Health Services Advisory Board Meeting
Public Health Services Report

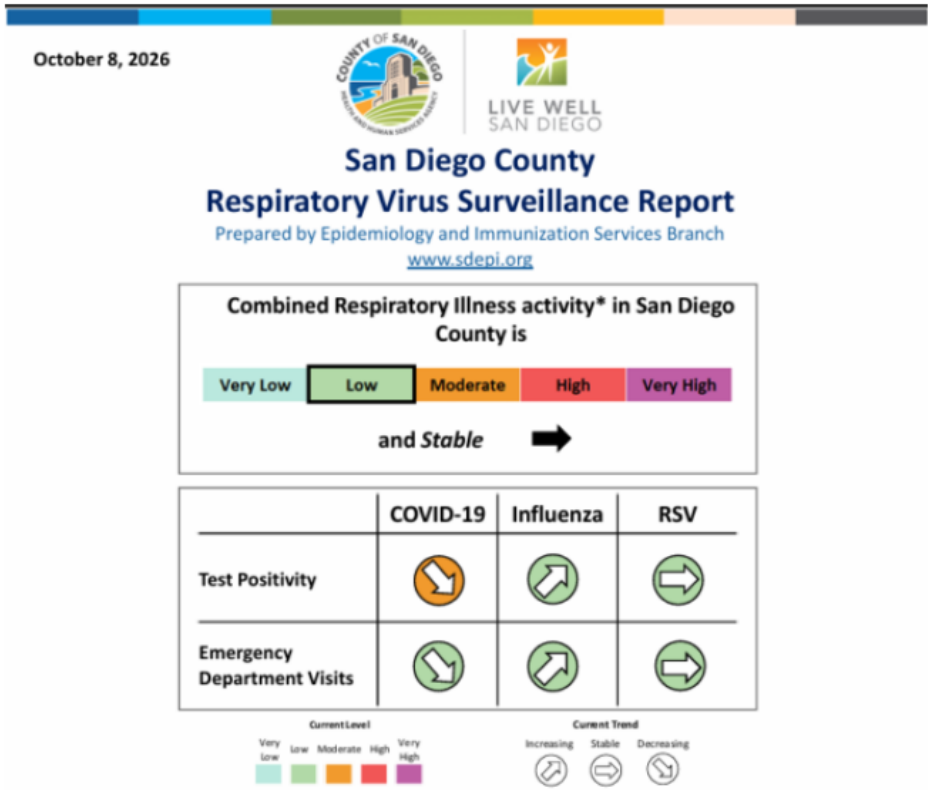
October 13, 2026

Public Health Officer Update

Sayone Thihalolipavan, M.D., M.P.H.
Public Health Officer
Public Health Services

GOVERNMENT

County Respiratory Report Now Includes Forecasting as Flu Cases Unusually High



By Cassie N. Saunders, County of San Diego Communications Office
Oct. 9, 2026 | 9:13 AM

County Respiratory Report Now Includes Forecasting as Flu Cases Unusually High | News | San Diego County News Center

- The County has revised its Respiratory Virus Surveillance Report to better show current illness trends and to forecast whether respiratory illnesses and hospitalizations may rise or fall.
- The new Public Health Services report is available by subscription online as a downloadable PDF. Simple graphics at the top give visitors a snapshot of respiratory virus activity.
- The report tracks test positivity and emergency department visits for COVID-19, influenza and respiratory syncytial virus (RSV). Weekly reporting resumes today as flu season begins.

Early Flu Surge

- Current data show an unusually early rise in seasonal flu activity. Test positivity has increased to 8.0% with 58 hospitalizations and eight deaths reported.
- Flu season typically starts in October or November, and health care providers recommend vaccination by Halloween. The County generally sees increased activity in mid-November, but some recent seasons have peaked much later.
- More information about vaccines is available on the Public Health Services' Immunization Unit website.

