

NPAIHB Weekly Update

October 1, 2024

Please sign in using the chat box:

Enter the tribe or organization you are representing
and names of all people participating with you today



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Information for Today's Call

Agenda

- Welcome & Introduction: Bridget Canniff
- Upcoming Indian Country ECHO Sessions
- Upcoming NPAIHB Weekly Update Sessions
- NPAIHB Resources
- Community Health Update – Measles Outbreaks in Oregon: Muthoni Ehmann, OHA
- IHS-PAO Update: Geniel Harrison
- State Partner Updates
- Questions & Comments

Guidelines

- Please place yourself on mute unless speaking
- Sign in, using chat box, with your tribe/organization and names of all participants
- Use the chat box for questions, for Q&A after updates and announcements



Upcoming Indian Country ECHO telehealth opportunities

- **Harm Reduction ECHO** - 1st Tuesday of every month at 12pm PT
 - Tuesday, October 1st at 12pm PT
 - To learn more and join: <https://www.indiancountryecho.org/program/harm-reduction/>
- **EMS ECHO** - 1st Tuesday & 3rd Thursday of every month at 5pm PT
 - Tuesday, October 1st at 5pm PT
 - Didactic Topic: *Patient Hand Offs*
 - To learn more and join: <https://www.indiancountryecho.org/program/emergency-medical-services-echo/>
- **Hepatitis C ECHO** – Wednesdays at 11am PT
 - Wednesday, October 2nd at 11am PT
 - Didactic Topic: *Psych: Hot Topic*
 - To learn more and join: <https://www.indiancountryecho.org/program/hepatitis-c/>
- **SUD ECHO** – 1st Thursday of every month at 11am PT
 - Thursday, October 3rd at 11am PT
 - Didactic Topic: *TBD*
 - To learn more and join: <https://www.indiancountryecho.org/program/substance-use-disorder/>

Weekly Update Schedule Preview: October

October 8: RSV & New Monoclonal Antibodies (OHA)
+ Health & Vaccine Updates (WA DOH)

October 15: No NPAIHB Weekly Update – QBM @ Yakama Nation

October 22: Legislative & Policy Update or TBD

October 29: Legislative & Policy Update or TBD



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Visit www.npaihb.org/weeklyupdate for upcoming topics, past presentations, and more!

Healthy Native Youth

Community of Practice

Second Wednesday of the month, 10:00 – 11:30 AM Pacific

Who Should Attend?

Tribal health educators, teachers, parents, prevention specialists; people who share a commitment for improving the lives of Native youth.

More information and registration at:

<https://www.healthynativeyouth.org/community-of-practice/>



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INDIAN HEALTH BOARD
Indian Leadership for Indian Health

COMMUNITY OF PRACTICE

BUILDING COMMUNITY WITH YOUTH

OCT 9TH

Join us as we share and learn from each other about best practices for building safe and inclusive learning environments in partnership with youth and community members.

WHEN?

October 9, 2024

90-minute virtual gathering.
Start Times:
9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST, 1:00 EST

NPAIHB

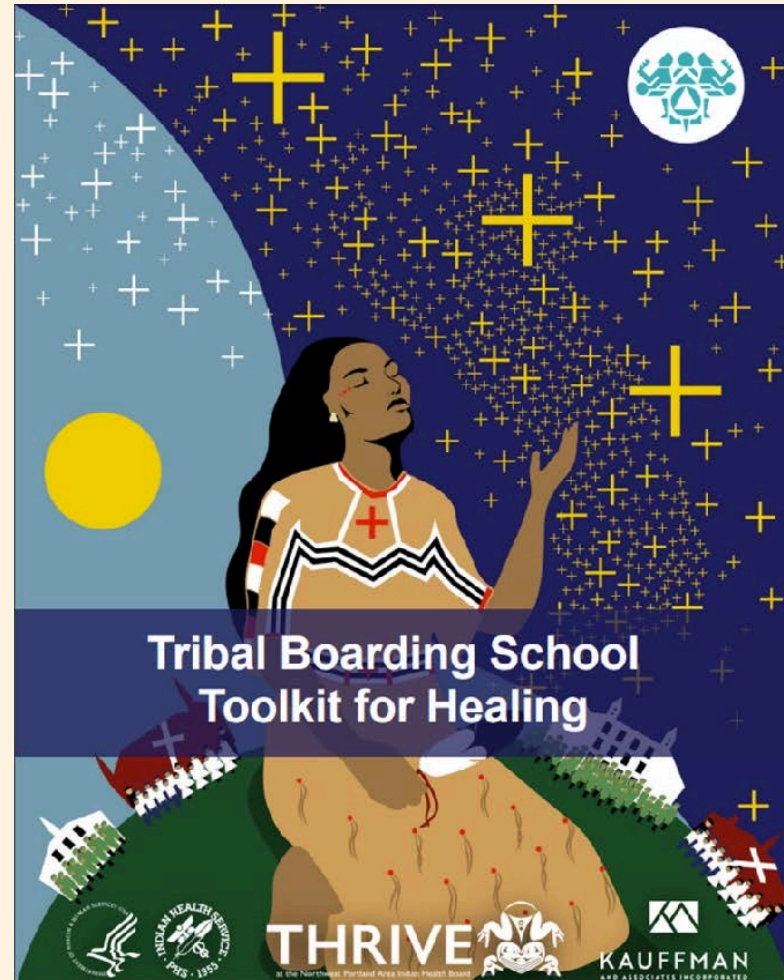
NPAIHB Tribal Boarding School Toolkit for Healing

