



San Joaquin County Public Health Services



Child Health and Disability Prevention Program Summer 2016 Newsletter

Tick-borne Illness: Lyme Disease

Warm summer weather means that it is not only mosquito season, but also tick season. There are several varieties of ticks that serve as vectors for pathogens that can cause serious symptoms and even death if not treated promptly.

In California and the Pacific Northwest, the most common tick-borne illness is Lyme disease which is transmitted by the Western blacklegged tick. The hallmark of Lyme disease is the distinct rash which occurs approximately one to two weeks after the tick bite in 70-80% of cases. Other symptoms include fatigue, muscle aches, headache, chills, and fever. If left untreated, arthritis and nervous system problems can occur.



Western blacklegged tick
Ixodes pacificus
From L to R: nymph, adult male, adult female

The California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) recommend the following strategies for avoiding ticks and tick-borne illnesses:

1. Wear light colored long pants and long-sleeved shirts when outdoors. Tuck in shirts and pant legs.
2. Use repellants with 20-30% DEET on exposed skin and clothing.
3. Use permethrin on clothing and gear only. It will remain protective for several washings.
4. Walk in the center of the trail as ticks tend to be on the tips of vegetation.
5. Bathe/shower after coming indoors, preferably within two hours.
6. Conduct a full-body tick check after being outside.
7. Tumble clothes in dryer on high heat for 10 minutes to kill any ticks.

For more information and resources on Lyme disease and other tick-borne illnesses please visit the [CDPH page](#).

SJGH Officially Baby-Friendly

San Joaquin General Hospital (SJGH) has officially earned the prestigious designation of Baby-Friendly Hospital! The Baby-Friendly Hospital Initiative is a worldwide program with the goal to improve maternal and child health. They assist hospitals in giving all mothers the information, confidence, and skills to successfully begin and continue breastfeeding their babies or feeding formula safely. The World Health Organization and UNICEF are the certifying bodies. Just 81 hospitals in California and 347 across the nation have earned this distinction. SJGH joins Lodi Memorial Hospital and St. Joseph's Medical Center as the third hospital in our county certified Baby-Friendly.



The Dental Transformation Initiative

Tooth decay is the most common chronic disease affecting children in California. **In San Joaquin County, 28% of children aged 2-11 years have never been to the dentist—more than three times the state average.** Therefore, the state of oral health in California has been at the forefront of discussion for legislators and health professionals alike.

Medi-Cal 2020, also known as Waiver 1115, is a framework for bettering the way medical services are provided in California. Within Medi-Cal 2020, the Dental Transformation Initiative (DTI) is a \$750 million program to improve dental health for Medi-Cal children. It focuses on high-value care, wider access, and use of performance measures to improve Denti-Cal.

The DTI is a five year project with four parts: (1) increase use of preventative dental services; (2) caries risk assessment and disease management; (3) increase continuity of care; and (4) local dental pilot programs (LDPPs). San Joaquin County is currently applying to be one of the local entities chosen to conduct an LDPP. Funding will be awarded in October 2016 and activities are expected to begin in January 2017.

For more detailed information and resources on the DTI please see the [Department of Health Care Services website](#).

Wildfire Smoke: An Overlooked Pollutant

The geography of the San Joaquin Valley Air Basin makes it uniquely suited to creating and retaining air pollutants. Mountains border either side of the San Joaquin Valley creating a long, narrow bowl shape that traps airborne particulates and ozone. Vehicle emissions, both resident and mobile, and the Valley's robust agricultural sector contribute to these pollution levels. However, another significant component is wildfire smoke blown westward by prevailing Santa Ana winds. Combined, all these factors create a harsh environment for our county's at-risk populations and especially those with asthma.

In the summer of 2015, wildfire smoke affected 61 days in the San Joaquin Valley. Short-term exposures to smoke are linked to premature mortality and aggravation of pre-existing respiratory and cardiovascular disease. Wildfire smoke, in particular, contains irritants like formaldehyde and acrolein that can exacerbate asthma. There are also high concentrations of fine particles that act as respiratory irritants that can cause persistent cough, phlegm, wheezing, and difficulty breathing even in healthy individuals.

