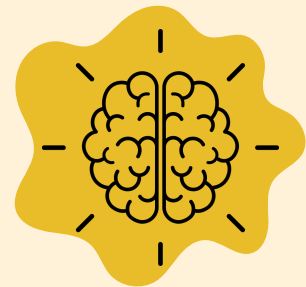


September 2025

HEALTH LITERACY QUARTERLY

WHAT IS HEALTH LITERACY?

Health literacy means having the skills to find, understand, and use information to make good health decisions. It's not just about reading, it's also about asking questions, understanding instructions, and knowing where to find reliable information.

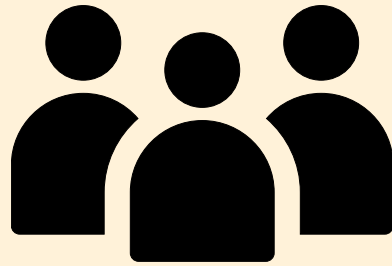


MAIN POINTS

- Communicable Disease Surveillance
- The Process (Step-by-Step)
- Common Misunderstandings (Myth vs. Fact)
- CDs Commonly Monitored in Arizona
- Why CDs are Monitored
- Resources for Residents

INTRODUCTION

1



A guide to help community members understand how Arizona tracks, investigates, and responds to communicable diseases.

2



When people know how surveillance works, they can make informed choices, trust public health messaging, and protect themselves and their communities.

3



MCDPH strives to provide prevention education and tools so residents of Mohave County can make informed choices.

SUBSCRIBE

EMAIL DANI AT LAGAND@MOHAVE.GOV

COMMUNICABLE DISEASE SURVEILLANCE

WHAT IS SURVEILLANCE?

“Surveillance” means carefully watching for diseases in a community to keep everyone safe – and understanding the disease patterns within that community.

HOW IT WORKS IN ARIZONA

- Doctors, clinics, and labs report certain illnesses to the Arizona Department of Health Services (ADHS) and county health departments.
- Public health nurses follow up to confirm cases, interview, and help educate case patients to prevent spread.

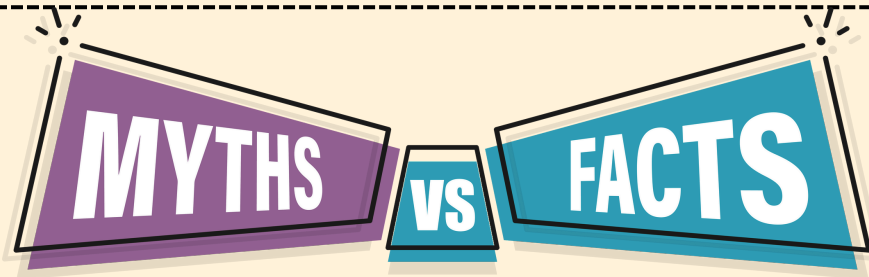
WHY IT'S DONE:

To stop outbreaks early, protect vulnerable groups, understand local disease transmission patterns, and guide prevention programs.

THE PROCESS (STEP-BY-STEP)

1. Someone gets sick and seeks care.
2. Doctor or lab diagnoses a reportable disease.
3. Case is reported to county public health (required by law).
4. Public health investigates: interviews, contact tracing, school/community notifications.
5. Affected communities are informed of larger scale outbreaks (while keeping privacy protected).
6. Disease information is added to state and national systems to watch for patterns.

COMMON MISUNDERSTANDINGS



MYTH:

“SURVEILLANCE
MEANS THE
GOVERNMENT IS
TRACKING ME.”

FACT:

SURVEILLANCE MEANS
TRACKING THE DISEASE, NOT
INDIVIDUALS. YOUR PRIVACY
IS PROTECTED BY LAW.

MYTH:

“ONLY BIG CITIES
NEED
SURVEILLANCE.”

FACT:

RURAL COMMUNITIES ARE JUST
AS IMPORTANT, SOMETIMES
MORE SO, SINCE SMALL
POPULATIONS MEAN EXPOSURES
CAN SPREAD QUICKLY.

MYTH:

“IF I TALK TO PUBLIC
HEALTH, MY
NEIGHBORS WILL
KNOW.”

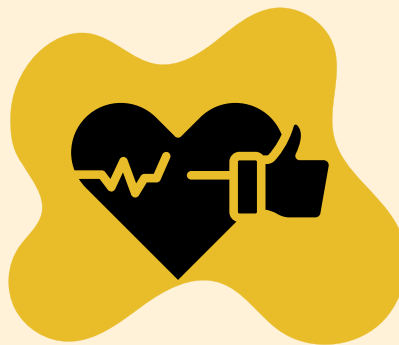
FACT:

HEALTH DEPARTMENTS MUST
PROTECT YOUR
CONFIDENTIALITY.
INFORMATION IS SHARED
WITHOUT IDENTIFYING NAMES.

COMMONLY MONITORED IN ARIZONA

- Measles, Mumps, Rubella (MMR)
- COVID-19 & Respiratory Illnesses
- Tuberculosis
- Vector-Borne Diseases (West Nile Virus, Dengue, etc.)
- Foodborne Illness (Salmonella, E. coli)

COMMUNICABLE DISEASE SURVEILLANCE ACTS LIKE A WARNING SYSTEM AND A PLANNING TOOL.



WHY DO WE MONITOR COMMUNICABLE DISEASES? WE KEEP TRACK OF DISEASES THAT CAN SPREAD TO PEOPLE OR FROM PERSON-TO-PERSON SO WE CAN:

- Educate those affected and answer questions they may have.
- Catch problems early and stop outbreaks before they get worse.
- Protect our community, especially vulnerable people like babies, older adults, and those with weak immune systems.
- Understand patterns of when, where, and why diseases happen.
- Plan and improve health services by knowing what resources are needed.
- Help our neighbors stay safe and find out what they need, like vaccines or education campaigns, and then we adjust as needed.

In short, monitoring helps keep our community healthier and safer.

RESOURCES

Measles Dashboard with weekly confirmed case updates and informational guides:

[ADHS - MEASLES - HOME](#)

[**ASKANURSE@MOHAVE.GOV**](mailto:ASKANURSE@MOHAVE.GOV)

Get your questions answered by a Mohave County Nurse! Or, set up your MMR with our nurses at a location near you.

Nursing Locations

Colorado City

2096 S. Hwy 389

928-753-8675

Bullhead City

1222 Hancock Rd.,

928-758-0703

Lake Havasu City

2001 College Dr.,

928-453-0703

Kingman

700 W. Beale St.,

928-753-0714

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