Prevention begins with an understanding of risk factors, and AI/AN communities are unique.

The Tribal Boarding School Toolkit has the history and resources to help you understand those risk factors.



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Tribal Boarding School Toolkit for Healing provides resources for those in AI/AN communities and offers:

- Discussion Guides
- Infographics
- Experiential Therapies

Scan QR Code for Interactive Website:



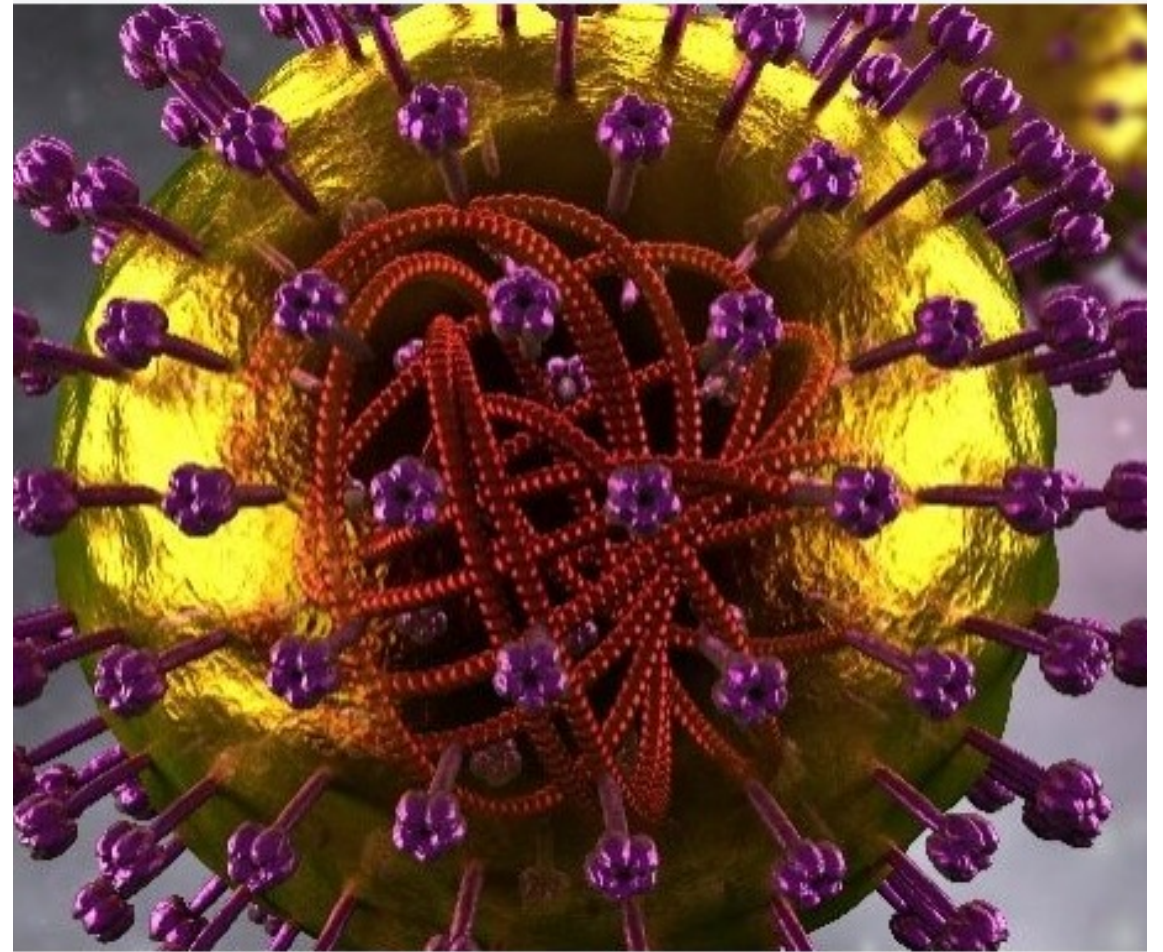
<https://www.npaihb.org/tribal-boarding-school-toolkit-for-healing/>

