



Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for February 1, 2019

Icy blast begins to ease in U.S. Midwest, Northeast

Frigid weather that paralyzed a large swath of the United States this week and caused at least 21 deaths began easing on Friday as an Arctic air mass pulled away, setting the stage for a warmer weekend in the Midwest and the Northeast.

Full story: <https://www.reuters.com/article/us-usa-weather/icy-blast-begins-to-ease-in-u-s-midwest-northeast-idUSKCN1PQ4BC>

At least 144 Illinois ER visits due to cold-related injuries

Story link: <https://apnews.com/d614668899514f0ebc713746a21f7f48>

"Disturbing" discovery: Giant hole found under Antarctica glacier

(CBS) Researchers say a massive cavity the size of two-thirds of Manhattan was found under a glacier in Antarctica. The pocket is a sign of "rapid decay" and just one of "several disturbing discoveries" made recently regarding the glacier, NASA's Jet Propulsion Laboratory said in a [news release](#) Wednesday. The growing cavity sits in West Antarctica at the bottom of Thwaites Glacier, which is about as big as Florida and contains enough ice to contribute *more than 2 feet to sea level rise*, NASA said. It is growing at an "explosive" rate that surprised researchers conducting a [study](#) the agency led on the glacier.

Read more: <https://www.cbsnews.com/news/giant-hole-in-antarctica-thwaites-glacier/>

Man arrested after Kentucky firefighter reports social media school threat

(WLWT5) A man has been arrested after the Kentucky State Police said he made a post on social media threatening his old high school on Wednesday.

The incident took place around 5 p.m. when Kentucky State Police was alerted by a Fort Mitchell firefighter who noticed the social media post and immediately contacted the department, police said.

Police said the post was made by James Michael Harris, 22, who lives in Crittenden. Police said the post referenced a threat to the high school he attended.

Full story: <https://www.wkyt.com/content/news/Man-arrested-after-Kentucky-firefighter-reports-social-media-school-threat-505139141.html>

Apple fixes FaceTime privacy bug, will issue update next week

Apple Inc said on Friday it has fixed a privacy flaw in its [FaceTime] group video chat software and that it plans to improve how it handles reports of software bugs after a teenager and his mother tried for days to warn the iPhone maker of the bug.

Apple iOS 12.1.4 Release Coming -It's A Big One

<https://news360.com/article/486602592>

A matter of life and death?

UK stockpiles drugs as no-deal Brexit feared

Learn more: <https://www.reuters.com/article/us-britain-eu-stockpiling/a-matter-of-life-and-death-uk-stockpiles-drugs-as-no-deal-brexite-feared-idUSKCN1PQ3JQ>

Officials Expand Recall for Infant Ibuprofen

(KDKA) — A recall on infant ibuprofen sold at Walmart and CVS stores is expanding. According to the manufacturer, Tris Pharma, three additional lots – Ibuprofen Oral Suspension Drops, USP, 50 mg per 1.25 mL – have been added to the recall list. Officials say some batches of the medication have a much stronger concentration of the pain killer than the limit. They warn that giving the medicine to infants could cause health problems, including kidney failure. Affected brands include CVS Health and the Equate brand, sold at Walmart.

For more information, including a list of the recalled products, [visit the FDA's website at this link.](#)

Story link: <https://pittsburgh.cbslocal.com/2019/01/31/infant-ibuprofen-recall-expands/>

Today's Skepticism of Vaccines Could Be as Big of a Health Threat as HIV

(USA Today) It might come as a surprise that vaccine hesitancy appears on the World Health Organization's 2019 list of the top health threats, which include HIV, pandemic influenza and antimicrobial resistance, among others. Surely, vaccine hesitancy - a voluntarily chosen human behavior - cannot be in the same category as HIV, a virus that has killed 35 million people. However, if one thinks about the full context of vaccine hesitancy and what it represents, the WHO's inclusion of this outrageous phenomenon is completely justified.

Read more: <https://www.usatoday.com/story/opinion/2019/02/01/washington-state-measles-vaccine-hesitancy-disease-threat-who-column/2715098002/>

KDPH Investigates Vaccination-Associated Infections

(KY CHFS Press Release) The Department for Public Health (DPH) is investigating multiple infections associated with vaccinations given by Location Vaccination at various businesses in Kentucky, Ohio and Indiana since Sept. 1, 2018. The Mt. Sterling-based vaccine provider is owned and operated by Fairshinda Sabounchi McLaughlin under the medical license of Dr. Paul E. McLaughlin.

Individuals with vaccination-associated infections related to this provider have experienced redness, pain or tenderness, swelling, and the development of hard lumps, or nodules, at the injection site. Though Location Vaccination has stopped administering immunizations, it is still possible individuals previously vaccinated by this provider could develop an infection. Symptoms may start from a few days to more than 12 weeks after vaccination. Medical care is advised since infections will likely not get better on their own.

