



Antibiotic Awareness Week/Month

To emphasize the threat of antibiotic resistance and the need to use antibiotics wisely, Governor Inslee has issued a proclamation (attached) declaring Nov 13-17, 2017 Antibiotic Awareness Week. This is part of a national and international effort to improve use of antibiotics in order to optimize patient outcomes, improve population health, save money, and preserve the effectiveness of these lifesaving medications. To this end, the Washington State Department of Health, in collaboration with partners, offers a suite of tools and resources to improve use of antibiotics in Washington.

The department provides the following resources to help long term care settings meet new Medicare rules regarding antimicrobial stewardship and infection prevention expertise.

- [JumpStart Stewardship implementation guide](#) for establishing a stewardship program in a nursing home
- EQulP for Long Term Care webinar series focusing on stewardship in 2017 and infection prevention in 2018. The registration link for this series is <https://attendee.gotowebinar.com/register/5879017588924100354>
- Small Group Collaborative of nursing homes working together to implement a quality improvement project to improve assessment, communication, diagnosis and treatment of urinary tract infections in residents. Contact Marisa D'Angeli at marisa.dangeli@DOH.wa.gov for more information.

Some Special Requirements for Food Service to Highly Susceptible Populations

To safe guard our older adults who have a higher risk of contracting a foodborne illness; additional safeguards are required to serve food. This includes facilities where custodial care, health care, assisted living, nutritional services or socialization services are provided. These additional safeguards include but not limited to:

- Using pasteurized eggs instead of raw eggs for Caesar Salad, hollandaise or Béarnaise sauce, mayonnaise, meringue, eggnog, ice cream and egg-fortified beverages.
- Raw shell eggs used for making bulk scrambled eggs, quiches or similar dishes must be done under a HACCP plan.
- Making juice onsite must be processed under a HACCP plan.
- No raw animal foods such as raw fish, raw marinated fish, raw marinated fish, raw molluscan shellfish and steak tartare.
- No partially cooked animal foods such as lightly cooked fish, rare meat, soft cooked eggs except if they are pasteurized.
- No raw seed sprouts.
- No time as a control on raw shell eggs.
- No bare hand contact while washing fruits and vegetables.

For additional questions or to ask for assistance please contact Jesse Smith at 360-414-5599 ext. 6442 or smithj@co.cowlitz.wa.us.



Friendly Reminders from Emergency Response

Have you gotten your fall weather plans in place?

Remember To:

- Clear your facility entrances during the fall and winter weather season so that EMS can access the building safely.
- Sign up to receive provider advisories and update your contact information at <https://www.clark.wa.gov/public-health/long-term-care-facilities>. Also, please add any new staff that would like to receive the provider advisories.
- Notify other healthcare alliance partners if you activate emergency response plans.

Information for CMS and preparedness can be found at the [ASPR TRACIE website](#).

If you have any questions please contact your local Public Health Emergency Preparedness Coordinator, Samantha Minor at @ 360-414-5599 x 6450 or minors@co.cowlitz.wa.us.

Influenza Season is Here

Now is the time to ensure all eligible persons have received their flu vaccine!

Long Term Care facility residents (aged 65+ and/or immunocompromised) are a very vulnerable population, with an 80-90% increase in death rate for that population from the flu. The flu vaccine is estimated at being 60% effective at preventing an influenza illness, but it's 80% effective at preventing death due to influenza complications.

Those who receive flu vaccines experience reduced flu illnesses, doctor's visits, missed work/school, as well as prevent flu-related hospitalization – this includes patients AND staff.

SYMPTOMS of influenza include:

- *Fever
- *Cough
- *Sore Throat
- *Headaches
- *Fatigue
- *Muscle or body aches
- *Runny or stuffy nose
- *Vomiting and/or diarrhea

Remember the expression "Take 2 and call me in the morning"? The CDC says it's actually better to "Take 3", as it could save your life. So what does that mean?

TAKE 3:

- 1 – Vaccinate with seasonal influenza vaccine
- 2 – Stop germs (cover mouth/nose, wash hands)
- 3 – Take Antiviral drugs (if prescribed), ideally within 2 days of symptom(s) start

Other helpful tips:

- *Avoid touching eyes/nose/mouth
- *Disinfect surfaces
- *If sick, stay away from others (this includes staff)

For Influenza resources for Long Term Care facilities as well as weekly influenza updates, please visit: <http://www.co.cowlitz.wa.us/index.aspx?nid=2270>

To report an influenza outbreak, or if you have influenza questions or concerns, please call the Cowlitz County Communicable Disease Team at (360) 414-5599 x 6431.



The State of Washington



Proclamation

WHEREAS, the state of Washington seeks to protect and improve the health of all Washingtonians by preventing disease and promoting good health; and

WHEREAS, misuse of antibiotics in people and animals contributes to antibiotic resistance and other avoidable antibiotic-associated harms; and

WHEREAS, antibiotic resistance threatens the ability of healthcare providers to treat infectious diseases, and more than two million people become ill with antibiotic-resistant infections each year in the United States, resulting in at least 23,000 deaths; and

WHEREAS, resistance to antibiotics increases the length and complexity of medical treatment and escalates the cost of healthcare in the United States by an estimated \$30 billion annually; and

WHEREAS, appropriate use of antibiotics in people and animals, including animal agriculture, is a key solution to addressing the threat of antibiotic resistance; and

WHEREAS, education about antibiotic use and antibiotic associated harms, including resistance, can improve knowledge and practices of healthcare workers, veterinarians, food producers, and the general public; and

WHEREAS, the Washington State Department of Health is partnering with the U.S. Centers for Disease Control and Prevention, other state agencies, academic institutions, physicians, veterinarians, food producers, local public health organizations, and consumer groups to increase awareness about the threat of antibiotic resistance and the importance of appropriate use of antibiotics;

NOW THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim November 13-19, 2017 as

Antibiotic Awareness Week

in Washington, and I encourage all people in our state to join me in this special observance.

Signed this 21st day of September, 2017

A handwritten signature in blue ink, appearing to read "Jay Inslee".

Governor Jay Inslee



Sign Up for HealthLinks Today!



A **FREE** Workplace Wellness Program

Contact Yasmina Aknin or Lauren Henricksen with the Healthy Communities Team at the Cowlitz County Health Department at 360-414-5599
akniny@co.cowlitz.wa.us or henricksenl@co.cowlitz.wa.us

Do You Want To...?

- Increase **CREATIVITY** and connection among employees
- **EMPOWER** your employees and build their leadership skills
- Reduce absenteeism and increase **PRODUCTIVITY**
- Reduce health care costs and improve employee health and **WELLBEING**
- Attract and retain **TALENT**

A **FREE** Wellness Consultant works with your employee committee for 6 - 12 months to:

1. Assess current wellness practices
2. Provide detailed recommendations and turnkey solutions tailored to your business and unique work environment.
3. Implement strategies for wellness improvements that integrate into existing work.

