regions of the country visited as to whether prophylaxis is needed, and which medication regimen may be recommended. Malaria prophylaxis is recommended depending on the location, duration, and type of travel.

Several Health Departments in Michigan provide individual consultations for I.T. including required vaccines such as yellow fever as well as providing recommendations personalized to the person's itinerary. The closest ones offering these services are Kent County in Grand Rapids, Midland County, and Ingham County in Lansing. Another resource is the MSU Travel Clinic which provides travel health services to the community. Regardless, it is always best to consider travel medicine requirements as early as possible prior to departure date.

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Caring for our Communities
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District Health Department No. 4
Prevent. Promote. Protect.
989-356-4507

Increase in HIV and Syphilis in Northern Michigan

LET'S STOP HIV TOGETHER

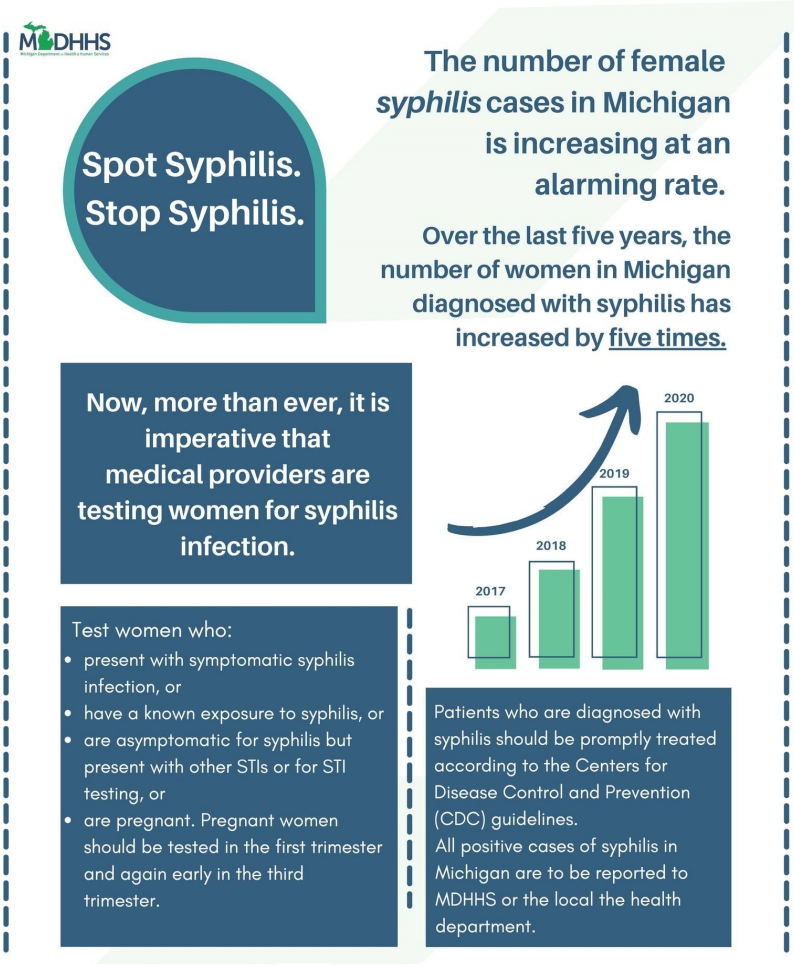
A Health Alert Notice was sent out to providers in November of 2023 regarding a significant increase in reported cases of **HIV** in Prosperity Region 2 (Antrim, Charlevoix, Emmet, and Otsego counties, as well as Grand Traverse, Kalkaska, Benzie, Leelanau, Manistee, Wexford, and Missaukee counties). To summarize the findings, new diagnoses increased 2.5 times in the period 2019-2023 compared to 2014-2018 (44 vs 14), with almost half the new cases being diagnosed in 2023. About 41% did not have an identifiable risk factor, 78% were over the age of 30, and 44% were diagnosed at stage 3 (AIDS). 89% were male.

