It Takes a Community
to prevent, promote and protect!

January 2014
Newsletter

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For vaccine questions, handouts for patients, current updates & recommendations go to these dependable resources!

www.imunize.org
www.vaccineinformation.org
wwwnc.cdc.gov/travel/

Ohio Department of Health

Extends the availability of state-purchased vaccine for insured children seen at local health departments through June 30, 2014

Vaccine Funding Update

The Sidney-Shelby County Health Department (SSCHD) immunization services will continue “as is” until June 30, 2014. The Health Department was advised by the Ohio Department of Health (ODH) that the “317” immunization funding cuts planning to start in 2013 will continue until June 2014. The “317” funding allows the health departments to give vaccines to all (includes those with insurance that pays for vaccines) at a reduced rate. This rate is the administration fee, covering the cost of staff giving the vaccine, providing counseling/questions, recording/documentation, and supplies needed for administering the vaccine.

What does this mean? That the SSCHD will be able to continue to vaccinate the general public (children up to age 18) and provide all children with vaccines, at least until June 2014.

No changes will be made with International travel and adult vaccines. They will continue to be offered at the Sidney Shelby County Health Department at the cost of the vaccine plus an administration fee.

Any questions regarding immunizations and coverage please call 937-498-7249 during business hours (7:30 AM to 4:00 PM) and talk to Michele Detrick, RN, Immunization Coordinator or Margie Eilerman, RN, Director of Nursing.

Please give us a call for a vaccine appointment at 934-498-7249.

We will keep you informed on further changes.
As of 1/2/2014 there were a total of 17 confirmed cases of Pertussis in Shelby County. These cases were reported to the Health Department from October through December 2013.

A Tdap/Dtap vaccine clinic was held in the community where the majority of cases were concentrated with 110 vaccines given. These vaccines were provided by the Ohio Department of Health for outbreak control. These vaccines are continuing to be given at the Sidney-Shelby County Health Department during regular clinic times.

Ohio has also seen a 20% increase in Pertussis cases throughout the state.

ODH encourages Ohioans to make sure they are up to date with recommended pertussis vaccines (DTaP for infants/children and Tdap for adolescents/adults). If you’re not sure if you are up to date, call your doctor to see what’s best for you and your family.

Many infants who get Pertussis are infected by older siblings, parents, or other caregivers who might not even know they have the disease. If you are planning on becoming pregnant, are currently pregnant or have recently given birth, talk to your doctor about getting the Tdap vaccine. Don’t risk spreading this disease to your baby. Make sure all people around your baby are vaccinated with Tdap including siblings, grandparents, aunts, uncles, nannies, caregivers, childcare staff, etc.

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GIVE KIDS A SMILE DAY!

The top unmet health care need for children is dental care. The American Dental Association is sponsoring “Give Kids a Smile Day” event on February 7, 2014. Shelby County dentists who volunteer to participate will be treating the children in need of dental care.

The child must meet the following guidelines in order to be selected to participate:

1. Have NO dental insurance
2. Is NOT on Medicaid
3. Have the sign-up form completed and returned to the school nurse as soon as possible!
4. 2nd to 8th grade students ONLY!

The “Give Kids a Smile Day” will be February 7, 2014 at Compassionate Care, located at 124 N. Ohio St, Sidney, Ohio. The visit REQUIRE a appointment.

Local dentists will be screening eligible students at the Compassionate Care facility. If the child needs follow-up treatment, the local dentists have agreed to provide treatment for the next 6 months at NO CHARGE. After 6 months, the dentist has no obligation to continue treating the student.

The school nurse will screen and identify the students with greatest need. You will be contacted by the Sidney-Shelby County Health Department and an appointment will be made at that time. Confirmation and paperwork will be sent home after the appointment is made. Please complete forms and bring them with you on February 7th. A parent MUST accompany their child.

Please keep your appointment and arrive on time!

The Western Ohio Dental Association is excited to be in partnership with the schools, Sidney-Shelby County Health Department, Compassionate Care, and the parents to help provide dental care to area students. It is the family’s responsibility to contact the dental office for an appointment after the initial screening. The dental office will be expecting your call and will schedule your child’s appointment. Missing one appointment during the course of treatment removes the student from the dentist’s care.

For questions, appointments or for more information, please call Margie Ellerman, R.N., Director of Nursing at 937-498-7249.
Influenza Season is Underway!