Community Health Updates: Measles Outbreaks In Oregon

Muthoni “Noni” Ehmann

Key Facts: What is Measles

- Measles is a serious respiratory disease caused by a virus that lives in the nose and throat phlegm of an infected person.
- There were an estimated 136,000 measles deaths globally, mostly among unvaccinated or under vaccinated children under the age of 5 years.



How Measles spreads

- It spreads through the air when a person with measles breaths, talks, coughs or sneezes.
- The Virus remains active and contagious in the air or on infected surfaces for up to two hours.



How does it spread?

Measles spreads through the air when an infected person coughs or sneezes.

The Virus Is Highly Contagious

Up to **9** in **10** people who lack immunity to measles and are close to an infected person will become infected



Pop Quiz!

If an unvaccinated family member is exposed to measles, how many days must they isolate themselves?

- A: You do not need to isolate if exposed
- B: 7 days
- C: 14 days
- D: 21 days



Measles: Symptoms

Measles symptoms include:

- High Fever
- Malaise
- 3C symptoms: cough, coryza, conjunctivitis
- Skin rash
- Koplik spots



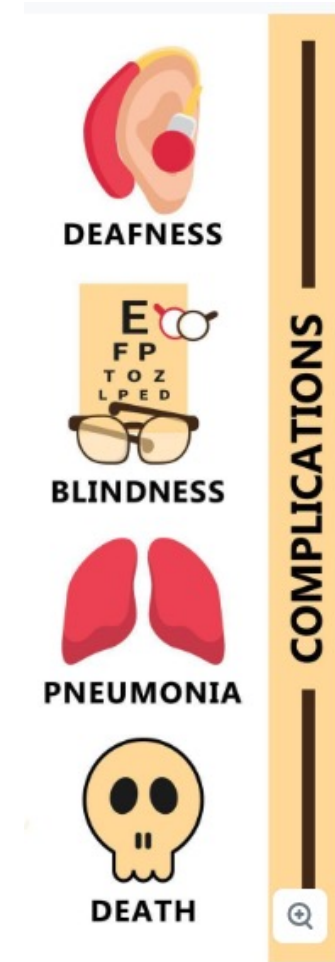
Measles Rash



Measles: Complications

Complications include

- Pneumonia
- Seizures
- Encephalitis and brain damage
- Death



Measles: Complications



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.

Pop Quiz!


What percent of kindergarteners in Oregon has a non-medical exemption for required vaccines?

- A: 0.3%
- B: 8.8%
- C: 10.2%
- D: 24%




Prevent Measles

Protect your child from measles



Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.

Give your child the best protection against measles with **two** doses of measles-mumps-rubella (MMR) vaccine:




1st dose at **12-15 months**

2nd dose at **4-6 years**

Traveling abroad with your child?

Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.



Julisha.info

MEASLES PREVENTION

All children should be vaccinated against measles. The vaccine is **safe**, **effective** and **free**.

Measles can affect anyone, but young **children who are not vaccinated** and those with malnutrition or weak immune systems, are most at risk.



