

Board of Health Record of the Proceedings – Skagit County, Washington

Date: **December 9, 2025**

The Skagit County Board of Health met in regular session on Tuesday, December 9, 2025, with Chair Peter Browning, Commissioner Lisa Janicki, and Commissioner Ron Wesen present.

I. CALL TO ORDER:

Chair Browning called the proceedings to order at 10:00 a.m.

II. AGENDA:

a) *10:02 a.m. Board of Health Approval of Recording of the Proceedings:

A motion was made by Commissioner Janicki to approve the Board of Health Record of the Proceedings for Tuesday, October 14, 2025. Commissioner Wesen seconded the motion. The vote passed unanimously.

1. Tuesday, October 14, 2025 **(Approved)**

b) *10:05 a.m. Public Health Director Remarks

Monica Negrila, the new Public Health Director, delivered opening remarks outlining her priorities and introduced the agenda.

c) *10:10 a.m. Tuberculosis and Mpox

Nurse Clinical Supervisor Danielle Lee delivered a PowerPoint presentation on Tuberculosis (TB). She explained that TB was caused by the bacterium *Mycobacterium tuberculosis*, which can lead to infection and, in some cases, disease. TB primarily affected the lungs but could also impact other parts of the body, including the spine, brain, and internal organs. Ms. Lee emphasized that TB was primarily transmitted through the air when a person with active TB disease of the lungs or throat coughs, speaks, sings, sneezes, or expelled respiratory droplets. She clarified that TB was not spread through shaking hands, sharing food or drinks, touching bed linens, using toilets, or sharing toothbrushes.

Ms. Lee also covered the following:

- Symptoms of active TB disease.
- Risk factors for infection.
- Why TB remained a public health concern.

She noted that TB continued to pose a threat to public health. To address this, the Washington State Legislature required local health officers and jurisdictions to maintain a TB control program. She outlined Skagit County's TB response through the Communicable Disease team at Public Health, discussed local TB challenges, and shared recommendations for prevention and control.

Communicable Disease Manager Alex Gee followed with a PowerPoint presentation on Mpox. She explained that Mpox was a viral infectious disease caused by an orthopoxvirus, related to smallpox but much less severe. Mpox typically spreads through close, sustained physical contact, including skin-to-skin contact, intimate interactions, and prolonged face-to-face exposure.

Ms. Gee also provided information on the following:

- Symptoms of Mpox, which often began with fever, fatigue, and swollen lymph nodes.
- Typical recovery time, usually two to four weeks.
- Prevention strategies and risk reduction measures.

Link to PowerPoint presentation:

<https://www.skagitcounty.net/CountyCommissioners/Documents/AgendaPackets/12082025.zip>

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d) *10:40 a.m. Veterans Services Update

Skagit County Veterans Services Lead Chris Diaz delivered a PowerPoint presentation highlighting Skagit County Vet's Connect services, expanded hours, and volunteer opportunities. He also provided details on call volume, walk-ins, appointments, the profile of Skagit County veterans, and other available services. Additionally, Mr. Diaz introduced Community Health Worker Gracie Ibarra.

He concluded by sharing information about case management and success stories.

Discussion ensued about the upcoming Point-in-Time Count of sheltered and unsheltered homeless individuals, strategies for helping veterans access services, and outreach efforts.

Contact Information for Skagit Vets Connect was provided:

Phone: (360) 588-5156 or (360) 416-7585

Email: SCCAA@skagitcap.org

Physical Address: 160 Cascade Place, Suite 104 Burlington, WA 98233

Mailing Address: 330 Pacific Place Mount Vernon, WA 98273

Website: communityactionsskagit.org/skagit-vets-connect

e) *10:55 a.m. Health Officer Update

Health Officer Dr. Howard Leibrand presented updates on decreased public health funding and the status of avian influenza (bird flu).

Commissioner Janicki thanked Dr. Leibrand for his collaborative approach in addressing the opioid crisis.

f) *11:00 a.m. Public Comment

None provided.

III. ADJOURNMENT:

Chair Browning adjourned the proceedings at 11:05 a.m.

*Note, to obtain an audio or video recording of this meeting; please contact the Skagit County Commissioners' office.



**BOARD OF HEALTH
SKAGIT COUNTY, WASHINGTON**

Peter Browning, Chair

ABSENT

Ron Wesen, Commissioner

Joe Burns, Commissioner Elect

ATTEST:

Linda Hamma

Clerk of the Board
Skagit County Board of Health