"If you received vaccine from this provider, we strongly encourage you to consider getting another round to ensure you are fully immunized and not at risk for contracting illness," said Dr. Jeff Howard, DPH commissioner. "We believe negative side effects associated with this investigation to be linked to improper storage and handling of the vaccine. We want to emphasize that there is no evidence to suggest that there is an issue with the vaccine supply. The provider has stopped vaccinating and there is no continuing risk to the public."

DPH continues to strongly encourage vaccination to protect against hepatitis A, seasonal influenza and all vaccine-preventable diseases. Additional information is available at <http://chfs.ky.gov/>.

Flu activity still high in much of US as ILI jumps

(CIDRAP) The percentage of people visiting the doctor for influenza-like illness (ILI) last week jumped from 3.3% to 3.8%, a sign that the flu season is in full effect across much of the United States, according to today's weekly FluView update from the Centers for Disease Control and Prevention (CDC). All 10 geographic regions of the country recorded high ILI activity for the fourth week of 2019.

Feb 1 CDC [FluView](#) & Feb 1 CDC [FluView summary](#)

Full CIDRAP Story: <http://www.cidrap.umn.edu/news-perspective/2019/02/flu-activity-still-high-much-us-ili-jumps>

What Illness Lands the Most Seniors in the ER?

(HealthDay News) -- For seniors who often find themselves in the ER, complications from [diabetes](#) is the most common culprit, new research shows.

Not only that, these chronically ill patients remain in the hospital longer and require more treatment and resources, noted the authors of the study. It was published in the Jan. 28 issue of the *Annals of Internal Medicine*.

The most common conditions that took them to an emergency room were [diabetes](#) (26 percent), chronic pulmonary disease (21.5 percent), [kidney disease](#) (19 percent), [congestive heart failure](#) (16 percent), and [peripheral vascular disease](#), or PAD (15 percent), which is blockage or damage to veins or arteries.

Compared to less frequent ED users, frequent users were more likely to have been admitted/transferred (86 percent vs. 44.6 percent) and to discontinue care (8 percent vs. 2 percent).

Full story: <https://www.medicinenet.com/script/main/art.asp?articlekey=218297>

Is hospital food making people sick?
<https://news360.com/article/486523413>

Almost Half of All U.S. Adults Have Some Form of Cardiovascular Disease

(ABC) A new report estimates that nearly half of all U.S. adults have some form of heart or blood vessel disease, a medical milestone that's mostly due to recent guidelines that expanded how many people have high blood pressure.

The American Heart Association said Thursday that more than 121 million adults had cardiovascular disease in 2016. Taking out those with only high blood pressure leaves 24 million, or 9 percent of adults, who have other forms of disease such as heart failure or clogged arteries.

Full report: <https://abcnews.go.com/Health/wireStory/half-us-adults-heart-blood-vessel-disease-60746547>

Flu May Up the Odds of Stroke, Neck Artery Tears

(HealthDay News) -- [Flu](#) can make you deathly ill, but it could also trigger a [stroke](#) or a rupture in your neck arteries, two new studies suggest.

The findings prompted an urgent reminder from the researchers: Getting a [flu shot](#) will not only protect you against infection but may also reduce your risk for these serious complications.

Researchers in the first study found that flu can increase your odds for having a [stroke](#) by almost 40 percent -- and that added risk remains for a full year.

Full story: <https://www.medicinenet.com/script/main/art.asp?articlekey=218343>

Mild traumatic brain injury linked to higher risk of PTSD, depression

(CNN) A mild traumatic brain injury -- such as from a car crash or violent assault -- may come with a higher risk of mental health problems, according to a new study.

Specifically, the research ties mild traumatic brain injury to a higher risk of post-traumatic stress disorder and depression after the injury, compared with another type of traumatic injury not involving the head.

The study, published Wednesday in the medical journal [JAMA Psychiatry](#), found that among hospital patients, 21.2% of those with mild traumatic brain injuries experienced PTSD or depression up to six months after injury, compared with 12.1% of those with non-head injuries.

Full story: <https://www.cnn.com/2019/01/30/health/mild-traumatic-brain-injury-ptsd-depression-study/index.html>

Doctors describe treatment options for adolescent depression

(Reuters Health) - When a teen is diagnosed with depression, it's normal for parents to feel overwhelmed and to search for information about which treatment options are best, doctors write in a new patient resource published in *JAMA Pediatrics*.

Although depression affects about 20 percent of adolescents, many don't seek help and hesitate to talk to their parents about what they're experiencing, the authors note.