Recommendations for Providers include:

- Routine Universal Screening for HIV at **least once** in a lifetime for all adolescents and adults aged 15-65 years old, screening all pregnant women, and more frequent screening based on risk factors.
- Assess behavioral risk by routinely obtaining sexual histories and addressing risk reduction strategies. Promote condom use and open conversation with sexual partners CDC Sexual History Guide
- Provide education and support to patients regarding the availability and benefits of Pre Exposure Prophylaxis for HIV PrEP - MDHHS PrEP

Confidential rapid HIV testing is also available at local health departments. For additional guidance related to the diagnosis and management of HIV, please contact the Henry Ford Health HIV Consultation Program at 313-575-0332.

In addition, there has also been a noted increase in **Syphilis** in Michigan over the last 10 years, and cas counts in Northern Michigan likewise have increased last year around 40% compared to the last several years (see 5-year CD report). Data from the MDHHS 2022 STI report revealed that statewide, rates have nearly doubled over the last 10 years (9.69/100000 in 2022). By transmission risk, cases have been increasing most significantly among people who report only heterosexual sex (both males & females), and now account for 48% of cases. Men who have sex with men remain at the highest risk of syphilis infection. Black men have the highest rates of Syphilis of any racial/ethnic group at 66.2 cases per 100,000. Unfortunately, along with the increase in cases involving females, there were also 37 cases of congenital syphilis reported across the state in 2022. Providers should consider screening for syphilis routinely in pregnant women, MSM, and anyone with increased risk of STI's.



MDHHS recently provided guidance regarding the use of Doxycycline as postexposure prophylaxis (Doxy PEP) for adult men who have sex with men (MSM) and transgender women with more than one bacterial STI in the last 12 months. Emerging evidence suggests doxycycline (200mg), when taken as doxy-PEP within 24 hours but no later than 72 hours after condomless sex, significantly reduces acquisition of chlamydia, gonorrhea and syphilis in this population. More information can be found here.

School Based Centers Promote Student Health

As you may have heard, Local Health Departments, in partnership with many area schools, have been able to place Registered Nurses and behavioral health professionals in school buildings across the region, in addition to the clinical providers staffed in the Child and Adolescent Health Centers located in Gaylord and Mancelona. These school programs are aimed at helping students achieve their best possible physical, intellectual, and emotional health. Program services are provided in support and in coordination with primary care providers. These activities include health assessment and counseling on prevention and health promotion, chronic disease management, treatment of minor injuries and illness, assistance in referrals, and establishing primary care and oral health care services. Behavioral health services include assessment and individual treatment to support a child's mental health. All services are provided with appropriate consent and the goal is to work collaboratively with students, families, and schools to allow students to achieve their best while minimizing time out of the classroom. Communication with primary care providers and treating specialists is always encouraged and know that for many students these wellness centers can be a valuable resource to extend care.

Public Pools

The safe operation and maintenance of all public swimming pools and spas are regulated and licensed by the Department of Environment, Great Lakes and Energy (EGLE). This includes all pools that may be used by the public including indoor and outdoor pools and spas at hotels and resorts in addition to municipal pools. Annual inspections are conducted by the health department to assure these facilities are safe for the public and meet state requirements for proper operation and sanitation, and water quality is routinely monitored. In 2022, HDNW inspected 197 pools, DHD#4 92, and BLDHD 36. For more information, visit Michigan Department of Environment, Great Lakes, and Energy (EGLE) website.

Michigan continues to monitor and evaluate surface and groundwater for contamination with PFAS. PFAS is a group of per and polyfluoroalkyl substances that were commonly used in firefighting foam, nonstick cookware, as well as for water and stain proofing clothing, shoes, and household items. These chemicals are ubiquitous in developed nations and can be found in trace amounts in most residents. MPART 2023 Update.

Known contamination sites include landfills, military bases, airports, industrial sites, and other sites related to past use of chemicals that do not dissipate but find their way into ground water that can affect drinking and surface water. Although still being evaluated, the current Michigan standards for PFAS in drinking water is as low as 8ppt (parts per trillion) for PFOA and 16ppt for PFOS, the two most commonly reported PFAS. Potential health effect to long term exposure include possible increased rates in testicular and kidney cancer, ulcerative colitis, thyroid disease, increased risk of hypertension during pregnancy, increased cholesterol levels, and changes in immune response. More research is needed and ongoing to better define how PFAS might affect personal health. The Michigan PFAS Action Response Team (MPART) is providing leadership to the State response and provides current information on identified contamination sites, resources for residents and sampling and drinking water guidance. Individuals with municipal water can get information on testing of their water supply through their municipality or the MPART website. Private wells can be tested and there certified PFAS Reducing Filters are commercially available.