Respiratory Virus Surveillance

Combined Respiratory Illness activity* in San Diego County is

Very Low	Low	Moderate	High	Very High

and *Stable* ➡

	COVID-19	Influenza	RSV
Test Positivity	↘	↗	→
Emergency Department Visits	↘	↗	→

Current Level

Very Low | Low | Moderate | High | Very High

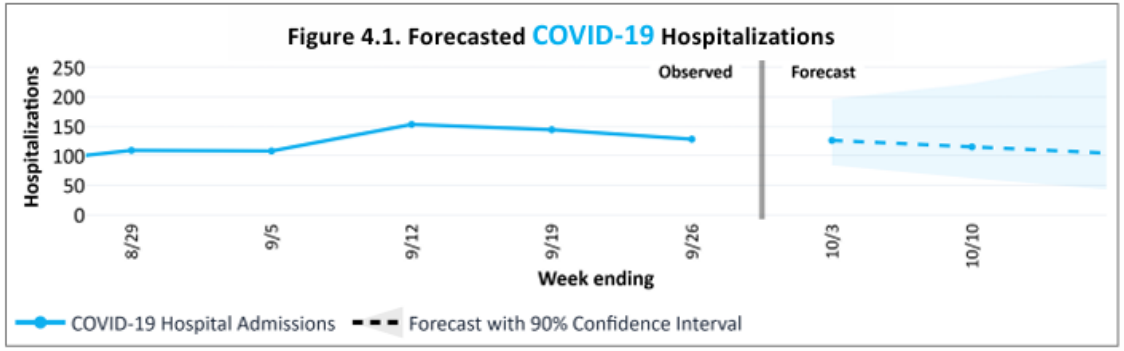
Current Trend

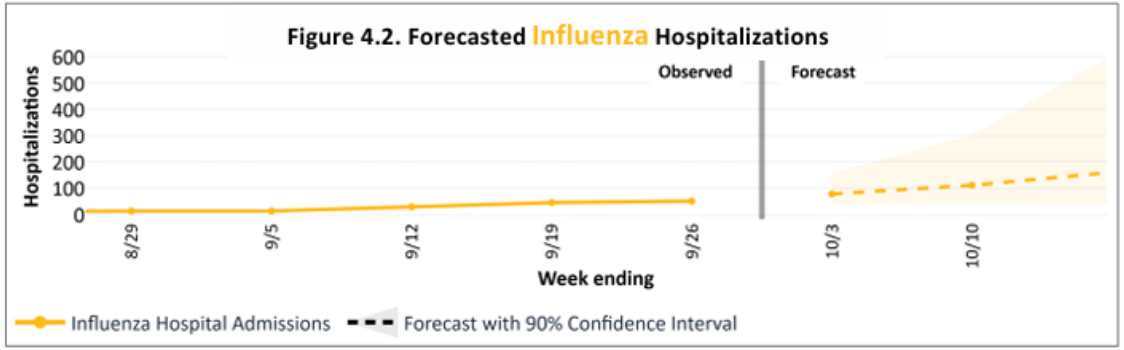
Increasing ↗ | Stable → | Decreasing ↘

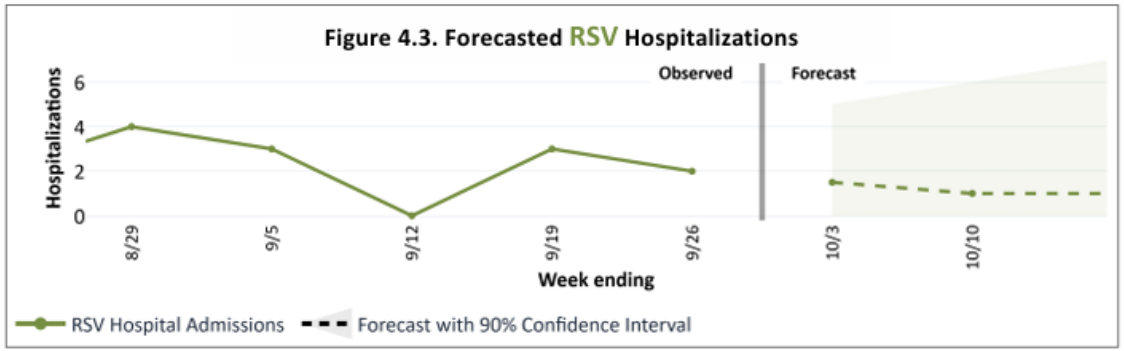
Forecasted Hospitalizations for COVID-19, Influenza, and RSV by Week

ResilientShield

Short-term forecasts take into account the most recent trends in hospitalizations and apply statistical models to that data to generate anticipated trends in the coming 2 weeks. The dotted lines show the predicted hospitalizations. The shaded areas show the 90% confidence intervals, which represent the uncertainty in the forecast.







Updated October 8, 2026. Data through October 3, 2026. Data are preliminary and may change as additional information becomes available.
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/respiratoryviruses/surveillance.html
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/SDC_Respiratory_Virus_Surveillance_Report.pdf

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

Wastewater Dashboard

****UPDATE**** Wastewater sample results below the limit of detection are now represented as zero to decrease baseline noise and improve data accuracy without affecting overall trends, the appearance of the Wastewater Viral Levels chart reflects this slight improvement.

SDPHL Data through October 12, 2026:

- **COVID-19** decreased from very high to high at Point Loma and Encina and remains moderate at South Bay; 30-day trend decrease at Encina and Point Loma and plateau at South Bay.
- Influenza A is currently high with a strong increase at all three sites.
- Influenza B and RSV are currently low across sites; no meaningful trends in the last 30 days. The exception of RSV at Point Loma which is high with a strong increase.

Wastewater SCAN* data from September 29, 2026:

- Norovirus is low; 30-day increase.
- Rotavirus is low; 30-day plateau.
- EVD68 is currently very high; 30-day increase.
- All other targets are currently below the limit of detection.