Available for free, the new patient page (bit.ly/2GcGPjn) offers practical advice about options parents should consider to help their teen, noting that adolescent depression differs from adult depression in symptoms, diagnosis and treatment.

Although it's normal for teens to become moody, irritable and independent as they enter puberty, extreme changes that lead to withdrawal from friends and activities, as well as expressions of hopelessness or worthlessness, are concerning. These are not typical manifestations of teenage angst.

Full story: <https://www.reuters.com/article/us-health-teens-depression/doctors-describe-treatment-options-for-adolescent-depression-idUSKCN1PQ56W>

Massive Fentanyl Bust Is Largest in US History

(Newser) -- US Customs and Border Protection officials announced Thursday their biggest fentanyl bust ever, saying they captured nearly 254 pounds of the deadly synthetic opioid from a secret compartment inside a load of Mexican produce heading into Arizona, the [AP](#) reports. The drug was found hidden Saturday morning in a compartment under the rear floor of a tractor-trailer after a scan during secondary inspection indicated "some anomalies" in the load, and the agency's police dog team alerted officers to the presence of drugs.

Full story: <http://www.newser.com/story/270693/some-anomalies-found-in-produce-huge-bust-follows.html>

Opioid Danger to Newborns Varies By Region

(HealthDay News) -- Areas of the United States with high unemployment and few mental health services have higher rates of newborns who were exposed to opioids in the womb, a new study finds.

Researchers analyzed data on 6.3 million births between 2009 and 2015 in 580 counties in Florida, *Kentucky*, Massachusetts, Michigan, North Carolina, New York, Tennessee and Washington.

Full story: <https://www.medicinenet.com/script/main/art.asp?articlekey=218328>

Study projects opioid overdose deaths will grow, largely due to illicit opioids

([AHA Today](#)) Opioid overdose deaths could reach 81,700 a year by 2025, and 700,400 over a decade, largely due to illicit opioids, according to a [study](#) published today in JAMA Network Open. "Most important, we found that even substantial decreases in the incidence of prescription opioid misuse — that could be achieved, in theory, by highly successful prevention of prescription opioid misuse — would result only in a modest decrease of 3.8 percent to 5.3 percent in opioid-related overdose deaths during 2016 to 2025," the authors said, highlighting the need to use multiple policy levers.

JAMA link: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2723405>

OxyContin maker had secret plan to sell opioid treatment drugs

(NY Post) OxyContin maker Purdue Pharma hatched a secret plan to get into the business of selling drugs to treat the opioid addiction that its own products fueled, newly unsealed court filings allege.

The explosive claim comes in a lawsuit filed by the state of Massachusetts, which accuses Purdue owners the Sackler family and company honchos [of creating and then profiting from opioid epidemic](#) "through a web of illegal deceit."

Read more: <https://nypost.com/2019/01/31/oxycontin-maker-had-secret-plan-to-sell-opioid-treatment-drugs-court-docs/>

Longtime phony Walgreens pharmacist gave out 745,000+ prescriptions

(CBS - San Jose, CA) - A Bay Area woman is accused of posing as a pharmacist and handing out some 745,000 prescriptions before she was caught, the California Board of Pharmacy confirmed Wednesday. According to the board, Kim Thien Le told them she'd attended Creighton University, but records revealed she'd never graduated. When the Board asked Le for her pharmacist license number, they said they discovered she'd used the license numbers of two pharmacists with similar names.

Full story: <https://www.cbsnews.com/news/longtime-phony-walgreens-pharmacist-745000-prescriptions-authorities/>

There's Arsenic And Lead In Many Brands Of Fruit Juice.

Should You Be Concerned?

(NPR) The consumer-advocacy organization Consumer Reports tested 45 fruit juices, including apple, grape and juice blends, and found that 21 of them had "concerning levels" of cadmium, arsenic and/or lead, according to a [new report](#). Juice samples came from 24 national and private-label brands.

Overall, the new test results point to a reduction in heavy metals, compared with results from tests performed several years ago. So, this is a sign of progress. But, the FDA says, "We know there is more work to be done to reduce these elements in our food supply and we place a high priority on reducing exposure among infants and children, as the very young are more susceptible to their potential adverse health effects."

Learn more:- <https://www.npr.org/690075462>

How a Toothpick Nearly Killed Teen

<http://newser.com/s270663>

China targeting gas; Russia power grid

Intel Chiefs Testify on Global Threats, Cybersecurity and Elections

On Jan. 29, the heads of six agencies in the U.S. intelligence community [delivered](#) annual testimony in front of the Senate intelligence committee about global threats to U.S. national security. The annual worldwide threats briefing provides the public with insight into the usually secret world of U.S. intelligence. The majority of intelligence products, assessments, and reports are classified and (excluding leaks) rarely made available to the public. Intelligence briefings to Congress are often conducted in a closed setting to allow for the protection of sensitive and classified information.

