

Bay County Health Department News You Can Use

November 2013

Thomas L. Hickner
County Executive

Public Health Director

Author/Editor:
Tracy Metcalfe
Community Health Educator

&
Lauren Kimbrue
Public Health Intern

&
Rebecca Makowski
Public Health Intern

1200 Washington Avenue
Bay City, MI 48708

(989)895-4009 Voice
(989)895-4014 Fax
(989)895-4049 TDD

<http://www.baycounty-mi.gov/>

Inside this issue:

Program Spotlight: WIC	1
Operation: Eat Safe Fish	1
Norovirus Awareness	2
Immunizations	2
Volunteer	2
Maternal Infant Health	3
Get Prepared to Take Action	3
Communicable Disease Numbers	4

The mission of the Michigan WIC program is to “improve health outcomes and quality of life for eligible women, infants and children by providing nutritious food, nutrition education, breast feeding promotion and support, and referrals to health and other services.”

Each month more than 200,000 moms, babies and children less than age 5 receive nutritious foods from the Michigan WIC program. WIC provides nutritious foods to supplement and improve the diet, some of these foods include: formula, infant cereal, baby food, milk, cheese, eggs, fresh fruits, vegetables and whole grain bread. Participants receive benefits for the foods which they may redeem at any of the WIC authorized retail stores throughout the state of Michigan.

During this time WIC recipients receive help with nutrition education, breast feeding, as well as referrals to other health services. For every dollar spent by this program, more than three dollars in subsequent health care costs are saved.

Who is eligible for WIC assistance?

Applicants must meet all of the following 4 criteria:

1. Fall into one of the following categories:

- Pregnant Women
- Breast Feeding Women, up to 1 year from delivery
- Postpartum women, up to 6 months from delivery
- Infants
- Children up to their 5th birthday



2. Resident of the state of Michigan, U.S. citizenship is not required

3. Income eligible (at or below 185% of Federal Poverty Guidelines or on Medicaid or food stamps)

4. Determined by WIC clinic staff to be at nutrition and/or health risk. Some typical health risks are low iron or anemia, too much or too little weight gain (for pregnant women and children), poor diet, chronic disease and developmental disabilities

Operation: Eat Safe Fish

Due to popular manufacturing techniques used many decades ago, there are chemicals found in the Saginaw Bay area. These chemicals



have worked their way into our food system,

most notably into fish. The Bay County Health Department is offering free information to individuals and families who enjoy consuming fish from the Saginaw Bay area. Whether your family eats fish from the Saginaw Bay area or only eats fish purchased from a store or restaurant there are easy-to-follow adviso-

ries which allow your family to enjoy fish safely. To learn more regarding the fish and wild game advisories in your area and to receive brochures describing the advisory, please call the Bay County Health Department by phone at (989)895-4281 or visit us online by clicking [here](#).

Norovirus Awareness

Noroviruses are a group of viruses that cause acute gastroenteritis in humans. The symptoms of Norovirus infection include nausea, vomiting, diarrhea, cramping and low-grade fever. Noroviruses are transmitted through the fecal-oral route, either by consumption of fecally contaminated food or water, direct person-to-person spread, or environmental and fomite (an inanimate object or substance, such as clothing, furniture or soap, that is capable of transmitting in-

fectious organisms from one individual to another) contamination.

Norovirus spreads easily from person to person and is often responsible for large outbreaks.

Be sure to encourage frequent and thorough hand washing among both children and school staff. Staff and children must stay at home if they become ill with vomiting or diarrhea for at least 48 hours after symptoms have stopped. Having sick people stay home from the school facility will help prevent an outbreak.