Wastewater SCAN only monitors wastewater at the Point Loma Treatment Plant.

Wastewater Summary Table

	Target	Last detected	Encina	Point Loma	South Bay
SDPHL	SARS-CoV-2	-	↘	↘	→
	Influenza A	-	↑	↑	↑
	Influenza B	-	→	→	→
	RSV	-	↑	→	→
WastewaterSCAN	Norovirus	-		↗	
	Rotavirus	-		→	
	EVD68	-		↗	
	H5 Influenza	2/17/2025		○	
	Hepatitis A	6/1/2026		○	
	HMPV	-		○	
	MPOX Clade II	8/19/2024		○	
	MPOX Clade IB	Never Detected		○	
	Measles	Never Detected		○	
	WNV	Never Detected		○	

Current Level: Low, Moderate, High, Very High, Not calculated

Current Trend: Sporadic detecti.., Decrease, Plateau, Increase, Strong Increase, Not calculated

Last Update: 10/12/2026 5:23:18 PM

Wastewater Surveillance Dashboard

(Data sent weekly)

County Public Health Clinics and Medical Therapy Units Close for One Day

- **All six County Public Health Clinics and seven Medical Therapy Units (MTU) will be closed Monday Oct. 19, 2026, to launch a new electronic health record (EHR) system.**
- The new system, called Ochin Epic, adds efficiency, reduces the possibility of errors, and improves customer experience for the thousands of residents who get care through the County. Several departments across the health and human service agency will be integrating into the new electronic health system including nursing services, home visiting services, case management, and child and family well being services.
- **All sites will reopen Tuesday, Oct. 20, 2026**. County staff have been training since July for the update.



- Last fiscal year, the County provided sexual health services to nearly 2,300 people, tuberculosis treatment for 1,700 and medical therapy for over 1,600 children and young adults with physical disabilities.
- The County's Public Health Clinics support patients with limited health access with sexually transmitted disease, tuberculosis and vaccine services.
- The County's Medical Therapy Units provide occupational and physical therapy to children with medically eligible conditions.
- Check the Public Health Centers and MTU websites for hours and the latest information.
- **No appointments will be scheduled for the 19th**, and signs are displayed at the respective sites.

HEALTH

Mumps Outbreak Expands at SDSU Campus



By Anita Lightfoot, County of San Diego Communications Office
Sep. 30, 2026 | 2:53 PM

Mumps Outbreak Expands at SDSU Campus | News | San Diego County News Center

- The mumps outbreak associated with San Diego State University now includes 14 confirmed cases and one probable case.
- The County first reported the outbreak on Sept. 18 and the updated case count reflects data through Sept. 30.
- SDSU is experienced in responding to student disease outbreaks, including mumps, and has coordinated with state and local health officials along with its Student Health Services and School of Public Health.
- The university continues working with both the County and the California Department of Public Health on educational campaigns, purchase of additional vaccine, encouraging close contacts to get vaccinated and pursuing widespread messaging measures aimed at reducing future cases.
- For more information about mumps, other vaccine-preventable diseases, and the vaccines that protect against them, please visit the County Public Health Services Immunization website.
- For more information related to the SDSU mumps exposure please visit Mumps Outbreak & Information | Student Affairs and Campus Diversity | SDSU.

PUBLIC SAFETY

Extreme Heat Warning in Effect as County Expands Safety Measures and Prepares for Possible Power Shutoffs



By Sir Milo Loftin, County of San Diego Communications Office

Oct. 1, 2026 | 2:55 PM

[Extreme Heat Warning in Effect as County Expands Safety Measures and Prepares for Possible Power Shutoffs | News | San Diego County News Center]

- The National Weather Service has issued an Extreme Heat Warning for portions of San Diego County starting Friday morning. The combination of extreme heat and Santa Ana winds in the forecast is prompting the possibility of power shutoffs for some SDG&E customers through Oct. 5.
- The County of San Diego urges residents to prepare for potential power outages and take steps to prevent heat-related illnesses as temperatures climb.
- Forecasters expect dangerously high temperatures through next Thursday, with highs in the 90s near the coast and reaching the 100s in inland valleys. Warm overnight lows will make it harder for people to cool down, and the hot, dry weather will raise wildfire danger across the region.

PUBLIC SAFETY

County to Create Regional System to Identify e-Bike Danger Zones Early



By Yvette Urrea Moe, County of San Diego Communications Office

Oct. 7, 2026 | 9:36 AM

- The San Diego County Board of Supervisors on Tuesday unanimously approved a plan to create a regional e-Bike Injury Warning System designed to quickly pinpoint where e-bike injuries are occurring, who is being hurt, and what types of devices are involved.
- E-bike injuries — particularly among children and teenagers — have surged across the region.
- Rady Children's Hospital reported pediatric e-bike trauma cases increased from three in 2021 to 262 in 2025.
- Local officials currently wait as long as 14 months for statewide injury data to return to the region.
- To prevent future accidents, the County will collect real-time data on e-bike injuries and identify trends. The county will use existing staff and resources, resulting in no additional General Fund cost.