Side Effects

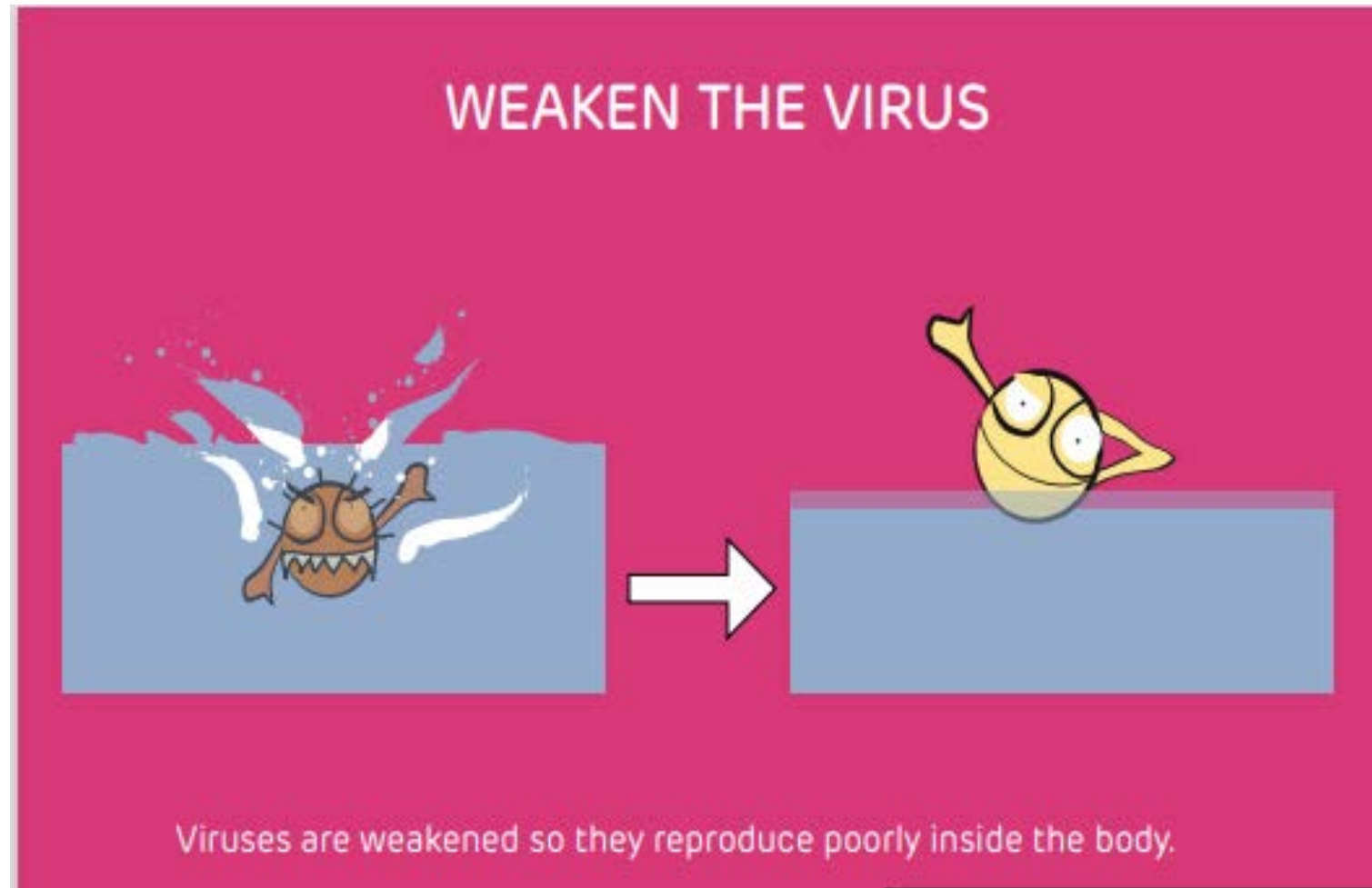
Minor adverse events In all cases, the events are less severe than those seen in naturally occurring disease.

- Pain or redness at the injection site
- Malaise and mild fever (less than 39°C)
- Rash – including measles-like, rubella-like or varicella-like rash – and fever greater than 39°C occur in between 1% and 10% occurring 6-23 days post vaccination.
- Acute transient arthritis or arthralgia may occur 1 to 3 weeks after immunization

People who are immunocompromised

- In general live vaccines should be avoided in persons who are immunocompromised. Talk to your doctor if you are immunocompromised.

How The Measles Vaccines Are Made



How Vaccines Work



What's in the vaccine bottle?

MMR II contains (MERCK)

- Small quantities of sugars
- Bovine-sourced products (gelatin and fetal bovine serum)
- Human albumin
- Neomycin

What's in the vaccine bottle? (continued)

PRIORIX contains (GlaxoSmithKline)

- Small quantities of sugars
- Lactose
- Amino acids
- Serum albumin, ovalbumin
- Neomycin
- PRIORIX does not contain gelatin


Pop Quiz!

