



Public Health
Prevent. Promote. Protect.

Sidney-Shelby County
Health Department

July 2017 Newsletter

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

www.immunize.org

www.vaccineinformation.org

www.cdc.gov/travel

It Takes A Community

To Prevent, Promote and Protect!

For Shelby County Healthcare
Providers & Staff, Shelby County
Educators and Community Leaders

IT'S BACK TO SCHOOL TIME ...

Call your healthcare provider or
the Sidney-Shelby County
Health Department at (937) 498-7249
to schedule required immunizations!



The Ohio Department of Health requires immunizations for all students entering Kindergarten, 7th Grade, and 12th Grade. Make sure your children are up to date. Following are requirements for the 2017-18 school year.

Kindergarten

DTaP
Polio
MMR
Hepatitis B
Varicella

7th Grade

Tdap
Meningococcal (1st dose)

12th Grade

Meningococcal (2nd dose)

Students who do not provide documentation of required immunizations are subject to exclusion from school.

VACCINES PROVIDE IMMUNITY FROM DISEASE

Diseases that used to be common in this country and around the world, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, rotavirus and *Haemophilus influenzae* type b (Hib) can now be prevented by vaccination. Thanks to a vaccine, one of the most terrible diseases in history – smallpox – no longer exists outside the laboratory. Over the years vaccines have prevented countless cases of disease and saved millions of lives.

VACCINES From Page 1

Immunity is the body's way of preventing disease. Children are born with an immune system composed of cells, glands, organs, and fluids located throughout the body. The immune system recognizes germs that enter the body as "foreign invaders" (called *antigens*) and produces proteins called *antibodies* to fight them.

The first time a child is infected with a specific antigen (say measles virus), the immune system produces antibodies designed to fight it. This takes time...usually the immune system can't work fast enough to prevent the antigen from causing disease, so the child still gets sick. However, the immune system "remembers" that antigen. If it ever enters the body again, even after many years, the immune system can produce antibodies fast enough to keep it from causing disease a second time. This protection is called immunity.

It would be nice if there were a way to give children immunity to a disease without their having to get sick first. In fact, there is:

Vaccines contain the same antigens (or parts of antigens) that cause diseases. For example, measles vaccine contains measles virus. But the antigens in vaccines are either killed, or weakened to the point that they don't cause disease. However, they *are* strong enough to make the immune system pro-



duce antibodies that lead to immunity. In other words, **a vaccine is a safer substitute for a child's first exposure to a disease.**

The child gets protection without having to get sick. Through vaccination, children can develop immunity without suffering from diseases vaccines prevent.

Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life.

If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are protected by vaccines, we don't see these diseases nearly as often.

Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized (children who are too young to be vaccinated, or those who can't receive certain vaccines for medical reasons), and the small proportion of people who don't respond to a particular vaccine.

Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

NETWORK OF CARE PROVIDES PUBLIC HEALTH DATA AND RESOURCES

Ohio has launched an innovative, local-delivery public health dashboard to enhance health decision-making. This will help provide community stakeholders, hospitals, universities, providers, payers, and individuals with key public health data and resources in an easy-to-read format. Network of Care will give Ohio a dynamic and integrated platform to track key public health indicators at the state and local levels.

The site integrates statistics from national, state, and other sources into a collection of more health and quality-of-life indicators specific for each health jurisdictions and the state of Ohio. Indicators also include Healthy People 2020 targets, historical data, peer counties and evidence-based interventions.

The website: <http://shelbycounty.oh.networkofcare.org/ph> is a resource for individuals, families and agencies concerned with community health. It provides information about community health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with community health issues, the Network of Care helps you find what you need.

OHIO DEPARTMENT OF HEALTH'S REPORT ON WEST NILE VIRUS

West Nile virus (WNV) is an arthropod-borne virus (arbovirus) most commonly spread by infected mosquitoes that can lead to severe fever, encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord). The primary vector in Ohio is the northern house mosquito, *Culex pipiens*. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread the virus to humans and other animals when they bite.

Approximately 80 percent of people who are infected with WNV will not show any symptoms at all, but there is no way to know in advance if you will develop an illness or not. Those who do develop symptoms usually do so between three to 14 days after they are bitten by the infected mosquito:

- **Serious symptoms in a few people.** About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- **Milder symptoms in some people.** Up to 20 percent of people who become infected will have symptoms that can include fever, headache, body aches, nausea, vomiting and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for a few days to as long as several weeks.



Tire swings can be a source of summer fun. Help keep them mosquito-free by drilling holes to eliminate standing water.

