

4/29/2019

** NOTICE: This health alert provides written guidance for health care professionals and others who may need to take action to prevent or control a notifiable condition. It is not intended to provide guidance for the general public.*

Increase in newly-diagnosed HIV infections among heterosexuals who inject drugs in King County

Actions Requested:

- 1) ***Increase HIV testing among patients reporting current or recent injection drug use:***
Early detection and treatment of acute HIV infection is essential to safeguard the health of people living with HIV and reduce forward transmission.
- 2) ***Assess and evaluate patients for HIV risk factors:***
 - Collect a behavioral risk history including injection drug use, transactional sex, methamphetamine use, unstable housing/homelessness. For information on taking a comprehensive sexual history see: <https://www.cdc.gov/std/treatment/SexualHistory.pdf>, which can be adapted for taking a drug use history.
 - Test asymptomatic people who inject drugs for HIV, hepatitis C, and syphilis at least annually. National recommendations for routine HIV testing may be found at <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm> and hepatitis C testing <https://www.cdc.gov/hepatitis/hcv/guidelinesc.htm>. For information on increases in syphilis among people who inject drugs see: https://www.cdc.gov/mmwr/volumes/68/wr/mm6806a4.htm?s_cid=mm6806a4_w
 - Test all people who inject drugs who present with symptoms consistent with acute HIV infection (e.g., fever, fatigue, myalgia, headache, pharyngitis, adenopathy) for HIV.
- 3) ***Report new cases of HIV infection to your local health jurisdiction:***
 - Report the patient's risk history, clinical, and demographic data (including complete contact information. For reporting information see: <https://www.doh.wa.gov/DataandStatisticalReports/DiseasesandChronicConditions/HIVData/HIVReporting>
 - Report Thurston County cases to the public health department at (360) 786-5470.
- 4) ***Link people recently diagnosed or living with untreated HIV to care for full evaluation, follow-up, and prompt initiation of antiretroviral therapy:***
Focus efforts to optimize treatment adherence and retain patients in care. The Washington State Department of Health administers programs to help people at risk for HIV and people living with HIV access medication, medical care, and support to improve their health. For more information, call 877-376-9316 or see <https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/HIV/ClientServices>
- 5) ***Offer HIV pre-exposure prophylaxis (PrEP) to people who inject drugs, and recommend PrEP initiation to people who inject drugs who exchange sex:***
For information on PrEP in Washington State see - <https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/HIV/Prevention/PrEP>

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- 6) **Request support if needed for HIV partner notification and linkage to support services and insurance:** To be referred to your local health jurisdiction or a field service consultant serving your region, call the Washington State Department of Health's Office of Infectious Disease at 360-236-3425 or see:
<https://www.doh.wa.gov/AboutUs/ProgramsandServices/DiseaseControlandHealthStatistics/InfectiousDisease/SexuallyTransmittedDiseaseStaff>
- 7) **Provide people who inject drugs with information about where to access sterile injection equipment:** For a current list of syringe services programs in Washington State see:
<https://www.doh.wa.gov/AboutUs/ProgramsandServices/DiseaseControlandHealthStatistics/InfectiousDisease/DrugUserHealthStaff>. Thurston County Public Health and Social Services Department operates a Syringe Services Program at 1000 Cherry Street, Olympia, Tuesday and Thursdays from 12 PM to 4:45 PM, see:
<https://www.co.thurston.wa.us/health/personalhealth/clinics/SyringeExchange.html>
- 8) **Provide information about substance use treatment programs, including information about availability of medication assisted therapies, to patients interested in reducing or ceasing drug use.** For a current list of substance use treatment programs in Washington State call 1-866-789-1511 or see:
<http://www.warecoveryhelpline.org/>
- 9) **Educate people who inject drugs about the availability of naloxone to prevent overdose death.** Opioid overdose death is preventable with naloxone. For more information about naloxone, including where people can access it see: <http://stopoverdose.org/>. Naloxone is available through the Thurston County Public Health and Social Services Syringe Services program <https://www.co.thurston.wa.us/health/personalhealth/clinics/SyringeExchange.html> on Tuesdays and Thursdays from 12 PM to 4:45 PM, located at 1000 Cherry Street, Olympia.

Background: Between 2017 and 2018, the number of new HIV diagnoses among heterosexuals who inject drugs in King County, Washington increased from 7 to 30 cases, a 328% increase. This ongoing increase in newly-diagnosed HIV infections appears similar to outbreaks of HIV among people who inject drugs that have been identified in both urban and rural areas elsewhere in the United States. A recent similar increase in cases among heterosexuals who inject drugs in Snohomish County raises concerns about the potential for another cluster in Washington State. To date, the Washington State Department of Health has not observed a similar increase in HIV diagnoses among people who inject drugs in other regions of the state. However, based on surveillance and analysis of the risk environment, identification of additional cases is expected, and the Washington State Department of Health is concerned that areas outside of King County are vulnerable to increases in HIV transmission among people who inject drugs.

COMMUNICABLE DISEASE UPDATE

COMMUNICABLE DISEASE CONTROL AND PREVENTION SECTION
THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
412 LILLY RD NE
OLYMPIA, WA, 98506-5132
DISEASE REPORTING: (360)786-5470 INFORMATION: (360) 867-2533
Rachel Wood, MD, MPH, Health Officer



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**THANK YOU FOR REPORTING - WE COULD NOT DO THIS WORK WITHOUT YOU
TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY**

Voice mail for reporting non-immediately reportable conditions (24 hours a day)	Phone: 360-786-5470 Fax: 360-867-2601
Immediately and 24-hour reportable conditions or a public health emergency – during business hours	Call 360-867-2500 and ask staff to locate Communicable Disease staff
Immediately and 24-hour reportable conditions or a public health emergency – after business hours	Call 911 and ask staff to locate the Health Officer.
If no one is available with Thurston County Public Health and condition is immediately notifiable	Call 1-877-539-4344