With wildfire season here, the U.S. Environmental Protection Agency (EPA), U.S. Forest Service (USFS), CDC, and California Air Resources Board (CARB) recommend the following strategies for reducing smoke exposure:

- **Stay indoors** with windows and doors closed and the air conditioner set to recirculate indoor air.
- **Avoid outdoor physical activity** to reduce the pollution brought into the lungs.
- **Reduce other sources of indoor air pollution** (e.g. smoking cigarettes, using gas, spraying aerosol products, and vacuuming without a HEPA filter).
- **Avoid personal air purifiers** as they can generate large amounts of ozone gas.
- **Reduce smoke inside vehicles** by closing windows and vents and setting the air conditioner to re-circulate. However, be cautious of heat and carbon dioxide levels.

[AirNow](#) provides a real-time, searchable air quality map. They also monitor current wildfire conditions including active fires and smoke plumes which can be found [here](#).

Healthy Reusable Shopping Bags

There is no doubt as to the environmental and economic benefits of reusable grocery bags. However, they can pick up bacteria that cause food-borne illness if appropriate measures are not taken. The following tips will help reduce the likelihood of cross-contamination:

- ⇒ Wash reusable grocery bags regularly in a washing machine. Lined bags should be hand-washed.
- ⇒ Always put raw meats into a clear plastic bag at the grocery store to prevent juices from contaminating other items.
- ⇒ Keep meats, fresh produce, ready-to-eat foods, and non-food items separated.
- ⇒ Store reusable bags in a cool, dry place away from sources of contamination like pets, children, and chemicals.
- ⇒ Do not store reusable bags in the car trunk as warmer temperatures may cause bacteria to grow faster.

For more information please see [the release](#) from the California Department of Public Health.

New CA Tobacco Laws

As of June 9th, 2016, five new tobacco laws took effect across California. These regulations are designed to eliminate loopholes in previous laws to further protect all residents from the negative consequences of tobacco use.

1. [SB X2-7](#): The minimum age of tobacco sale has been raised from 18 to 21, excluding active duty military members.
2. [SB X2-5](#): E-cigarettes have been added to the existing definition of tobacco products and will be regulated as such.
3. [AB X2-11](#): Licensing fees have been increased from a one-time \$100 fee to an annual \$265 fee, beginning in 2017.
4. [AB X2-7](#): California's smoke-free workplace laws have been expanded to include hotel lobbies, bars, banquet rooms, warehouses and employee break rooms as well as self-employed individuals who bring clients to their offices. The exemption for employers with less than five employees has been removed.
5. [AB X2-9](#): California's tobacco-free school laws have been expanded to cover all school property, including charters.

For additional information please visit: <https://www.cdph.ca.gov/Pages/NR16-035.aspx>

Resources for quitting tobacco use can be found on the [California Smokers' Helpline website](#) or by calling 1-800-NO-BUTTS.



(Courtesy of SJC PHS)

Hearing and Vision Screening Trainings

Hearing and vision screenings are important because they are the first step in early treatment for a child. By catching a hearing or vision problem early, it is possible to lessen the negative effect on the child's health and reduce the likelihood of long-term consequences. CHDP hearing and vision screening certifications are required for those in provider offices who conduct these screenings during CHDP exams. Certification for both hearing and vision must be renewed every four years. The next vision screening training will be held on October 13th, 2016. The next hearing training is TBD at this time.

For background information, please see the Health Assessment Guidelines, Section 600: Sensory Screening. For information on vision screening training please contact Jay Chevalier at 209-468-3703 or jchevalier@sjcphs.org. For hearing screening training information please contact Gwen Callaway at 209-468-8918 or gcallaway@sjcphs.org.

Summer Library Programs

With school let out for the summer, it is easy for kids to let crucial reading skills slip. However, for the past 50 years the Stockton-San Joaquin County Public Library (SSJCPL) has offered fun and educational summer programming for kids to keep those reading skills strong. **This year, SSJCPL kicked off its summer reading program schedule on June 1st and it will continue through July 31st.** There are organized activities for everyone from newborns and their caregivers to teens. Young readers can receive a book to read at home then discuss them weekly at the library. Kids can get involved in the Summer Reading Challenge where they log the books they read and have a chance to win a prize. Teens can volunteer to help younger children develop their reading skills.

The Stockton-San Joaquin County Public Library has branches all over the county including Stockton, Tracy, Lathrop, and Mountain House. For more information on the scheduled activities at the branch nearest you please see the library's summer [Event Calendar](#).