There is no specific treatment for WNV infection, and care is based on symptoms. The easiest and best way to prevent WNV is to prevent mosquito bites:

- When outdoors, use repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol. Follow the directions on the package.
- Many mosquitoes are most active from dusk to dawn. Use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes, and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

ANIMALS ASSOCIATED WITH WEST NILE VIRUS IN OHIO INCLUDE:

Birds: Birds are the natural reservoir for WNV. If a mosquito bites an infected bird and the virus is transmitted to the mosquito, it may then become a host itself. If the same mosquito then bites a human, it can pass the disease to the human.

Horses: Horses are known as dead-end hosts of WNV, meaning they can become ill with WNV, but they do not maintain sufficient virus in the blood to infect either other mammals (including humans) or mosquitoes. A vaccine is available for horses to prevent WNV.

Mosquitoes: Mosquitoes become infected with WNV primarily through taking blood meals from infected birds. However, the virus can be transmitted from infected female mosquitoes to their eggs, which results in infected offspring.

Summer is Here — Tips to Stay Safe

SUMMER HEAT — KNOW WHAT TO DO

People suffer heat-related illnesses such as heat stroke and heat exhaustion when the body's temperature-control system is overloaded. Sweating is the body's natural way of cooling itself. In some situations, especially in periods of high humidity, sweating alone will not provide an adequate release of body heat.

Conditions that can limit the body's ability to regulate temperature in hot weather are old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn and drug and alcohol use.

Among those at highest risk for heat stroke or heat exhaustion are:

- Infants and children up to 4 years old
- People 65 and older
- People who are overweight
- People who over-exert during work or exercise
- People who are ill or on certain medications



Information for Seniors

People aged 65 years or older are less likely to sense and respond to changes in temperature. People in this category should be given and reminded of the following information:

- Stay in air-conditioned buildings as much as possible
- Do not rely on a fan as your primary cooling device during an extreme heat event
- Drink more water than usual and don't wait until you're thirsty to drink
- Check on a friend or neighbor and have someone do the same for you
- Don't use the stove or oven to cook—it will make you and your house hotter
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths to cool down
- Check the local news for health and safety updates
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting

Drink Cool Fluids

- Help your body sweat and cool down by staying well hydrated with water
- Don't wait until you're thirsty to drink. Adults should drink eight 8-ounce glasses of water each day
- Monitor your body; you may need to drink more on hot and humid days
- Drink from two to four cups of water every hour while working or exercising outside
- Avoid fluids that contain alcohol or caffeine, because they can add to dehydration and increase the effects of heat illness

Don't Forget Your Pets

Animals kept outdoors should have plenty of fresh water and a covered area to get out of the sun and cool down. Consider jogging in the early morning or evening to help keep pets and yourself cool.



Summer is Here — Tips to Stay Safe

KNOW THE SIGNS OF HEAT STROKE

Heat stroke is a potentially life-threatening condition, characterized by: a body temperature of 103 degrees or higher; red, hot and dry skin with no sweating; rapid pulse headache; dizziness; nausea; confusion; unconsciousness; gray skin color.

People experiencing heat stroke need immediate medical assistance. Before help arrives, begin cooling the victim by any means possible, such as spray from a garden hose or by placing the person in a cool tub of water.

is prevention. Staying cool and making simple changes in fluid intake, activities and clothing during hot weather will help keep you safe and healthy.

It is important to maintain secure fencing and a locked entrance around the pool and deck area to prevent access when adequate supervision is not

POOL SAFETY TIPS

available. Install self-closing and self-latching gates in the proper locations.

Make sure no one swims alone. Never leave a child unattended in the water or pool area, and see that less experienced swimmers are accompanied by a swimmer who has water life-saving skills.

Equip your door, gate or pool with an audible alarm to alert you if someone enters the pool area or falls into the pool while it is unattended.

Diving should be prohibited unless a specific area of the pool is designated for safe diving. Water depth and diving-restricted areas should be clearly marked.

Make sure there is adequate life-saving equipment in the pool area, including life preservers, rope with life-saving rings, reaching pole or rescue hook.

IT'S NOT SUMMER WITHOUT FOOD ON THE GRILL — LET'S TALK SAFETY

Gas Grill Safety

A leak or break was the leading factor contributing to gas grill-related fires, according to the NFPA report. Check the gas cylinder hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose, which will quickly reveal escaping gas by releasing bubbles. If you smell or otherwise suspect a gas leak, and there is no flame, turn off the gas tank and grill. If the leak stops, get a professional to service it before using it again. Call the fire department if the leak does not stop.

