

IN GOOD HEALTH

LIVINGSTON COUNTY HEALTH CENTER

YOUR LOCAL LINK TO PUBLIC HEALTH

OCTOBER 2010

ELLA BARNHART
& REESE WELDON



VISIT US AT: www.livcohealthcenter.com OR CALL 660-646-5506

Prevent. Promote. Protect.

It's That Time of Year...

COLD & FLU SEASON IS UPON US, TAKE CARE TO STAY HEALTHY

As "I hurt all over," or "My head aches!" are only a few of the complaints we will soon be hearing from family, friends and co-workers. The flu season will soon be upon us.

Remember, influenza is a respiratory virus with symptoms such as sudden onset of headache, fatigue, fever above 100°F for 3-4 days, muscle aches and a potentially severe cough. Many people confuse flu with stomach ailments causing nausea, vomiting and diarrhea.

The single best way to prevent the flu is to get vaccinated. Yearly flu vaccination should begin in September or as soon as vaccine is available, and continue throughout the influenza season. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

The health center is taking appointments now for any county resident 19 and over. We are suggesting a \$10 donation this year, but no one will be turned away. Our state funding has been cut by \$12,000 so far this fiscal year, with more cuts anticipated.

Beyond vaccination, there are some basic illness prevention practices that can be done year round.

The most important is good hand washing. Wash your hands before eating or preparing food, after using the bathroom, after sneezing, coughing or blowing your nose. Use soap and running water and rub your hands for 20 seconds. If you can't calculate the time, sing "Happy Birthday" twice. Alcohol-based gel is an option when soap and water aren't available.

There are other commonsense suggestions to have a healthier winter. Avoid close contact with sick people. Stay home from work, school, and errands if you are sick. Cover your mouth and nose with a tissue when coughing or sneezing.

If you don't have a tissue, cough into your upper sleeve. Keep your hands away from your face. Touching a germ door handle then rubbing your eyes or nose or biting a hangnail gives bacteria and viruses easy access to start a disease process.

Do your part this year to keep healthy, and to avoid spreading illness to others.

Call us now at 646-5506 to schedule your flu shot for this season.

Mark Your Calendar...

WEIGHT LOSS & WELLNESS!

The health center will be offering its Weight Loss & Wellness program for adults who would like to get educated about improving their level of health and lose a few pounds along the way.

Registration begins November 1st, but the class doesn't begin until January 5th—right around resolution time!

If you're interested in the class, take advantage of our next Blood Draw Clinic, details below!

COMING UP!

Blood Draw Clinic

Tuesday, November 30th
7-10 a.m. LCHC 800 ADAM DRIVE



Friend us:

LivingstonCountyHealthCenter

HEALTH CENTER HAS TRAINED
CAR SEAT INSTALLERS

BUCKLE UP!

VIDA & MIKKEL
MARMALEJO

Installing a car safety seat does sound simple enough; all you do is read the directions and buckle them in. How hard can it be?

Actually, according to the **National Highway Traffic Safety Administration (NHTSA)**, it is estimated that **3 out of 4 parents do not properly use child restraints**. Research on the effectiveness of child safety seats has found them to **reduce fatal injury by 71% for infants** and by **54% for toddlers** in passenger cars.

The **best possible protection for an infant is to keep them in the back seat, in rear-facing child safety seats**, as long as possible up to the height or weight limit of the particular seat. At a minimum, **keep infants rear-facing until a minimum of age 1 and at least 20 pounds**.

Children grow at different rates and restraints should be checked frequently to ensure safety.

When children **out grow their rear-facing seats they should ride in forward-facing child safety seats**, in the **back seat, until they reach the limit of age 4 and 40 pounds**. You **can't go by the weight limits on your car seat**, they don't follow the law.

Once children **out grow their forward-facing seats they should ride in booster seats**, in the back seat, until the vehicle seat belts fit properly. **Seat belts fit properly with a booster seat when the lap belt lays across the upper thighs and the shoulder belt fits across the chest**.