From November through December 2013, CDC received a number of reports of severe respiratory illness among young and middle-aged adults, many of whom were infected with influenza A (H1N1) pdm09 (pH1N1) virus.

There have been multiple pH1N1-associated hospitalizations, including many requiring intensive care unit (ICU) admission. Some fatalities have been reported. The pH1N1 virus that emerged in 2009 caused more illness in children and young adults, compared to older adults, although severe illness was seen in all age groups. While it is not possible to predict which influenza viruses will predominate during the entire 2013-14 influenza season, pH1N1 has been the predominant circulating virus currently.

For the 2013-14 season, if pH1N1 virus continues to circulate widely, illness that disproportionately affects young and middle-aged adults may occur.

Key Flu Indicators

According to this week's FluView report, flu activity continues to increase across the nation. High levels of activity are still being reported in the South Central and Southeastern states. Other parts of the country are now experiencing increases in flu activity as well. Additional increases across the United States are expected in the coming weeks. Anyone 6 months and older who has not gotten a flu vaccine yet this season should get one now.
Carbon Monoxide (CO) is an odorless, colorless, tasteless gas that can cause sudden illness and death. According to the Centers for Disease Control and Prevention (CDC) more than 400 Americans die from unintentional CO poisoning each year. It is also reported that each year more than 20,000 Americans visit the emergency room and more than 4,000 Americans are hospitalized due to CO poisoning.

Where does CO come from?
CO is found in combustion fumes such as those produced by cars, gas ranges and ovens, gas dryers, generators, gas or kerosene space heaters, fireplaces and wood stoves. If CO builds up in an enclosed space like a room, a home, or a garage people and animals can get poisoned by the gas.

How do you get CO poisoning?
Red blood cells pick up CO faster than they pick up Oxygen. This means if there is a high concentration of CO in the air your body may place CO into your blood instead of oxygen. If your body is deprived of too much oxygen it can result in dizziness, nausea, confusion, tissue damage and even death.

What are the symptoms of CO poisoning?
According to CDC, the most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO inhalation can cause loss of consciousness and death. Unless suspected, CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms.

How to prevent carbon monoxide exposure
There are many preventive measures you can take to prevent CO poisoning in your home. Here is a list of Dos and Don’ts:
- Do have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- Do seek prompt medical attention if you suspect CO poisoning and feel dizzy, light-headed, or nauseous.
- Don’t use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement or garage.
- Don’t run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don’t burn anything in a stove or fireplace that isn't vented.
- Don’t heat your house with a gas oven.

Resources:
CO Fact Sheet from the CDC: http://www.cdc.gov/co/faqs.htm
CDC Public Service Announcements: Prevent Carbon Monoxide Poisoning: http://www.cdc.gov/co/psa.htm
The U.S. Surgeon General recommends ALL homes be tested for radon gas.

Breathing radon in your home can cause lung cancer
Radon is a naturally occurring radioactive gas released in rock, soil and water that can build up to dangerous levels inside any home; this means new and old homes, well sealed and drafty homes, and homes with or without a basement. Radon gas is odorless and invisible and the only way to know if your home has a radon problem is to test for it.

Breathing radon can increase your risk of lung cancer. Radon is the number one cause of lung cancer among people who do not smoke. It is the second leading cause of lung cancer for people who do. EPA estimates that radon causes more than 20,000 deaths from lung cancer each year in the U.S. If you smoke and your home has a high radon level, your risk of lung cancer can increase even more.

Radon has been found in every state
Homes with high levels of radon have been found in every state. In fact, radon levels can vary greatly from home to home—even levels next door can be very different.

Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. In the United States, the average indoor radon level is about 1.3 pCi/L. The average outdoor level is about 0.4 pCi/L. The U.S. Surgeon General and EPA recommend fixing homes with radon levels at or above 4 pCi/L. EPA also recommends that people think about fixing their homes for radon levels between 2 pCi/L and 4 pCi/L.

You should test for radon
Testing your house for radon is easy. If your house has a radon problem, it can be fixed. Fixing a radon problem reduces the risk of lung cancer for you and your family.

A simple test will tell you if your home has a high radon level. Most radon tests last between 2 and 7 days. It’s as easy as opening a package, and putting the test kit in the right place. After sending the test kit back to the address in the package, the company will send your radon test results in about 2 weeks.