Which state had highest non-medical exemption for required kindergartener vaccines in 2023?




- A: Idaho
- B: Alabama
- C: Oregon
- D: Nevada

Myth Busting



There are a lot of **harmful myths** about the **MMR vaccine** (Measles Mumps and Rubella)



Let's dig into the facts →

NATIONAL
KIDS & VACCINES
FEBRUARY 23 **DAY**



tinyurl.com/SUFKids2023

Myth Busting

Myth: the MMR vaccine contains mercury

Fact: The MMR vaccine never contained thimerosal, a mercury-based preservative used in some multi-dose vaccine vials to prevent bacterial and fungal growth (6,7).

Thimerosal has been proven to be safe when used in vaccines and is easily eliminated by the body (6,8). Despite the evidence, thimerosal was removed in 2001 from all routine childhood vaccines in Canada to maintain vaccine confidence (8).

Sources: tinyurl.com/SUFMMRVaccine

#ScienceUpFirst

Myth: I don't need the MMR vaccine since measles does not exist anymore.

Fact: There are currently measles outbreaks occurring in every region of the world (1). Because of the vaccination program in Canada, most cases of measles are caused by unvaccinated travelers (1,2). In 2019, a total of 113 measles cases were reported across multiple Canadian provinces and territories (3).

Measles is one of the most contagious diseases we know of (4). You could get infected simply by being in the same room someone infected was 2 hours before (5).

Sources: tinyurl.com/SUFMMRVaccine

#ScienceUpFirst

Unraveling The Myth of MMR and Autism



Unraveling The Myth of MMR and Autism

1 MMR vaccine does not
cause autism

Large studies have all concluded:
MMR vaccine does not cause
autism.

In the biggest study, researchers
followed over 657,000 children
and found no link, even in children
with a family history of autism.

Unraveling The Myth of MMR and Autism

**But wasn't
there a study
showing a
link between
MMR and
autism?**



Unraveling The Myth of MMR and Autism

2 The myth rests on a misleading, discredited study

In 1998, Andrew Wakefield published a misleading study in the Lancet. The journal later retracted it. Wakefield lost his medical license in his home country, the U.K.

Since then, no one (not even Wakefield) has been able to replicate the results of his study.

Unraveling The Myth of MMR and Autism



Unraveling The Myth of MMR and Autism

3 The study was unethical and deceptive in many ways

Wakefield stood to profit

Wakefield was a paid consultant to lawyers who wanted to discredit the MMR vaccine. He'd also filed for a patent to produce his own measles vaccine.

Unraveling The Myth of MMR and Autism



Unraveling The Myth of MMR and Autism

4 Autism doesn't have a single cause

Autism can be influenced by genes, family history, prenatal exposures, and a child's environment.

With support and love from parents and caregivers, autistic children can lead happy and productive lives.

Unraveling The Myth of MMR and Autism

Vaccines do not cause autism.

Vaccination is one of the safest, most effective steps you can take to protect your child's health, now and in the future.

Sources

Sources

- 1 Taylor LE, Swerdfeger AL, and Eslick GD. **Vaccines are not associated with autism: An evidence-based meta-analysis of case-control and cohort studies.** *Vaccine.* 2016; 34(28): 3223-3224. Available from: <https://doi.org/10.1016/j.vaccine.2014.04.085>
- 2 **Autism Science Foundation** [Internet]. New York; c2019. Autism and vaccines. [Cited 2019 Jun 14]. Available from: <https://autismsciencefoundation.org/what-is-autism/autism-and-vaccines/>
- 3 Hviid A, Hansen JV et al. **Measles, Mumps, Rubella Vaccination: A Nationwide Cohort Study.** *Ann Intern Med.* 2019;170(8):513-520. Available from: <https://annals.org/aim/fullarticle/2727726/measles-mumps-rubella-vaccination-autism-nationwide-cohort-study>
- 4 Bosely S. **Lancet retracts 'utterly false' MMR paper.** The Guardian [Internet]. 2010 Feb 2 [cited 2019 June 14]. Available from: <https://www.theguardian.com/society/2010/feb/02/lancet-retracts-mmr-paper>
- 5 **How the vaccine crisis was meant to make money.** *BMJ.* 2011;342:c5258. Available from: <https://www.bmj.com/content/342/bmj.c5258>
- 6 **How the case against the MMR vaccine was fixed.** *BMJ.* 2011;342:c5347. Available from: <https://www.bmj.com/content/342/bmj.c5347>
- 7 **Autism Speaks** [Internet]. New York; c2019. What causes autism? [Cited 2019 Jun 4]. Available from: <https://www.autismspeaks.org/what-causes-autism>

MYTH-BUSTING MONDAYS



Myth:

Measles isn't a big deal.

