



Chlamydia (CT) and Gonorrhea (GC) infections continue to rise in Humboldt County - February 2017

Humboldt County continues to see record numbers of CT and GC cases, especially since 2013. Our year-end data shows that 2016 had the highest total of both CT (735) and GC (249) cases. Year-end state-wide data are not yet available, but existing data points to similar increases throughout all regions of California.

Key demographic data are evaluated from submitted Confidential Morbidity Reports. Sixty-five percent of CT cases were in females, with the mean age being 24.2 and 26.9 for males. Forty percent of GC cases were in females, with the mean age being 29.5 and 32.4 for males. Sex partner information shows that heterosexual transmission is predominant for both CT and GC. Available race and ethnicity data shows that the majority of CT and GC cases are seen in Whites (>70%). However, we did see an increase in the number of CT cases (21 cases in 2015, 40 cases in 2016) in African Americans.

While there is no definitive, single answer to explain these increases, patient interviews suggest several important factors: 1) increased use of internet-based websites or smartphone apps that facilitate meeting new sexual partners, 2) inconsistent condom use, and 3) having multiple and/or anonymous sex partners.

CONSIDERATIONS REQUESTED OF CLINICIANS

- 1. Follow screening guidelines for STDs.** More frequent screening is indicated for patients at increased risk (e.g. greater than one sex partner in the last year, new sex partner in the last 3 months, etc). The most current CDC screening guidelines can be found here: <https://www.cdc.gov/std/tg2015/screening->



[recommendations.htm](#) If you would like a laminated copy of the California STD screening recommendations and risk assessment tool, please call Public Health at (707) 268-2174.

2. **Ensure that current CDC treatment guidelines are followed.**

The full guideline is available at:

<https://www.cdc.gov/std/tg2015/tg-2015-print.pdf> A copy of the summary as a chart is available at:

<https://www.cdc.gov/std/tg2015/2015-wall-chart.pdf> If you would like a laminated copy of the treatment guidelines, please call Public Health at (707) 268-2174.

3. **Help ensure partner treatment** - Upon testing positive for an STD, please counsel your patient to inform their sex partners of the last 60 days. If your patient is not comfortable talking with their partner(s), please let them know that Public Health can notify their partners anonymously. The patient or provider can call Public Health at (707) 268-2174 and request partner notification. The provider can also note the need for partner notification by writing it (in the “remarks” section on the bottom) on the Confidential Morbidity Report (CMR). Please include partner information (name and how to contact – phone, email, etc) when submitting the CMR or calling Public Health.

4. **Report all laboratory-confirmed cases of CT and GC** (as well as all other reportable conditions) to Public Health with a CMR. Our fax number is (707) 445-7346. Please ensure that all required fields are filled out, especially the section on “Gender of Sex Partners.” This data field is extremely important in helping us determine if outbreaks are associated with heterosexual or homosexual activity. Public Health can mail you paper copies of CMRs or you can find digital copies at:

<http://www.cdph.ca.gov/pubsforms/forms/CtrldForms/cdph110a.pdf>

5. **Consider Patient-Delivered Partner Therapy (PDPT) – *This is a legal, State-supported alternative strategy for ensuring that the exposed sex partners of patients diagnosed with an STD get needed medication.*** This strategy is best used when the provider or patient thinks that the partner is not likely to seek treatment (e.g they don’t have a provider, can’t afford the



medication, has transportation issues, etc). The medical provider gives medication to the patient, who in turn gives it to his/her sex partner(s). Additional information can be found at:

<http://www.cdph.ca.gov/pubsforms/Guidelines/Documents/CA-STD-PDPT-Guidelines.pdf>

6. **Consider testing extra-genital sites** for CT and GC infections based on your patients' sexual practices. Talk to patients about how they have sex and consider pharyngeal and rectal testing if indicated.
7. **Provide free condoms to your patients** – Humboldt County Public Health may be able to provide your practice with condoms at no cost to you. Please call (707) 268-2174.
8. **Encourage HIV testing and consider HIV PrEP (pre-exposure prophylaxis)** for individuals who are vulnerable, e.g. those who have unprotected sex, who test positive for STDs, have multiple sexual partners, and/or use injection drugs. Please contact Shaun Peterson at (707) 441-5566 for PrEP program information.
9. **Consider attending the Sexual Health Task Force meeting** – this is a quarterly meeting hosted by Public Health and is attended by other local medical practices as a forum to discuss local STD concerns. The next meeting will be held on Thursday, February 16, 2017 from Noon – 1:30. It will be held at the Community Wellness Center at 908 7th Street in Eureka. Please contact Michael Weiss at (707) 441-5074 to RSVP.
10. For any questions or concerns, please contact the STD Controller at Humboldt County Public Health at (707) 268-2174. Alternatively, you can contact the STD Control Branch Warm Line (510-620-3400) or submit your questions to the STD Clinical Consultation Network at STDCCN.org