If you smell gas while cooking, get away from the grill immediately and call the fire department. Do not attempt to move the grill. Never turn on the gas when the lid is closed. The gas may build up inside, and when ignited, the lid could blow off and cause injuries or burns.

After cooking, make sure you completely close the valve on your gas grill. Always store gas grills – and propane tanks – outside and away from your house.

Charcoal Grill Safety

The leading cause of structure fires from charcoal grills was leaving or placing an object that could burn too close to the grill, according to the NFPA study. Charcoal grills can continue to remain hot for many hours after the flames extinguish. Avoid placing any burnable objects near the grill or moving the grill while the coals are hot. Keep combustible items that may be blown by the wind away from the grill. Check for rust damage in metal grills, which may make it possible for charcoal to fall onto surfaces below and cause a fire.

Purchase the proper starter fluid. Store out of reach from children and away from heat sources. Do not add charcoal starter fluid when coals or kindling have already been ignited. Never use any other flammable or combustible liquid to get the fire started. If the fire is too low, rekindle with dry kindling and more charcoal if needed. Avoid adding liquid fuel because it can cause a flash fire. Do not leave the grill unattended.

PARENT-CHILD SEXUALITY EDUCATION CLASSES

The Sidney-Shelby County Health Department sponsors Parent-Child Sexuality Education Classes for children ages 9-12 and their parents. The classes this year will be held at the Sidney-Shelby County Health Department, 202 W. Poplar Street, Sidney, on October 17th, October 24th, and October 31st from 6:30 to 8:30 p.m. The fee is \$50/team = parent and child.

Materials discussed in the classes include reproductive anatomy and physiology, personal health and hygiene, body changes, self esteem and body image, reproduction, pregnancy and childbirth, and planning for the future. Either or both parents may attend the classes, but it is helpful if the same parent attends throughout the program. Instructors for the classes are Kathy Cavinder and Linda Daniel. If you have questions regarding the Parent-Child Sexuality Education Classes, contact the Health Department at 937-498-7249.

This Parent-Child Program has gained national recognition as a very effective method of increasing communication between parents and children regarding sexuality and making parents and children more comfortable in discussing sexual issues with each other.

An advantage of the parent-child model is that parent and child are learning the facts and new communication skills together. This enhances and reinforces the factual learning and skill building.

Why a parent-child sexuality education program? Because we believe that parents need and want to be involved in the sex education training of their children, but often do not know what or how to teach their children.

Children receive their sexuality education training from a variety of sources: school, peers, church, books, television, radio, movies and parents. Whether parents directly present the “facts of life” to their children or not, they are indirectly providing a sexuality education through their reactions and responses to television. If a parent is able to talk frankly with his/her child about sexuality at an early age, then as the child reaches puberty and there are so many things he/she needs to know, then the child is not afraid to ask their parents and the parents are no longer afraid to talk about them.

The Parent-Child Sexuality Education Classes Facilitate Communication — in general and on the specific subject of sexuality — between parent and child. The course provides an opportunity for both parent and child to share values, feelings and beliefs which can help foster a good parent-child relationship.

Contact Us

- *Birth and Death Certificates* – Jenni St. Myers, Registrar jenni.stmyers@shelbycountyhealthdept.org
- *Bureau for Children with Medical Handicaps (BCMh)* – Jenny Poppe, BSN, RN jennifer.poppe@shelbycountyhealthdept.org
- *Breastfeeding Consultation* – Shannon Nagel RN, IBCLC shannon.nagel@shelbycountyhealthdept.org
- *Emergency Preparedness* – Roberta Mangen, MPH, RS roberta.mangen@shelbycountyhealthdept.org
- *Environmental* – Kent Topp, RS, Director of Environmental Health kent.topp@shelbycountyhealthdept.org
- *Help Me Grow Home Visiting* – Laura Booth laura.booth@shelbycountyhealthdept.org
- *Immunizations* – Erica Lentz, RN, Director of Nursing erica.lentz@shelbycountyhealthdept.org
- *Infectious Diseases* – Teri Greve, RN teri.greve@shelbycountyhealthdept.org
- *Nursing* – Erica Lentz, RN, Director of Nursing erica.lentz@shelbycountyhealthdept.org
- *Well Child Clinic, School Health, Medical Reserve Corps* – Kathy Cavinder, RN kathy.cavinder@shelbycountyhealthdept.org
- *WIC* – Tia Toner, Director tia.toner@shelbycountyhealthdept.org

Visit our website at www.shelbycountyhealthdept.org