Fact:

Measles is **one of the most contagious diseases in the world** and can lead to serious infection. In fact, about **1 in 10 people** who catch measles will develop a serious infection and will experience complications such as **pneumonia** and **ear infections**. Less commonly, severe infection can also result in **brain inflammation** that can lead to permanent brain damage. While measles cases in Canada have decreased by **99%** due to the success of measles immunization programs, many deaths still occur internationally each year. It is estimated that **128,000 people died due to measles in 2021**, and most of these deaths were among children 5 years of age and younger.

MYTH-BUSTING MONDAYS



Myth:

Only children catch measles; it's a childhood disease.

Fact:

False. Measles is a highly contagious disease that can affect **anyone**. In fact, about **1 in 10 people** who catch measles will develop a serious infection. Certain people are more likely to experience severe measles infection, including people who have a weakened immune system, people who have a chronic illness, people who are malnourished or poorly nourished, and infants under one year of age. **Pregnant people** are also more likely to experience severe infection. A measles infection during pregnancy can lead to miscarriages, giving birth prematurely, and your baby having a low birth weight.

Questions?



OREGON
HEALTH
AUTHORITY

The End

Portland Area IHS Update

GENIEL HARRISON, MD
CHIEF MEDICAL OFFICER
OFFICE, PORTLAND AREA IHS
OCTOBER 1, 2024



Topics for Today

Current Situation Report –

- COVID-19
- New COVID Strain

COVID-19 Update in the US

COVID-19 Update for the United States

Early Indicators

Test Positivity >

% Test Positivity

11.6%

Week ending September 21, 2024
Previous week 13.4%



Sep 30, 2023 Sep 21, 2024

Emergency Department Visits >

% Diagnosed as COVID-19

1.4%

Week ending September 21, 2024
Previous week 1.7%



Sep 30, 2023 Sep 21, 2024

Severity Indicators

Hospitalizations >

Rate per 100,000 population

4.0

Week ending September 7, 2024
Previous week 4.1



Sep 16, 2023 Sep 7, 2024

Deaths >

% of All Deaths in U.S. Due to COVID-19

2.1%

Week ending September 21, 2024
Previous week 2.3%



Sep 30, 2023 Sep 21, 2024

These early indicators represent a portion of national COVID-19 tests and emergency department visits. [Wastewater](#) information also provides early indicators of spread.

CDC | Test Positivity data through: September 21, 2024; Emergency Department Visit data through: September 21, 2024; Hospitalization data through: September 7, 2024; Death data through: September 21, 2024.