5 Year Communicable Disease Report

for

Health Departments of
Benzie-Leelanau, District No. 4,
and Northwest Michigan

Disease	2019	2020	2021	2022	2023
Q Fever	1	1	0	1	0
Streptococcal Dis, Inv, Grp A	8	2	6	4	24
Trachoma	0	0	0	0	1
Unusual Outbreak or Occurrence	13	0	7	9	1
Vibriosis - Non Cholera	2	0	1	0	0
Rabies Animal	2	2	0	1	1
Rabies: Potential Exposure & PEP	138	168	124	168	166
Chlamydia (Genital)	415	336	408	362	328
Gonorrhea	36	45	63	35	28
Syphilis	6	5	5	4	9
Syphilis - Unknown Duration or Late	3	6	3	2	5
Latent Tuberculosis Infection	4	3	7	16	23
Nontuberculous Mycobacterium	11	7	14	17	10
Tuberculosis	2	1	3	2	0
Chickenpox (Varicella)	13	4	1	5	18
H. influenzae Disease - Inv.	7	3	3	10	7
Pertussis	19	2	0	1	7
Shingles	7	10	9	3	2
VZ Infection, Unspecified	34	13	19	6	12
Babesiosis	0	0	1	1	1
Dengue Fever	1	0	0	1	1
Ehrlichiosis, Anaplasma	0	0	6	6	6
Encephalitis, California	0	0	1	0	0
Lyme Disease	19	24	54	42	91
Malaria	2	0	1	0	0
Rickettsial Disease - Spotted Fever	0	0	1	0	0
West Nile Virus	1	0	0	0	1
Hepatitis A	8	1	0	1	0
Hepatitis B, Acute	1	4	1	3	0
Hepatitis B, Chronic	9	6	6	10	7
Hepatitis C, Acute	5	6	2	5	1
Hepatitis C, Chronic	130	77	68	49	56
Hepatitis E	0	0	0	0	1

Disease	2019	2020	2021	2022	2023
HIV/AIDS, Adult	1	1	2	2	8
Multisystem Inflammatory Syndron	0	1	2	0	0
Novel Coronavirus COVID-19	0	8,341	24,850	20,000	3,900
Campylobacter	31	47	37	38	45
Cryptosporidiosis	14	15	13	15	9
Giardiasis	11	15	19	11	5
Listeriosis	1	1	0	0	1
Norovirus	29	0	19	48	9
Salmonellosis	30	28	19	22	33
Shiga toxin-producing E. coli	2	1	5	8	10
Shigellosis	0	0	3	3	2
Yersinia enteritis	2	4	5	15	1
Flu Like Disease*	8,161	5,934	3,922	8,423	2,808
Influenza	163	288	38	726	424
Meningitis - Aseptic	1	2	3	4	4
Meningitis - Bacterial Other	0	1	0	4	2
Meningococcal Disease	1	0	0	0	1
Strep pneumoniae, Inv	21	17	10	23	25
Blastomycosis	1	4	2	4	5
Brucellosis	0	0	0	1	1
Candida auris	0	0	0	0	2
Coccidioidomycosis	2	0	4	11	11
Creutzfeldt-Jakob Disease	1	1	0	0	0
Cryptococcosis	0	0	1	0	0
Cyclosporiasis	0	0	2	3	2
Encephalitis, Primary	0	0	3	0	0
Gastrointestinal Illness	48	201	37	192	494
Guillain-Barre Syndrome	3	0	1	0	0
Head Lice	315	140	123	136	95
Histoplasmosis	3	2	6	12	4
Kawasaki	0	0	1	0	0
Legionellosis	5	3	2	1	3

Counties Include:

Benzie
Leelanau
Alpena
Cheboygan
Montmorency
Presque Isle
Antrim
Charlevoix
Emmet
Otsego

Dr. Joshua Meyerson serves as the Medical Director for three local health departments in northern Michigan: Health Department of Northwest Michigan, Benzie-Leelanau District Health Department, and District Health Department No. 4. His duties also include leading two grant-funded, school-linked Child and Adolescent Health Centers in underserved rural school districts.