



Microbe Monthly

Communicable Disease Report

December 2015

El Paso County Public Health
Communicable Disease/TB Program

HIV/AIDS Prevention Strategies — *The Time to Act is Now*

December 1 marked the 28th annual World AIDS Day. World AIDS Day was the first ever global health day and it is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. The theme of this year's World AIDS Day is "The Time to Act is Now".



This action based theme emphasizes the need to implement the latest evidence-based HIV prevention strategies including pre-exposure prophylaxis, otherwise known as PrEP. PrEP is for people without HIV who are at very high risk for acquiring it from sex or injection drug use. When taken daily, PrEP can reduce the risk of sexually acquired HIV by more than 90 percent and can reduce HIV infection by more than 70 percent among people who inject drugs. However, according to recent studies, one in three primary care doctors and nurses have not heard about PrEP.

Most PrEP clinical trials have tested a combination of two antiretroviral drugs, tenofovir disoproxil fumarate (also called TDF, or tenofovir) and emtricitabine (also called FTC), taken in a single pill daily for HIV prevention. This combination pill (brand name **Truvada**) was approved by the US Food and Drug Administration (FDA) for use as an HIV treatment in 2004, and was approved as PrEP in July 2012. Several large national and international clinical trials evaluated PrEP among gay and bisexual men, heterosexual men and women, and injection drug users. In all of these studies, the risk of getting HIV infection was lower—**up to 92% lower**—for participants who took the medicines consistently than for those who did not take the medicines. On May 14, 2014, the US Public Health Service released the first comprehensive clinical practice guidelines for PrEP.

According to the Colorado Department of Public Health and Environment (CDPHE), 10,618 cases of AIDS and 7,215 cases of HIV infection have been diagnosed and reported in Colorado (through 2013). In El Paso County, between the years of 2009 and 2013, an average of 30 newly diagnosed HIV cases were reported each year. PrEP is an important strategy in continuing to address HIV/AIDS in our community and is one of four focus areas in the 2015 Update to the National HIV/AIDS Prevention Strategy found here: www.aids.gov/federal-resources/national-hiv-aids-strategy/nhas-update.pdf. **If you would like more information regarding PrEP please see the following resources:**

- Basic PrEP Q&As www.cdc.gov/hiv/basics/prep.html
- Clinical Practice Guidelines www.cdc.gov/hiv/pdf/guidelines/PrEPguidelines2014.pdf
- Clinical Practice Guidelines—Providers' Supplement www.cdc.gov/hiv/pdf/guidelines/PrEPProviderSupplement2014.pdf

El Paso County Communicable Disease Trends — Reports Received in November

- 85 infectious disease cases were reported and investigated: campylobacter (3); cryptosporidiosis (1); dengue fever (1); giardia (2); haemophilus influenzae (3); hepatitis A (1); chronic hepatitis B (6); chronic hepatitis C (30); pertussis (9); salmonella (3); shigella (6); STEC (shiga-toxin producing E. coli) (1); strep pneumo invasive (13); varicella (6).
- Possible foodborne illness complaints: 17
- Outbreaks investigated: 5 (3 at Long Term Care Facilities—2 suspected norovirus, 1 unknown gastrointestinal illness, 1 at a school—unknown gastrointestinal illness, and assisted CDPHE with 1 at multiple prisons in Cañon City, unknown toxin, 3 ECPH staff assisted CDPHE interview cases and control).
- 12 calls regarding human or pet exposures to potentially rabid animals, or other rabies-related concerns. From those inquiries, 1 raccoon was tested for rabies, it was negative.
- No persons were recommended to receive post-exposure prophylaxis (PEP) due to exposure to rabid bats.
- Total rabid animals for 2015: 6 (5 bats, 1 cat)

Hot Topics: State and National

- Influenza activity in Colorado remains low. Since October 4, 57 specimens have been sent to the CDPHE lab for confirmation (20 from inpatient hospital visits, and 37 from outpatient hospital visits). Of these, 10 (17.5%) confirmed positive for influenza A. December 6th-12th is National Influenza Vaccination Week—it is not too late to vaccinate!
- Colorado is seeing an increase in culture-independent diagnostic testing for enteric pathogens with at least 5 labs implementing one of the commercially available multi-target enteric pathogen diagnostic assays. Current methods for outbreak detection depend on the use of isolates for subtyping. It is crucial that clinical laboratories continue to report positive test findings to public health and submit culture isolates or clinical material that can be used for subtyping to CDPHE lab.
- CDC continues to investigate an outbreak of Shiga toxin-producing *Escherichia coli* O26 infections linked to Chipolte Mexican Grill. To date 52 cases have been identified in 9 states with none in Colorado.

Contact Information

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**Public Health's regular hours are
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