When children **out grow their booster seats at age 8 or when they are 4'9" tall**. They can then use the **adult seat belt in the back seat**, if it fits properly. The **lap belt lays across the upper thighs and shoulder belt fits across the chest**, with their feet flat on the floor.

Families are encouraged to have their child seat checked to be sure they are using the right restraint. When it comes to the safety of a child, there is no room for mistakes.

Missouri's Child Restraint Law (RSMo 307.182) says:

- Children **less than 4 years old or less than 40 pounds** must be in an appropriate child safety seat. If your child is **40 pounds, but not yet 4 years old**, the law states they should be in a **car seat, not a booster seat**. This has been **confusing for parents and professionals** alike.
- Children **ages 4 through 7 who weigh at least 40 pounds** must be in an appropriate child safety seat or booster seat unless they are **80 pounds or 4'9" tall**.
- Children **8 and over or weighing at least 80 pounds or at least 4'9" tall** are required to be secured by a safety belt or **buckled into an appropriate**

booster seat.

Take a look at your child safety seats and see if they are properly installed, that the seat has not been recalled, and if you have used the seat for multiple children, that the seat is not over 6 years old.

Check your seat for a **production date, usually on the side**. Your seat **'expires' 6 years** after this date. Never use an old safety seat; it **may have invisible damage** or may be missing parts. If you have **been in an accident, experts advise replacing your car seat**. Always use the **safety seats and seat belts on every ride**, even if you are going just a couple of blocks to the store.

The Livingston County Health Center now has three staff members that are trained and certified as Car Seat Safety Technicians. We are now listed on the NHTSA website as a Child Safety Seat Inspection Station.

Although we have had in the past, we don't currently have a supply of car seats to give away to families in need. **Budget cuts across the country have eliminated a lot of this supply**. If funds become available, **car seats will only be given away as part of an inspection and instruction process**. Families who don't have a car seat or can't afford one will be **top priority** for receiving free seats, if we should get a supply.

All families are welcome to call our office and make an appointment for a safety seat inspection on an existing car seat. Please allow at least one hour for the appointment.

Source: SafeKids USA

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NOT TOO EARLY, OR TOO LATE...



Some think this time of year is “too early” to get a flu shot, and that vaccination will “wear off” before flu season is over. This simply isn’t the case. Yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout flu season which can last as late as May. This is because the timing and duration of flu seasons vary. While flu season can begin early as October, most of the time seasonal flu activity peaks in January or later. Source: CDC



MITTEN TREE...

As temperatures drop, we’d like to remind you many children and adults in our area are in need of warm mittens, hats and scarves for the upcoming winter season, and cannot afford to purchase these items for themselves.

Each year, the Health Center sponsors a “Mitten Tree” to help meet our residents’ need for these items. This annual project would not be possible without the generous donations we receive each year from churches, service organizations and individuals.

Donations can be dropped off at the health center, located at 800 Adam Drive, during normal business hours: 8 a.m. to 12 p.m. and 1-4:30 p.m. If transportation is a problem, we can arrange to pick up your items. Just call our office at 646-5506.

If you know of anyone in the county who could benefit from our Mitten Tree, please refer them to the health center. We do ask that at least one person from the family come in to choose items. No names are taken and there are no forms to fill out.

**THIS IS PUBLIC
HEALTH.**
thisispublichealth.org



BREAST CANCER

The health center is selling **Breast Cancer Awareness t-shirts for \$10 each, all profits go to The Side Out Foundation**, whose goal is to raise funds for research and ‘living with cancer’ organizations.

Call our office for more info!

The best way to find breast cancer early is with a mammogram. If you are a woman age 50 years or older, be sure to have a screening mammogram every two years. Women between 40 and 50 years should talk with their doctor about when to start getting mammograms.

In our area, Green Hills Community Action Agency Women’s Health Services provides annual breast and reproductive system examinations, family-planning information and other related services on a sliding fee scale. If you don’t have insurance, or co-pays are too high, check with Green Hills. They also accept private insurance and Medicaid. Anyone can take advantage of their clinics, regardless of income.