[County to Create Regional System to Identify e-Bike Danger Zones Early | News | San Diego County News Center]

HEALTH

Raw Milk Cheese Linked to E.Coli Outbreak



By Cassie N. Saunders, County of San Diego Communications Office
Sep. 25, 2026 | 5:16 PM

[Raw Milk Cheese Linked to E.Coli Outbreak | News | San Diego County News Center]

What You Need to Know

- **Product**: Sierra Nevada Graziers grass-fed raw milk cheeses —medium cheddar, sharp cheddar, jalapeño jack and Monterey jack .
- **Recall Details**: Initiated on Sept. 24, 2026.
- **Health Risk**: E. coli can cause symptoms such as stomach cramps, diarrhea and vomiting. Severe cases may result in hemolytic uremic syndrome (HUS), a serious condition that can lead to kidney failure.

County Recommendations

- Do not consume the recalled cheese.
- Discard any of the product in your possession.
- Clean and sanitize all surfaces and utensils that may have come into contact with it, using hot, soapy water.
- Seek medical attention immediately if you experience any symptoms consistent with E. coli infection, especially bloody diarrhea, severe abdominal cramps or signs of dehydration.

HEALTH

County, UC San Diego Celebrate 1 Million Trained in Hands-Only CPR



By Cassie N. Saunders, County of San Diego Communications Office

Sep. 28, 2026 | 8:07 AM

County, UC San Diego Celebrate 1 Million Trained in Hands-Only CPR | News | San Diego County News Center

- The County of San Diego and UC San Diego celebrated a major public health milestone after the Revive & Survive San Diego CPR campaign surpassed its goal of training one million people in hands-only CPR.
- The regional initiative, launched in early 2024 by the County and the Herbert Wertheim School of Public Health and Human Longevity Science at the University of California San Diego, has **now trained 1,011,034 people in the lifesaving technique**.
- The hands-only CPR effort began as a strategy to close the gap in emergency care during a cardiac event before medical professionals arrive.
- In August, partners confirmed the milestone, crediting broad community participation and strong public health collaboration.
- The Revive & Survive San Diego coalition includes 49 partners— schools, first responders, health centers and businesses—that collectively hosted 25,138 free training events.

GOVERNMENT

Fall Related Emergency Visits for Older Adults Continue to Climb



By Anita Lightfoot, County of San Diego Communications Office
Sep. 25, 2026 | 6:53 AM

[Fall Related Emergency Visits for Older Adults Continue to Climb | News | San Diego County News Center]

- As part of Fall Prevention Awareness Week, the County's Aging & Independence Services is urging older adults and caregivers to make time to identify their fall risks.
- While slippery surfaces and uneven sidewalks are well known dangers, everyday items such as loose rugs, poorly lit hallways and hard-to reach objects can also contribute to serious injuries at home.
- Falls were the leading cause of emergency department visits among adults 60 and older in 2024, County data shows.
- Nearly 40,000 older adults visited the emergency department for fall–related injuries, more than 13,000 were hospitalized and 338 died.
- San Diego County's Aging & Independence Services offers fall prevention resources online. For questions about any of the fall prevention programs, email HealthierLiving.HHSA@sdcounty.ca.gov or call 858-495-5500.

HEALTH

County Launches Health Study on Tijuana River Valley Pollution



By Cassie N. Saunders, County of San Diego Communications Office

Oct. 8, 2026 | 10:01 AM

County Launches Health Study on Tijuana River Valley Pollution | News | San Diego County News Center

- The County is expanding its response to the long-running Tijuana Valley River pollution crisis by seeking qualified researchers to study whether past exposure to contamination is linked to higher rates of illness in nearby communities.
- Researchers can review the full request for quotes on the County's BuyNet online procurement portal.
- Quotes must be submitted by 5 p.m. on Oct. 30, 2026. Available funding ranges from $200,000 and $250,000.
- The goal is to determine whether certain illnesses appear more frequently in communities located closest to the pollution, including Imperial Beach, Nestor and San Ysidro.
- The study will also examine how environmental burdens overlap with social vulnerabilities in communities identified as Environmental Justice areas.
- The work will use trauma-informed, community-centered approaches to reflect residents' lived experiences.

BECKER'S HOSPITAL REVIEW

California Removes Prior Authorization for Hepatitis C Drugs

- California has removed prior authorization requirements for medically necessary direct-acting antiviral drugs used to treat hepatitis C.
- In plans that required it, only about 10% of enrollees with hepatitis C used these drugs, according to a state analysis, underscoring the gap between the availability of highly effective cures and patients' ability to access them.
- Gov. Gavin Newsom signed the legislation Sept. 27. It bars health care service plans and health insurers from subjecting medically necessary direct-acting antiviral drugs for hepatitis C to prior authorization.
- An exception applies when the FDA has approved one or more therapeutic equivalents of a pangenotypic drug, device or product.
- Plans and insurers do not have to cover every therapeutically equivalent version without prior authorization if at least one pangenotypic and therapeutically equivalent version is covered without prior authorization.
- The health care service plan provision does not apply to specified Medi-Cal managed the State Department of Health Care Services.

