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# *Health Officer Report*



**Fargo Cass  
Public Health**  
Prevent. Promote. Protect.

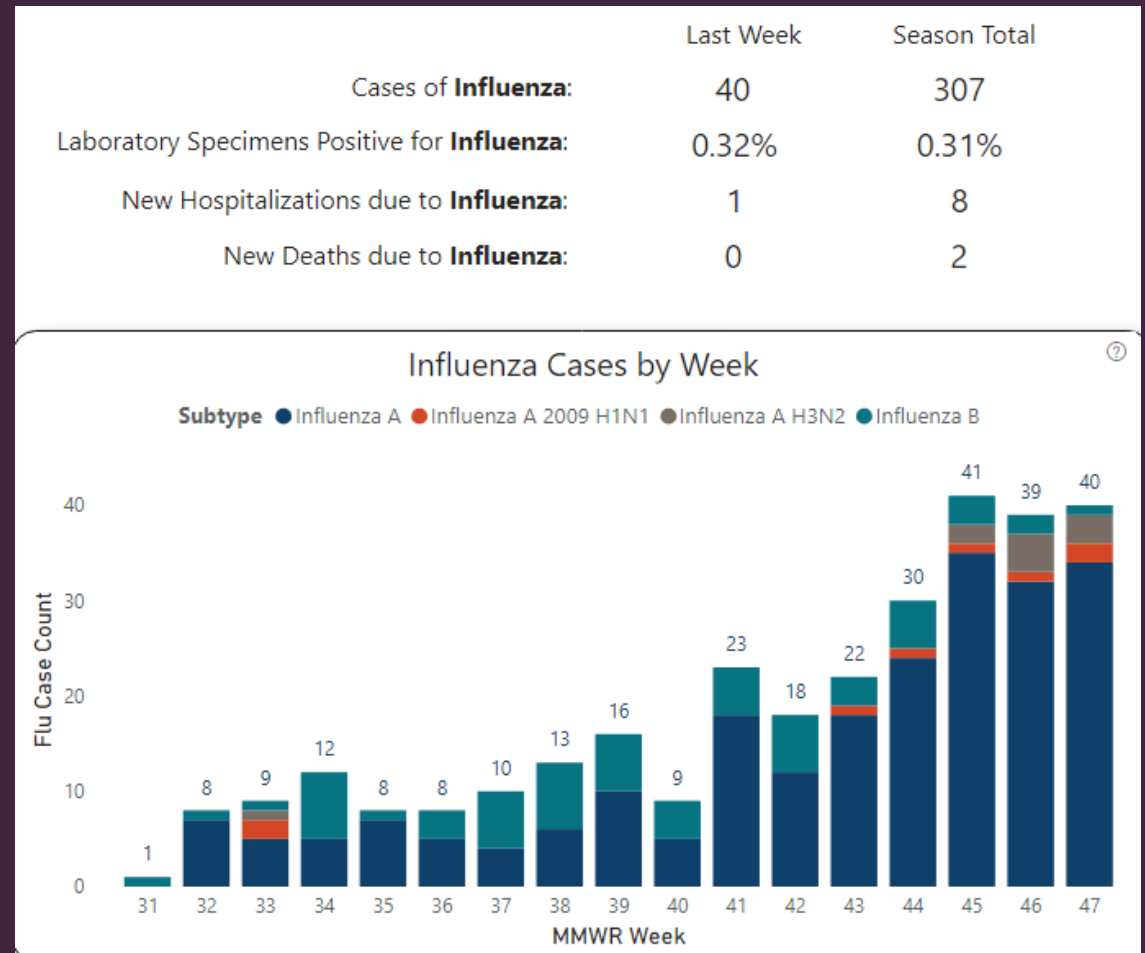
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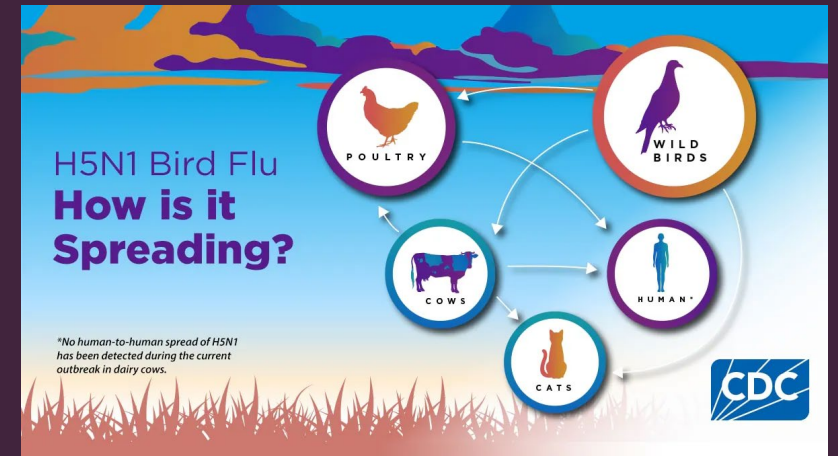


- In ND, influenza activity remains low and stable
- The majority of cases in ND are influenza A
- The highest number of cases are occurring in young children
- Influenza vaccines are the best form of protection, and it is not too late to get a flu vaccine



# H5N1 Bird Flu

- H5N1 is widespread in wild birds around the world
- There are current outbreaks in U.S. dairy cows and poultry
- As of 12/2/24, 57 human cases in the US
  - No cases in ND or MN
- Batches of raw milk have tested positive for H5N1
- A recent case in a US pig has experts concerned, because pigs have served as mixing vessels (genetic reassortment of the virus) in previous large flu outbreaks and pandemics
- CDC currently deems the public health risk low but is monitoring carefully



# *Respiratory Virus Vaccine Rates Low in US*

- Respiratory viruses typically peak seasonally December – February
- Upcoming holiday travel and gatherings
- Vaccine preventable respiratory viruses cause millions of illnesses and thousands of hospitalizations and deaths annually in the US
- As of 11/24:
  - ~ 37% of US adults have gotten a flu vaccine
  - 19% of US adults have received an updated COVID-19 vaccine
  - 40% of US adults 75+ have gotten an RSV vaccine (highest risk group)





# Respiratory Virus Guidance Snapshot



## Core Prevention Strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread\*



## Additional Prevention Strategies

Masks



Distancing



Tests



\*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering



# *Sexually Transmitted Infections in the United States, 2023*

## **Sexually Transmitted Infections Surveillance, 2023**



While more than 2.4 million STIs were reported in the U.S., CDC data suggest the epidemic may be slowing.

- A newly released CDC report shows STIs are down nationwide, after many years of steadily increasing
- From 2022 to 2023, US STIs decreased 1.8%
  - Gonorrhea decreased 7%
  - Chlamydia remained steady (<1% change)
  - \*However, syphilis increased 1% with > 3800 congenital syphilis cases (almost 280 deaths)
- Disparities persist
  - Higher rates in adolescents / young adults, MSM, and African Americans