To find out more, call Green Hills at 1-877-611-7600 or the local office at 646-3379.

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FLU SURVIVES LONGER IN DRY AIR



According to **Harvard School of Public Health**, scientific literature going back seventy years for flu virus survival and the effects of relative humidity shows **influenza is least likely to survive at relative humidity between 40 and 60 percent.**

A good way to increase relative humidity in your home is through the use of a humidifier, which releases moisture into the air so you can get into the ideal range.

Another benefit: **in terms of natural remedies for cold and flu, a humidifier is a perfect option. A cool mist humidifier is great to put into bedrooms to keep nasal passages moist and make breathing more comfortable.**



H1N1 IN THIS YEAR'S SHOT

Unlike last flu season, **people will need just one shot to protect themselves** against seasonal and H1N1 flu this time around, health officials say.

That's because the **three strains of the flu that this season's vaccine will protect against include the H1N1 virus that caused widespread illness last season, as well as an H3N2 virus and an influenza B virus**, according to the federal **Centers for Disease Control and Prevention.**

Last year, people had to get a **shot for the seasonal flu and a separate shot for the H1N1 flu.**

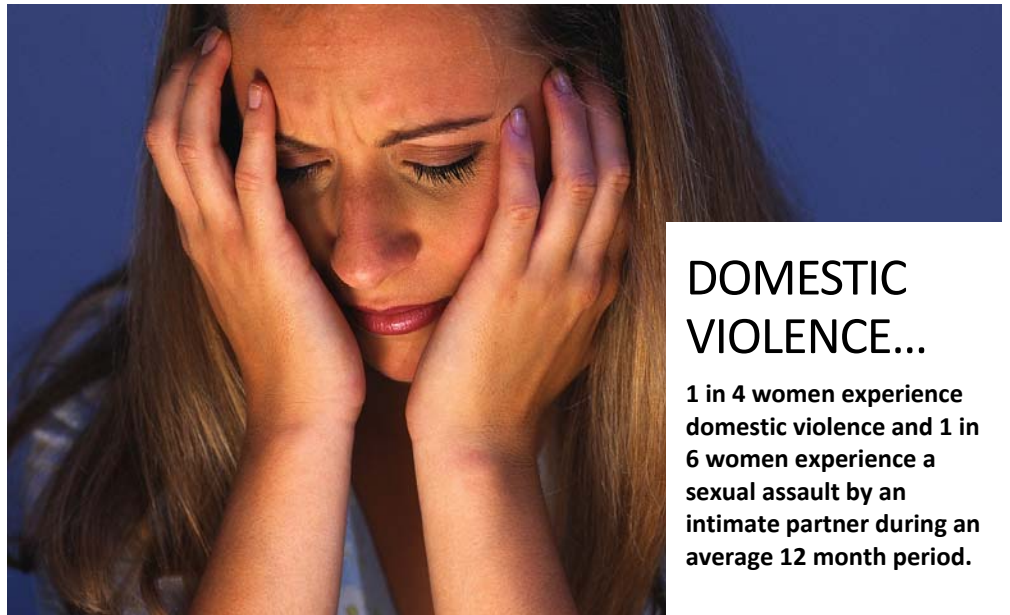
Also **new this flu season** is the CDC recommendation that **everyone six months and older get the vaccine.**

Call the **health center at 646-5506** to find out about **getting your vaccination** this year.

SMOKING & THE FLU

Smokers and those exposed to secondhand smoke may be at higher risk for developing the flu because smoke damages the lungs and airways and weakens the body's defenses against infections.

Be sure to **get a flu shot** if you smoke and call **1-800-QUIT-NOW** for help quitting.



DOMESTIC VIOLENCE...

1 in 4 women experience domestic violence and 1 in 6 women experience a sexual assault by an intimate partner during an average 12 month period.