Go to [http://www.rapca.org/iaq/radon/radon.php](http://www.rapca.org/iaq/radon/radon.php) to order your free Radon testing kit. If you have any questions contact Kent Topp R.S.—Director of Environmental Health.
**A New “Confidential Disease Report Form” can be found at our health Department website on the front page or under Services/Nursing/Communicable Disease Control. You can fill this out by hand or typing and fax it to our confidential fax @ 937-498-7013**
Winter Weather Safety

Winter weather is finally making an appearance in Ohio. While it can be beautiful with snow on the ground and icicles in the trees, it can also be dangerous. Ohio’s winters have the potential for freezing rain, ice storms, severe snow storms, flooding and power outages. Add wind to the cold temperatures and the wind chill can be deadly. About 70 percent of ice- and snow-related injuries are the result of vehicular accidents; half of injuries related to cold happen to people more than 60 years old, and about 20 percent occur in the home, according to the Federal Emergency Management Agency (FEMA).

Below are some tips from FEMA to help you prepare for a winter storm – whether you’re in your home or on the road. On the road during winter months, try to keep your gas tank full to avoid ice in the tank and fuel lines. If you’re traveling alone, let someone know your primary and secondary routes.

Plan your travel and check the latest weather reports to avoid storms before going on a long trip. Some websites to assist you include: http://www.buckeyetraffic.org/ for statewide road closures and traffic reports, and the National Weather Service report on Ohio. Carry a survival kit in your car with the following items:

- Cell phone, car charger and batteries
- Blankets or sleeping bags
- Flashlight with extra batteries
- First-aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Small can and water-proof matches to melt snow for drinking water
- Sack of sand or non-clumping cat litter for traction
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Battery booster cables
- Water container
- Compass and road maps

Primary concerns at home are loss of heat, power or telephone service, and supply shortages if storm conditions continue for more than one day. Some items to have available:

- Flashlight and extra batteries
- Battery-powered weather radio
- Extra food and water
Do you have questions about:
- Birth and Death Certificates — Jenni St. Myers jenni.stmyers@shelbycountyhealthdept.org
- Bureau for Children with Medical Handicaps (BCMH) — Kathy Kipp, R.N. kathy.kipp@shelbycountyhealthdept.org
- Environmental — Kent Topp, R.S., Director of Environmental Health kent.topp@shelbycountyhealthdept.org
- Emergency Preparedness — Lou Ann Albers, R.N. louann.albers@shelbycountyhealthdept.org
- Help Me Grow — Ashley Schindewolf ashley.schindewolf@shelbycountyhealthdept.org
- Immunizations — Shannon Nagel, R.N. shannon.nagel@shelbycountyhealthdept.org
- Nursing — Margie Eilerman, R.N., Director of Nursing margie.eilerman@shelbycountyhealthdept.org
- Reportable Diseases — Deb Graham, R.N. deb.graham@shelbycountyhealthdept.org
- Well Child Clinic; School Health — Kathy Cavinder, R.N. kathy.cavinder@shelbycountyhealthdept.org
- WIC — Tia Toner tia.toner@shelbycountyhealthdept.org

Winter Weather Safety cont’d.
- High-energy foods such as dried fruits, nuts and granola bars, and foods requiring no cooking or refrigeration
- First-aid supplies
- Emergency heat source: fireplace, wood stove or space heater—Use properly to prevent a fire and ventilate properly to avoid toxic fumes
- Fire extinguisher, smoke alarm
- Test smoke alarms once a month to ensure they work properly
- Make sure pets have plenty of food, water and shelter. Ensure outside water bowls are not frozen

If you’re outside, it’s important to dress for the season by wearing loose, lightweight clothes in layers. Outer garments should be tightly woven, water repellent and hooded. A hat can help prevent the loss of your body heat. Cover your mouth to protect your lungs from extreme cold. Mittens should be snug at the wrist and are better than gloves. Try to stay dry to prevent chills.

The U.S. Department of Agriculture (USDA) issued recommendations to help minimize the potential for foodborne illnesses in the wake of strong winds, ice, snow, and blizzard conditions across the Plains and Midwest in Feb. 2011. USDA is hopeful that this information will help minimize the potential for foodborne illnesses due to power outages and other problems that are often associated with severe weather events. Go to http://www.fsis.usda.gov to learn how you can minimize your risk for foodborne illnesses.

Resources
Ohio Committee for Severe Weather Awareness
More information on staying safe and the health effects of winter weather are available through the Centers for Disease Control and Prevention’s Extreme Cold: A Prevention Guide to Promote your Personal Health Safety. Access this guide on the front page of our website @ http://www.shelbycountyhealthdept.org