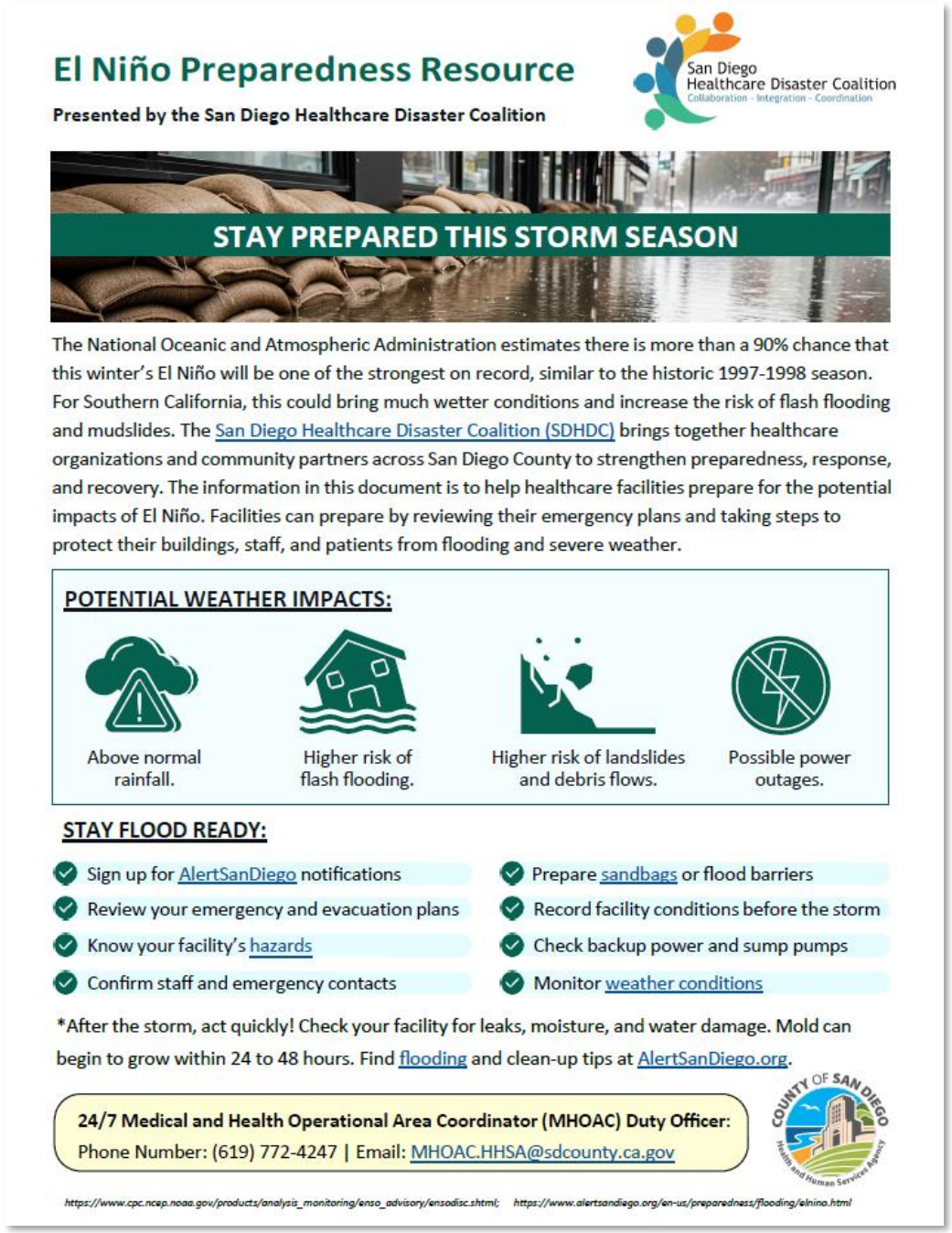
California removes prior authorization for hepatitis C drugs

El Niño Preparedness Resource

- The San Diego Healthcare Disaster Coalition (SDHDC) will be hosting a virtual tabletop exercise (TTX) focused on El Niño preparedness for Long Term Care Facilities and clinics on Thursday, October 29 from 12:30pm-4:30pm via Microsoft Teams.