Our area is **fortunate to have domestic violence services**, including **three shelters in the area**, thanks to **Green Hills Community Action Agency.** Domestic violence **doesn't just happen to 'other' people**, it could happen in your family. **Please support domestic violence services in the area.**

The **Chillicothe Green Hills Women's Shelter** will be holding its **annual auction Saturday, October 23rd** at the **Chillicothe Elks Lodge.** The shelter is now **accepting donations of auction items as well as reservations for the event. A table for 8 is only \$100, and includes a free bottle of wine. Contact Stacy Pope at 660-707-0042 for more information.**

The **Shelter** will also be hosting a **domestic violence simulation "In Her Shoes" on Tuesday, October 26th** at the **Litton Ag Center in Chillicothe.** If you're interested in **learning more, or just want to help out that day, please call 707-0042.**



HIDDEN DANGER OF HALLOWEEN

Halloween is supposed to be a scary holiday, but more for kids than parents. **Safety is usually the issue pushed** at this time of year, but **preventing colds & flu** is also something to keep in mind.

So, **why is it important** to be extra careful during Halloween? Halloween activities involve parties, trick-or-treat and periods of **intense social contact**.

Here are **some Halloween tips to avoid getting or spreading colds and flu** while trick or treating:

As always, **practice good handwashing before and after** you trick or treat.

When **giving out candy, hand it or scoop it** – but **avoid the grab bag** or bowl. Use a **measuring cup as a scoop, pre-bag goodies** in sealable plastic bags or **buy items already wrapped**. That way, **many hands aren't touching the same piece of candy** and spreading their germs. Of course, **make sure the person passing out the candy isn't sick, or washes their hands frequently** over the course of the night, for their protection as well.

Kids love to **try on each others' costumes, especially masks**, but this is a **bad habit**. **Masks are excellent transmission devices for germs** from the mouth and nose.

Avoid **Halloween party games which involve the sharing and passing** of things. Bobbing for **apples, games with balloons blown up by mouth** and other such games should be avoided. This may be harder than you think, but having **25 kids reach into a bowl of Jell-o** with spaghetti resembling 'mummy brains' is **setting them up for a different type of monster**.

Of course, **always inspect the candy** you get. If candy packaging is wet, it might be **contagious from drool or saliva**. Any odd or suspicious appearance in the wrapping of candy is a good excuse to throw it out immediately.

Happy Halloween-we hope you have a healthy celebration this year!

Source: USDA

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GOOD NIGHT, SLEEP TIGHT

CIMEX LECTULARIUS
(ADULT BED BUG)

Bed bug infestations were **common in the United States before World War II**. But with **improvements in hygiene, and especially the widespread use of DDT** during the 1940s and '50s, the bugs all but vanished. The pests remained fairly prevalent, however, in other **regions of the world including Asia, Africa, and Eastern Europe**.

Recently, **bed bugs have made a comeback**. Their success is a **result of increased travel of people; improved pesticide treatment methods** that specifically target *other* insect pests, and **lack of public awareness**.

They are increasingly **being encountered in homes, apartments, hotels, motels, health care facilities, dormitories, shelters, schools, and modes of transport**. Other places where bed bugs sometimes appear include **movie theaters, laundries/dry cleaners, furniture rental outlets and office buildings**.

Bed bugs are **small, brownish, flattened insects that feed solely on the blood of animals**. The common bed bug, *Cimex lectularius*, is the **species most adapted to living with humans**. It has done so since ancient times. Bed bugs are mentioned in **medieval European texts and in classical Greek writings back to the time of Aristotle**. Other bed bug species prefer to feed on wild hosts, especially bats and birds.

Bedbug infestations are **not just associated with filth and squalor**; bedbugs are efficient hitchhikers that can **move from one location to another** on clothes, bedding and suitcases. Bedbugs are a **nuisance issue and do not pose a serious health threat**, and have not been shown to harbor diseases. They do bite and victims may experience secondary infections because of these bites. They are certainly no fun to deal with.

There have been a **few confirmed instances of a bedbug infestation in lodging establishments** in Missouri recently, and likely more to come in the future.

Environmental Public Health Specialist Richard Smith inspects lodging establishments in the county and checks for evidence of bedbugs. However, he doesn't inspect private households.