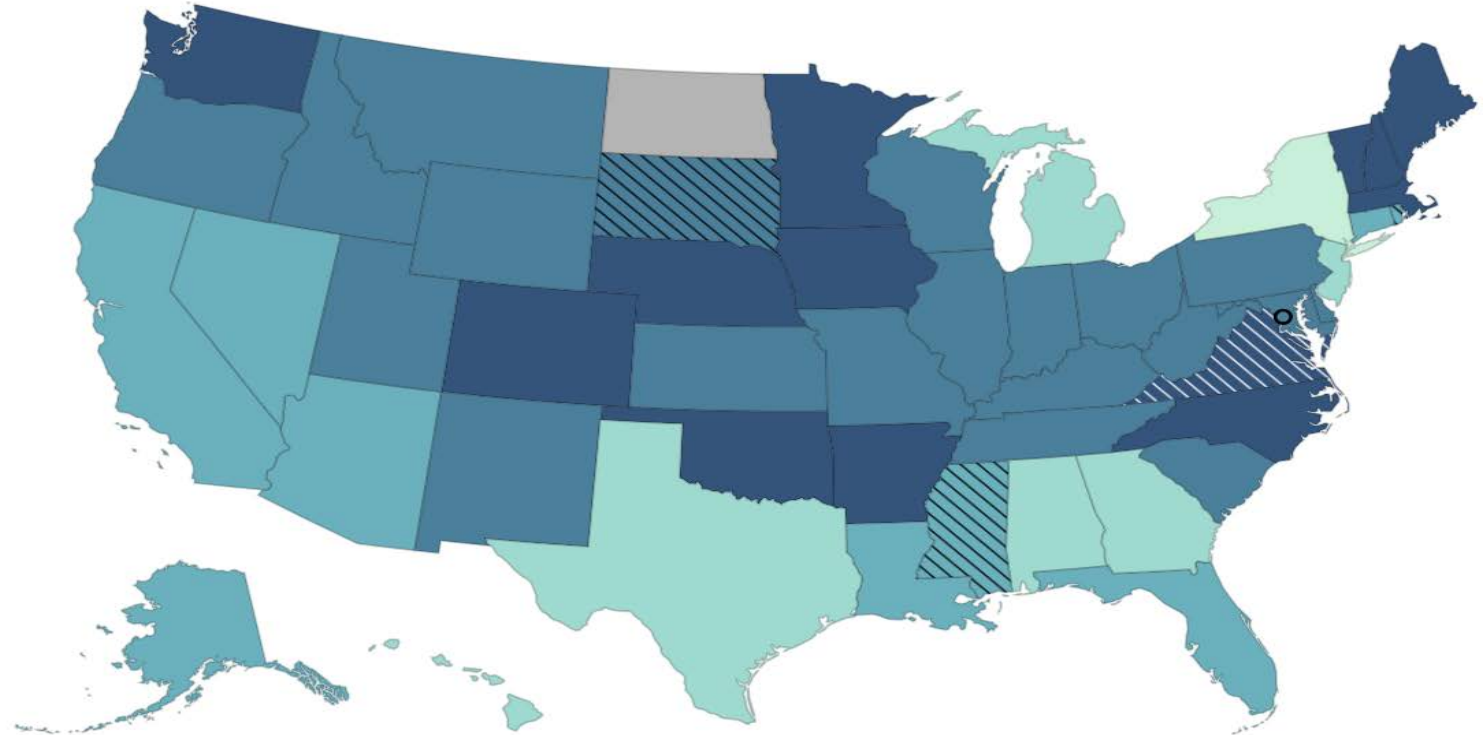
Posted: September 27, 2024 12:01 PM ET

COVID-19 Wastewater Surveillance

Time Period: September 15 - September 21, 2024

HIGH

Nationally, the wastewater viral activity level for COVID-19 is currently **high**.