- The link to sign up can be accessed below or via the included QR code! 2026 El Niño Virtual Tabletop Exercise





El Niño Preparedness Resource

San Diego Healthcare Disaster Coalition
Collaboration - Integration - Coordination

Presented by the San Diego Healthcare Disaster Coalition

STAY PREPARED THIS STORM SEASON

The National Oceanic and Atmospheric Administration estimates there is more than a 90% chance that this winter's El Niño will be one of the strongest on record, similar to the historic 1997-1998 season. For Southern California, this could bring much wetter conditions and increase the risk of flash flooding and mudslides. The San Diego Healthcare Disaster Coalition (SDHDC) brings together healthcare organizations and community partners across San Diego County to strengthen preparedness, response, and recovery. The information in this document is to help healthcare facilities prepare for the potential impacts of El Niño. Facilities can prepare by reviewing their emergency plans and taking steps to protect their buildings, staff, and patients from flooding and severe weather.

POTENTIAL WEATHER IMPACTS:

- Above normal rainfall.
- Higher risk of flash flooding.
- Higher risk of landslides and debris flows.
- Possible power outages.

STAY FLOOD READY:

- Sign up for AlertSanDiego notifications
- Review your emergency and evacuation plans
- Know your facility's hazards
- Confirm staff and emergency contacts
- Prepare sandbags or flood barriers
- Record facility conditions before the storm
- Check backup power and sump pumps
- Monitor weather conditions

*After the storm, act quickly! Check your facility for leaks, moisture, and water damage. Mold can begin to grow within 24 to 48 hours. Find flooding and clean-up tips at AlertSanDiego.org.

24/7 Medical and Health Operational Area Coordinator (MHOAC) Duty Officer:
Phone Number: (619) 772-4247 | Email: MHOAC.HHSA@sdcounty.ca.gov

County of San Diego Health and Human Services Agency

https://www.cpc.ncep.noaa.gov/products/analysis_monitoring/enso_advisory/ensodisc.shtml; https://www.alertsandiego.org/en-us/preparedness/flooding/elnino.html

Community Flu Vaccination Event

Free flu vaccines to the community—no insurance or identification required!

EVENT DETAILS

Location: Lincoln Acres Community Room

Address: 2717 Granger Avenue, National City, CA

Date: Thursday, October 22, 2026

Time: 12:00 pm to 3:00 pm

PURPOSE

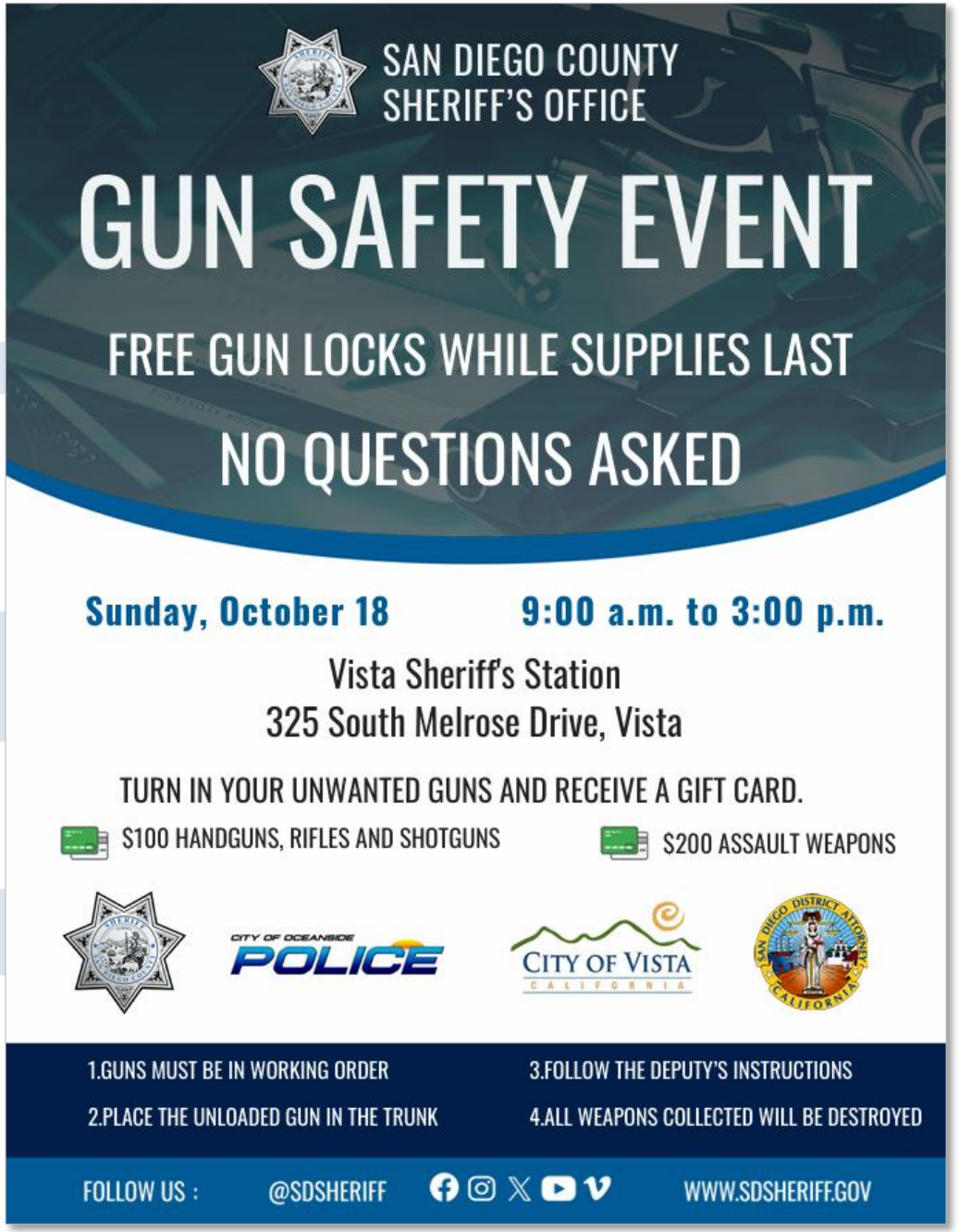
To make flu vaccinations available to the community and rain staff in Public Health Preparedness and Response.



