Measles in Santa Barbara County

Animal Shelter Reading Program

New Cannabis Education Campaign
The first confirmed case of measles since 2016, was reported on May 29, 2019 in a Santa Barbara resident reporting international travel. An additional case of measles was reported on June 5, 2019 in an unvaccinated adult exposed to measles outside of Santa Barbara County and who also reported international travel.

“We highly encourage every person to know their measles vaccination status by checking in with their health care providers. Measles is a highly contagious virus that spreads easily by air and through direct contact with someone who is infected. The MMR (measles, mumps, and rubella) vaccine is safe and highly effective in protecting individuals from contracting measles,” shared Dr. Henning Ansorg, Health Officer for the Santa Barbara County Public Health Department (PHD).

The PHD investigates all contacts the person may have had to prevent any additional spread of measles. PHD also communicates with local healthcare providers to ensure timely identification of illness and to prevent the spread of disease.

The Public Health Department has created a webpage to streamline all measles information for the community and for providers. For the most up to date local information, please visit: www.sbcphd.org/measles2019.
The new Cannabis Education Program at the Public Health Department (PHD) just launched a digital and social media-based public education campaign designed to prevent teens and pregnant and breastfeeding women from using cannabis. By sharing science-based information, the program works to increase awareness about cannabis and how it affects our bodies, minds, and health.

The Campaign utilizes popular digital mediums, and includes a series of videos from CDPH’s statewide Let’s Talk Cannabis and LA County’s Bigger Choices Campaigns. The campaign includes a rap music video, open conversations between parents and their children, and up to date information from trusted sources and peers about the dangers of using cannabis before the legal age of 21 or during pregnancy and breastfeeding. The campaign appeared on digital media screens 423,435 times countywide in the first month alone, and will run through December 2019.

What do we know about health effects of cannabis use? While research is limited, current information indicates that cannabis use during adolescence or while pregnant and breastfeeding may have negative health outcomes. Like cigarettes, smoking cannabis is harmful to your lungs.\(^1,2\) The developing brain (prenatal to approx. age 25) is most at risk of negative health outcomes from cannabis use.\(^3,4,5\) Data shows that using cannabis regularly in your teens and early 20s can affect memory, attention, and learning.\(^6\)

Recently released data (2018-19) from the local California Healthy Kids Survey (CHKS) shows that cannabis use increases with age, 4% of 7th graders, 10% of 9th graders, and 17% of 11th graders countywide used cannabis in the past month. The campaign encourages parents and mentors to talk early and often with children - to be the “voice in the noise” about cannabis.

To learn more about health effects, the educational campaign, or local efforts visit [LetsTalkCannabisSBC.org](https://LetsTalkCannabisSBC.org) or email [phdcannabis@sbcphd.org](mailto:phdcannabis@sbcphd.org) for fact sheets.
B.A.R.K. 4 Life Shelter Reading Program

B.A.R.K. 4 Life Shelter Reading Program gives youth between the ages of 6-17 the opportunity to make a difference in the lives of homeless animals at the local County Animal Services Shelter in Santa Maria. B.A.R.K. 4 Life stands for Books, Animals, Reading, and Kids.

Bringing these four things together can make a difference the lives of those with two and four legs. A shelter volunteer or staff person will be on site throughout the scheduled reading times.

Participants can sign up for twenty minute sessions of reading to the dogs, cats, rabbits, or other species during designated times throughout the week.

Learn Hands Only CPR from the Santa Barbara County Medical Reserve Corps

Where: Santa Barbara Tuesday Farmers' Market on the corner of Cota and State

When: Starting on 6/18/19, each Tuesday throughout the summer from 4-6 p.m.

Who: All are welcome to learn this life-saving skill in a matter of minutes!
To ensure the readers of this newsletter are satisfied with the content, please take a couple minutes to answer this short survey.

https://www.surveymonkey.com/r/SBCPHDnewsletter


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