GU VI

SARS-CoV-2 Wastewater Viral Activity Levels

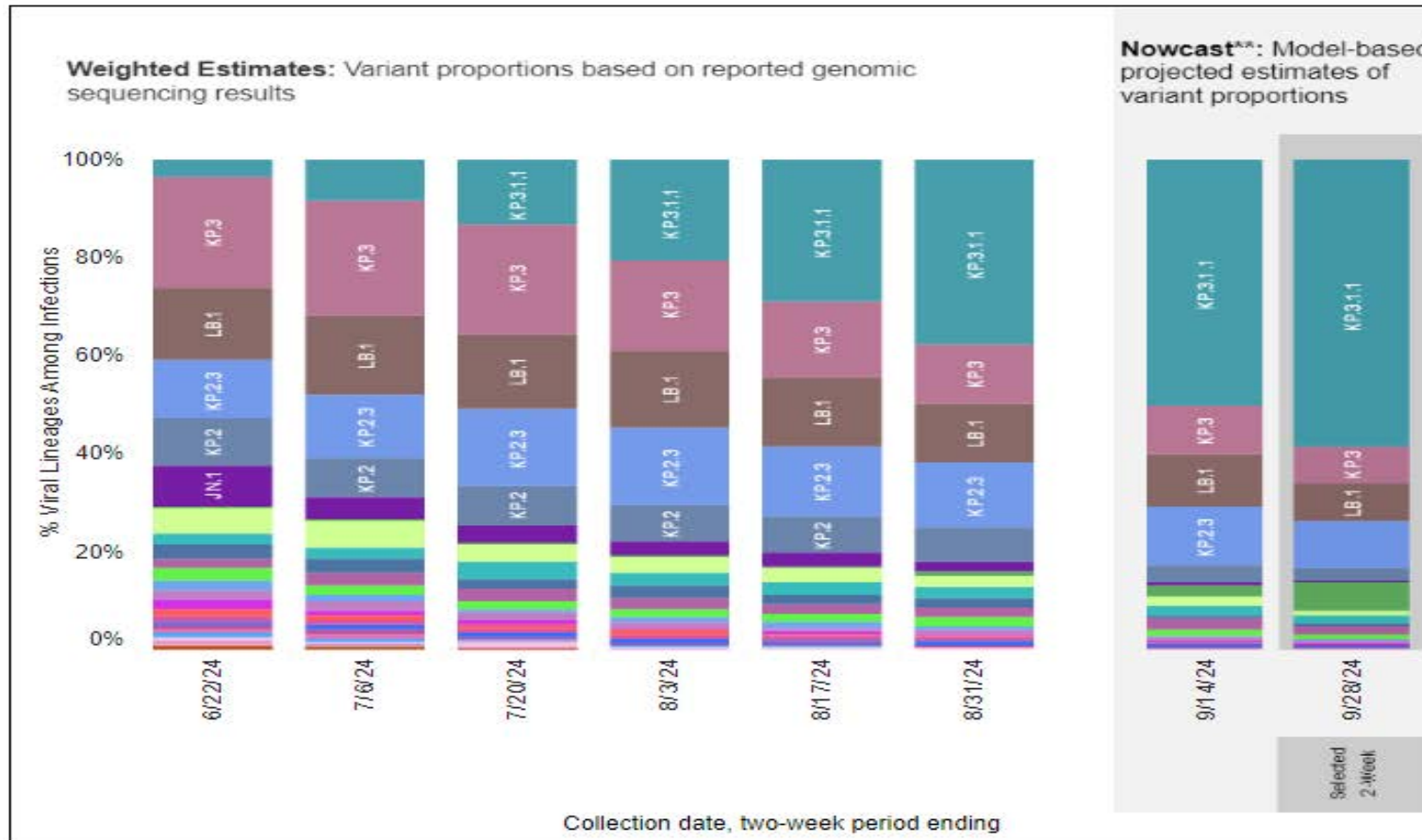
Select a level to add or remove from map.

Very High High Moderate Low Minimal No Data *Limited Coverage

Variants

Weighted and Nowcast Estimates in United States for 2-Week Periods in 6/9/2024 – 9/28/2024

 Hover over (or tap in mobile) any lineage of interest to see the amount of uncertainty in that lineage's estimate.



Nowcast Estimates in United States for 9/15/2024 – 9/28/2024

USA			
WHO label	Lineage #	%Total	95%PI
Omicron	KP.3.1.1	58.7%	54.4-62.9%
	KP.2.3	9.4%	8.3-10.7%
	LB.1	7.9%	6.6-9.4%
	KP.3	7.1%	6.1-8.4%
	XEC	6.0%	2.4-13.2%
	KP.2	2.5%	1.9-3.5%
	LP.1	1.7%	1.1-2.5%
	KP.1.1.3	1.4%	1.0-2.0%
	KP.1.1	1.1%	0.8-1.5%
	JN.1.18	1.1%	0.5-2.4%
	KS.1	0.6%	0.4-0.9%
	JN.1.16.1	0.6%	0.4-0.8%
	KP.2.15	0.4%	0.2-0.7%
	LF.3.1	0.3%	0.2-0.4%
	JN.1	0.2%	0.1-0.3%
	JN.1.11.1	0.1%	0.1-0.3%
	KP.4.1	0.1%	0.0-0.2%
XDV.1	0.0%	0.0-0.1%	
KW.1.1	0.0%	0.0-0.0%	
JN.1.7	0.0%	0.0-0.0%	
JN.1.16	0.0%	0.0-0.0%	
KQ.1	0.0%	0.0-0.0%	

XEC COVID-19 Variant

- Combination of KP.3.3 + KS.1.1 (Omicron derivative from JN.1)
- Highly transmissible and spreads easily
 - >600 cases in 27 countries
- Symptoms: Same symptoms as other variants
- Severity: Doesn't appear to be more dangerous or produce more severe disease
- Current vaccines are effective against new variant

Free At-home COVID-19 Test Kits

- Free OTC home tests available
- Many tests have expired but the expiration dates have been extended.
<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests>
- Free shipping. Shipping starts this week.



COVID-19 Testing

Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests.

[ASPR COVID-19 Testing \(covidtests.gov\)](https://www.asprhhs.gov/covid19/testing)

**Need help placing an order for your at-home tests?
Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).**





State Partner Updates

Comments & Questions



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