China "presents a persistent cyber espionage threat and a growing attack threat to our core military and critical infrastructure systems" and "remains the most active strategic competitor responsible for cyber espionage" against the U.S. government and American companies and allies. "China has the ability to launch cyber attacks that cause localized, temporary disruptive effects on critical infrastructure—such as disruption of a natural gas pipeline for days to weeks."

Director of National Intelligence Dan Coats discussed Russia's ability to use cyber tactics to successfully attack domestic critical infrastructure, such as disrupting the electric grid, and he emphasized Russia's previous cyber attacks against Ukraine's electric infrastructure in 2015 and 2016 as evidence of Russia's capability and willingness to do so.

Read full story: <https://www.lawfareblog.com/intel-chiefs-testify-global-threats-cybersecurity-and-elections>

Johns Hopkins Health Security Headlines
Extracts from [January 31](#) & [February 1, 2019](#)

[AP Explains: Why Congo's Ebola Outbreak Still Going Strong](#) (*WTOP*) The Ebola outbreak in eastern Congo, the second deadliest in history, marks six months on Friday and is moving toward the major border city of Goma, a development that would greatly complicate any hope of stopping the virus' spread in the unstable region. [Go to article](#)

[Over 70,000 Vaccinated Against Ebola as Outbreak Marches On](#) (*CIDRAP*) More than 70,000 people in the Democratic Republic of the Congo have now been vaccinated with VSV-EBOV, Merck's unlicensed Ebola vaccine, according to today's update from DRC health officials. [Go to article](#)

[At-home DNA Testing Company Gives the FBI Access to Its Database](#) (*engadget*) The FBI has struck up a partnership with one of the largest at-home DNA testing services, according to BuzzFeed News. Apparently, Family Tree DNA has allowed the agency to access its genealogy database containing the DNA profiles of over a million users. Law enforcement has been using the public's increasing fascination with DNA testing as a tool to crack cases for quite a while now. But this is reportedly the first time a private firm has willingly given authorities access to its repository. [Go to article](#)

[Why We Should Be Skeptical About Recent Reports on North Korea's Biological Weapons Programs](#) (*38 North*) While the use of biological weapons (BW) can have great consequences and any state having them in their military arsenal is a major international concern, assessments are made about the extent and sophistication of North Korean BW capabilities that are based on very little information. [Go to article](#)

[Measles Cases Confirmed in 3 New States Amid Washington Outbreak](#) (*ABC News*) Health officials in Georgia, Hawaii and Oregon have now reported that there have been at least one -- if not multiple -- confirmed cases of measles in their states. This comes amid an outbreak in Clark County, Washington, where there have been 38 confirmed cases of measles and 13 suspected cases. [Go to article](#)

**Free Kentucky Outreach and Information Network (KOIN)
materials available**

There are plenty of free KOIN materials available to members by simply requesting them. If you are interested in obtaining KOIN materials, please contact Barbara Fox, KOIN Coordinator, at

BarbaraJ.Fox@ky.gov

or call (502) 564-6786, ext. 3102

Free Materials Available:

- Be Prepared. Children's Emergency Preparedness Coloring Book
- Emergency Preparedness Refrigerator Magnet (English, Spanish and Braille versions available)
- Kentucky Emergency Guide Folding Pocket Card
- Updated Kentucky Department for Public Health Brochure with Pictograms (English and Spanish versions available)
- Updated KOIN Training Video DVD with Accompanying User's Manual

If you have any suggestions for future KOIN materials related to public health preparedness, please contact Barbara Fox.

KOIN is on the Web! <http://healthalerts.ky.gov/KOIN>

KSP Unveils New Mobile Drug Education Trailer

(KSP) The Kentucky State Police have introduced a new mobile substance abuse education exhibit designed to help inform the public about the devastating effects of substance abuse. The 30-foot trailer features 14 flat screen monitors and one touch-screen monitor that present video messages about meth, heroin, marijuana, alcohol and tobacco. The videos include actual meth users who tell their real-life stories illustrated by before-and-after images that show the dramatic visual progression of their drug abuse.

The exhibit was funded by a \$92,000 grant from the Kentucky Office of Drug Control Policy and was designed and built by DCX Displays in Louisville. The mobile exhibit is now available for use by schools, clubs, civic organizations, businesses, churches, local governments and communities throughout the state. To schedule the display, contact the Public Affairs Officer at the KSP post closest to your location or call the KSP Public Affairs Branch at 502-782-1780.

Digital images for this release available at: <https://photos.app.goo.gl/mtgSQPoqRmvbHVxD7>

The KHREF Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of [Emergency Preparedness Updates available here](#). If you would like to add or delete, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact rbartlett@kyha.com (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and KHREF are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.