If you **suspect you might have evidence of a bedbug infestation**, visit these **two excellent sources to learn more** about bed bugs and what you can do:

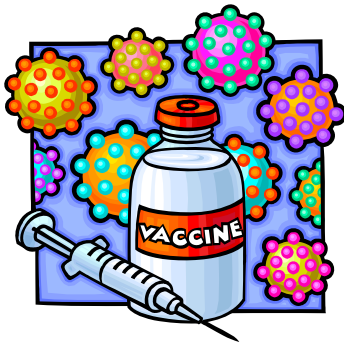
www.extension.umn.edu/distribution/housingandclothing/DK1022.html

www.uky.edu/Ag/Entomology/entfacts/struct/ef636.htm

If you **don't have computer access**, call our office at 646-5506 to get a copy.

Bedbugs have recently made a comeback in the US, due to increased travel, specification of pesticides to other bugs, and lack of awareness.

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MORE FUNDING CUTS ANTICIPATED...

KID FLU SHOTS NOW AVAILABLE

The Health Center has received the bulk of its flu vaccine for children and will be administering it through regular vaccination clinics in October.

No appointments are being taken, shots will be administered on a first come, first served basis until the vaccine supply is exhausted. Children's flu vaccine is provided through the Vaccine for Children Program at no cost.

Regular immunization clinic dates and times are: **Thursday, October 14th, 11 a.m. to 4 p.m.**; **Thursday, October 21st with the extended hours of 7 a.m. to 3 p.m.** and **Thursday, October 27th, 2 p.m. to 7 p.m.** Children must be accompanied by a parent or guardian.

Flu is more dangerous than the common cold for children. To protect their health, all children 6 months and older should be vaccinated against the flu each year. Vaccinating young children, their families, and other caregivers can also help protect them from getting sick.

If you would like to obtain a seasonal flu shot for your child, attend one of the three regular immunization clinics in October. In November, the health center will only have one regular immunization on **Thursday, November 18th**, with extended hours from 7 a.m. to 4 p.m.

Appointments are also being taken for seasonal flu shots for adults. Call the health center at 646-5506 if you haven't been vaccinated. A donation of \$10 is being requested for adult vaccination.

Local Public Health Departments Brace for More Funding Cuts from State

Over the past several years, health departments like the Livingston County Health Center have seen their services reduced repeatedly as a result of budget cuts. Today, we strive to maintain a strong local public health system even as funds to operate dwindle.

Local health departments work on the ground to safeguard our communities against threats to public health. The totality of public health is not easily describable or understood, and that is part of the problem.

During the last fiscal year (FY10), core public health endured an 11.5 percent budget reduction from the state of Missouri - a direct hit to the 115 local public health agencies across the state.

The Livingston County Health Center core public health funds from the state have been cut by \$12,000 so far this fiscal year.

We're receiving word that more cuts may be in the future yet this fiscal year, possibly up to 50% of the total budgeted from the state.

County residents voted in a new health center levy ceiling of \$0.25 per \$100 valuation in 1988. The levy has not been raised since.

So far, we have withstood these cuts by putting off building repairs such as our parking lot, cut out extra spending, and for the first time, are asking for donations for flu shots.

Other surrounding counties already ask a fee for many services they provide. This type of fee system is a possibility for our Health Center, as tax revenues alone will not be enough to cover much more in budget cuts.

We'd like to encourage our county residents to please make an effort to know, understand and support your local public agency. Stop by and see us.

The variety of work accomplished by our small agency is astonishing and includes (in a broad sense) preventing epidemics and the spread of disease, protecting against environmental hazards, promoting healthy behaviors, preventing injuries and illness, responding to public health emergencies, assuring the quality and accessibility of health services and monitoring and ensuring the overall health of the population.

While you might not have regular first hand experience of what our agency does for you, guaranteed our services touch your life every day.

YOUR LOCAL LINK TO PUBLIC HEALTH
LIVINGSTON COUNTY HEALTH CENTER

The Health Center is an equal opportunity provider.