Gun Safety Event

- The San Diego County Sheriff's Office is partnering with the San Diego County District Attorney's Office, Oceanside Police Department and City of Vista to get unwanted guns off our streets.
- Turn in your unwanted gun and receive a gift card ($100 for handguns, rifles and shotguns and $200 for assault weapons).
- Free gun locks will also be available while supplies last.
- Remain anonymous. No questions asked.
- Firearms must be in working order.
- Place the unloaded firearm in the trunk of your vehicle.
- A deputy or officer will provide instructions.
- All weapons collected will be destroyed.

[Gun Safety Event - Vista | News List | San Diego County Sheriff]



Public Health Director Update

Adrienne Collins Yancey, MPH
Interim Public Health Director
Public Health Services

County Names New Leader of HHSA

- **The County has appointed Elizabeth Hernandez, Ph.D., as the new deputy chief administrative officer for the Health and Human Services Agency after an extensive national recruitment. She will begin the role Oct. 2.**
- Since October 2025, Dr. Hernandez has served as interim deputy chief administrative officer for the Health and Human Services Agency. She joined the County in 2016 as assistant director of Public Health Services and was promoted to director in 2021. Over the years, she has consistently demonstrated thoughtful leadership and a clear vision for strengthening public health systems.
- The County worked with national search firm to conduct an extensive recruitment for the deputy chief administrative officer position, receiving more than 200 applications.



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

Public Health Services

BOARD LETTER FORECAST	
Board Meeting Date	**Subject**
October 14, 2026	Annual update to funder regarding key trends and disparities.
December 2026	This is a report back to the Board of Supervisors with a progress report on the emergency food distribution events specific to households impacted by H.R. 1 in 6 months and in 1 year.

Confidential: Subject to the deliberative process.

Thank you!

The Public Health Services department, County of San Diego Health and Human Services Agency, has maintained national public health accreditation, since May 17, 2016, and was re-accredited by the Public Health Accreditation Board on August 21, 2023.

Hip Pocket

YMCA OF SAN DIEGO COUNTY
COMMUNITY WELL-BEING & BELONGING

UNDERSTANDING MEDI-CAL CHANGES

Do you or someone you care for have Medi-Cal? Important changes are coming in 2027 that could affect your healthcare, work requirements, and eligibility. Join us for a free community presentation to learn what these changes mean for you and your family and get simple steps on how to stay covered.

Whether you're a Medi-Cal member, caregiver or community advocate, learn what to expect, ask questions, and leave with tools and resources to help yourself and others stay informed. Check the list below to find the event that works best for you.

FIND A COMMUNITY EDUCATION SESSION NEAR YOU:

- ~~**Sept 19 | 11am–1pm:** Border View Family YMCA, San Ysidro~~
  (English and Spanish)
- ~~**Oct 10 | 11am–1pm:** Copley-Price Family YMCA, City Heights~~
  (English, Spanish, Vietnamese, Haitian Creole, and Somali)
- **Nov 7 | 11am–1pm:** Ronald Reagan Community Center, El Cajon
  (English, Spanish, Arabic, Farsi, and Pashto)
- **Dec 9 | 6pm–7pm:** Virtual Session, Zoom link provided
  (English and Spanish)
- **Jan 9 | 11am–1pm:** Jackie Robinson Family YMCA, Southeast San Diego
  (English and Spanish)
- **Jan 30 | 11am–1pm:** Escondido YMCA, Escondido
  (English and Spanish)

FOR MORE INFORMATION & TO REGISTER, VISIT:

www.ymcasd.org/medi-cal

These series are brought to you by the YMCA of San Diego County in partnership with:

blue CALIFORNIA PROMISE

Community Health Group

KAISER PERMANENTE

MOLINA HEALTHCARE

WE'VE GOT YOU COVERED!