2016 Update to CHDP Income Eligibility Guidelines

From January 1, 2016 to December 31, 2016, providers are to use these new income guidelines when checking a child's eligibility for pre-enrollment in Medi-Cal through the CHDP Gateway program. This table contains values that show 266% of the 2016 Federal Poverty Guidelines based on household size. These values are only for determining CHDP Gateway aid codes 8W and 8X. Providers should discard all previous CHDP income eligibility charts. For more information, please see the [CHDP Gateway Medi-Cal bulletin](#).



Number of Persons in the Household	Monthly Income	Annual Income
1	\$2,634	\$31,601
2	\$3,552	\$42,614
3	\$4,469	\$53,626
4	\$5,387	\$64,638
5	\$6,305	\$75,651
6	\$7,222	\$86,663
7	\$8,142	\$97,702
8	\$9,064	\$108,768
9	\$9,987	\$119,833
10	\$10,909	\$130,899
For households of more than 10 persons, for each additional person, add:	\$923	\$11,066

Announcements

OSHA Heat Safety Tool App

The Occupational Safety and Health Administration (OSHA) has developed a free app for both iPhone and Android operating systems. **It uses GPS and weather information to determine the heat index at the user's location.** Based on that value, it displays an intuitive, color-based risk level screen and provides information on heat illness. This includes methods of prevention, the signs and symptoms of heat illness, and first aid. More information and the app can be found at the following website: https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html



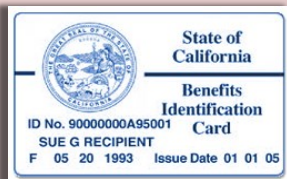
CHDP Dental Referral List

It is important for every CHDP medical provider to have a copy of the CHDP dental referral list for San Joaquin County. Each of the listed providers is accepting Denti-Cal referrals. The list is updated each quarter in order to provide the most accurate picture of available dental care for children in our county. If your office does not have a current copy of this list, you can download the latest version from the [SJC PHS website](#) or search "SJC CHDP Resources" on your web browser. Under the **Resources** section, click **Dental Resources**. If you need further assistance, please contact Gwen Callaway at 209-468-8918 or gcallaway@sjcphs.org.

New BICs

In honor of the 50th anniversary of the Medi-Cal program, there will be a colorful new design for the Benefits Identification Card (BIC). These new cards will only be sent out to new members or to recipients requesting a replacement. Providers should be aware that the new design is still a genuine, functioning BIC and they must continue to verify patient eligibility.

Previous



New



CHDP Office Move

California Children's Services (CCS), Childhood Lead Poisoning Prevention Program (CLPPP), and CHDP have moved! Our physical address is now 2233 Grand Canal Boulevard Suite 214, Stockton, 95207. **Our new fax number is (209)-953-3632.** All PM 160s and program correspondence will continue to be sent to P.O. Box 2009. Clients and provider offices can still reach us at 209-468-8335.



POS Device to be Decommissioned

In November 2016, the OMNI 3300 Point of Service (POS) device will be retired. Active POS providers should have received a VeriFone VX 520 POS device to replace their Omni 3300 POS device. When returning the Omni 3300 POS device, providers must **only** return the device.

Providers should use their current device keyboard with the new VX 520 POS device. If you are not an active POS device user and have an Omni 3300 device, this device is **required** to be returned to DHCS as soon as possible. Providers may contact the POS Helpdesk at 1-800-541-5555 or see the [CHDP Bulletin](#) for information about the decommission of this device and other options.

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CHDP quarterly newsletters are not intended to take the place of the CHDP Provider Manual, Provider Information Notices (PINs), or any other official correspondence from the California Department of Health Care Services. For article contributions, topic suggestions and mailing list updates, please contact Gwen Callaway at 468-8918 or gcallaway@sjcphs.org.



Transforming the Tobacco Environment

Effective June 9, 2016

You Must Be 21

We Card

Tobacco 21

The law raises the legal age for purchasing tobacco from 18 to 21, with an exception for active duty members of the military.

#1

E-Cigs = Tobacco

The law regulates e-cigarettes like traditional tobacco products.

#2

Higher Fees

Licensing fees for distributing and selling tobacco products, will increase starting in 2017.

#3

More Smoke-Free Workplaces

California's smoke-free workplace laws now include self-employed individuals who bring clients to their offices, including hotel lobbies, bars and warehouse facilities.

#4

Tobacco-Free School Property

California's tobacco-free school laws now cover ALL school property at ALL times, including charter schools.

#5

SAN JOAQUIN COUNTY
Public Health Services

www.sjphs.org/health/

June 9, 2016