Free childcare and **food** at all in-person events, plus **interpreter services** at both in-person and virtual events.

Free Food Distribution Partnership

- In partnership with the Jacobs & Cushman San Diego Food Bank and Feeding San Diego, the County of San Diego is expanding free food distributions at six community locations. There are no income or residence requirements to receive food.
- Please note that the schedule is subject to change and currently tentative. For more available food distribution sites please visit 211's Food Assistance Resources.
- See the most current dates and times at: Access Fresh Food Near You | Live Well San Diego



Location	Dates	Time
South Region Live Well Center at Chula Vista 690 Oxford St, Chula Vista, CA 91911	~~Saturday 8/8/26~~ ~~Saturday 9/12/26~~ Saturday 10/10/26 Saturday 11/14/26 Saturday 12/12/26	9am - 12pm
El Cajon Family Resource Center 220 S 1st St, El Cajon, CA 92019	~~Saturday 8/15/26~~ ~~Saturday 9/19/26~~ Saturday 10/17/26 Saturday 11/21/26 Saturday 12/19/26	9am - 12pm
North Central Live Well Center 5055 Ruffin Rd, San Diego, CA 92123	~~Saturday 9/5/26~~ ~~Saturday 10/3/26~~ Saturday 11/7/26 Saturday 12/5/26	9am - 12pm
North Coastal Live Well Center 3708 Ocean Ranch Blvd, Oceanside, CA 92056	~~Saturday 9/26/26~~ Saturday 10/24/26 Saturday 11/28/26 Saturday 12/26/26	9am - 12pm
Spring Valley Library 836 Kempton St, Spring Valley, CA 91977	~~Friday 8/28/26~~ ~~Friday 9/11/26~~ ~~Friday 9/25/26~~ ~~Friday 10/9/26~~ Friday 10/23/26 Friday 11/13/26 Friday 12/11/26	5pm - 7pm
Spring Valley Community Center 8735 Jamacha Blvd, Spring Valley, CA 91977	~~Friday 8/21/26~~ ~~Friday 9/4/26~~ ~~Friday 9/18/26~~ ~~Friday 10/2/26~~ Friday 10/16/26 Friday 11/6/26 Friday 11/20/26 Friday 12/4/26 Friday 12/18/26	TBD

DHCS CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES | CalHOPE

California Child and Adolescent Mental Health Access Portal (Cal-MAP)

What is Cal-MAP?

- Cal-MAP is a CalHOPE pediatric mental health care access program designed to increase timely access to mental health care for youth throughout California's communities, especially in the state's most underserved and rural areas.



What does Cal-MAP Offer?

- The Cal-MAP program offers:
    - **Consultation**: Real-time guidance and coaching
    - **Training**: Project ECHO "All Teach All Learn"
    - **Resources**: For PCPs and families with topics and diagnosis specific information

How does Cal-MAP work?

- Cal-MAP is a statewide behavioral health eConsult service that provides pediatricians, primary care physicians and other practitioners (e.g., school-based service providers) access to consultation support from licensed behavioral health professionals, including psychiatrists.

Learn More

- To learn more about the Cal-MAP program, visit www.cal-map.org.
- If you have any questions, please email CYBHI@dhcs.ca.gov.

DHCS CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES | CA Bridge Connect

CA Bridge Connect

CA Bridge Connect is a first-of-its-kind helpline that helps people move from crisis to care, quickly, compassionately, and without the usual barriers.

HOW IT WORKS

Call or Text
A person struggling with drug or alcohol use – or their loved one – contacts CA Bridge Connect.

Speak with a Navigator
A Navigator works to understand the caller's goals, providing linkage to resources and providers.

Start Care Quickly
Caller gets same-day care:
- **Buprenorphine**
- **Methadone**
- **Overdose prevention**
- **Peer support**

Stay Connected
Navigators provide ongoing follow-up to help callers stay safe and remain engaged in treatment.

WHY IT WORKS

Tele-navigation expands access, especially for underserved populations, at a fraction of the cost – meeting people where they are, right when they need support.

Navigators are experts in local substance use treatment resources and trained to meet every caller without judgment, so that it's easier for someone who needs help to overcome barriers.

CA Bridge Connect engages the entire treatment ecosystem – from street medicine to primary care – so providers are ready when the caller is. Same-day treatment is the goal, every time.

Recovery isn't linear. Navigators check in at regular intervals across care transitions, ensuring **connection to resources doesn't end after the first call.**

LET'S CONNECT

Email us at info@cabridgeconnect.org or learn more at www.cabridgeconnect.org.



https://cabridgeconnect.org/wp-content/uploads/CABC-Standard-Flyer-Updated.pdf
https://cabridgeconnect.org/wp-content/uploads/One-Pager-for-Stakeholders.pdf