Clean clothing, textiles, toys, etc. using the following method:

- Remove vomit or material from clothing
- Keep contaminated and uncontaminated clothing/textiles separate
- Wash items in pre-wash cycle then use the hottest regular wash cycle with detergent
- Dry these items separately from uncontaminated items, on the highest dryer setting
- Clean any toy or equipment that may enter a child's mouth with soapy water and then disinfect using 1 tablespoon of bleach in 1 gallon of water

Clean and disinfect spills using the following three step process:

- Clean up visible vomit with absorbent material and discard into a plastic bag.
- **For non-porous surfaces, tile floors, counter-tops, sinks, toilets**– Disinfect the area using 1/3 cup of bleach in 1 gallon of water for hard surfaces and steam carpets (1:50 dilution) **For porous surfaces, wood floors**– Disinfect using 1 cup bleach plus 1 and a 2/3 cups bleach in 1 gallon of water (1:10 dilution).
- Liberally disinfect area and objects surrounding the contamination with an appropriate environmental disinfectant (multiple applications may be required).

IF HARD SURFACES ARE AFFECTED...
e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

1/3 CUP BLEACH + 1 GALLON WATER
CONCENTRATION ~1000 ppm

IF POROUS SURFACES ARE AFFECTED...
e.g., wooden floors or unsealed concrete or natural stone surfaces

1 2/3 CUPS BLEACH + 1 GALLON WATER
CONCENTRATION ~5000 ppm

Immunizations

The goal of the immunization division is to stop the spread of diseases that are vaccine preventable by providing vaccines to the citizens of Bay County, educating the medical personnel and the public on the importance of vaccinations and ensuring that children who are in day

care, Head Start, and school are adequately immunized against diseases that are harmful and sometimes deadly.

For more information on immunizations at the Bay County Health Department click [here](#)

Looking to Volunteer?

The purpose of the MI Volunteer Registry is to provide an electronic environment for volunteers to indicate their interests and contact information for helping to support a public health or medical emergency response.

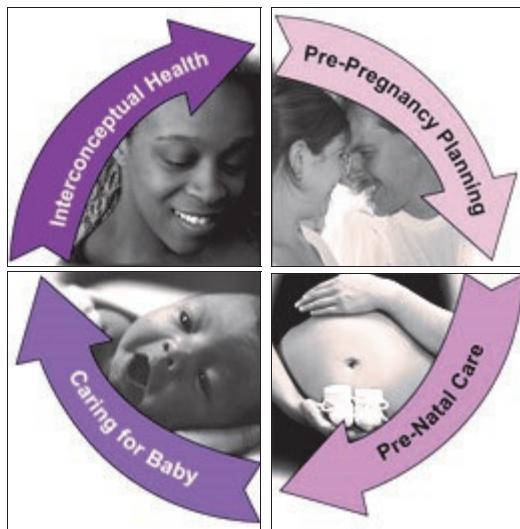
The registry functions as a central location for volunteer information, which can be queried and appropriate volunteers contacted by e-mail..

The MI Volunteer Registry

seeks people with all skill levels and experience, 18 years of age and older. When registering to volunteer you will be asked to select a volunteer group(s) that is right for you!

To register, go online to: <https://www.mivolunteerregistry.org/> The registration process should take approximately 10-15 minutes. If you have a driver's license, medical license, medical specialty, or any health certifications make sure to have them available, as you will need them for registration process.

Maternal Infant Health



The Maternal Infant Health Program (MIHP) is a home visiting service provided by a Registered Nurse and a Licensed Social Worker. The service is for all pregnant women and infants with Medicaid.

The goal of MIHP is healthy pregnancies, good birth outcomes and healthy infants.

MIHP home visitors are experienced health professionals who can:

- Help you get transportation to medical appointments and WIC, if needed
- Help you get parental care
- Answer questions about being pregnant and about carrying for your infant
- Help you get food or a place to live
- Help you learn about fixing and eating healthy foods
- Help with changes that you decide to make to be healthier. These changes could include quitting or cutting down on smoking, alcohol or drugs
- Help with health problems that could affect your pregnancy. These problems include diabetes, asthma, high blood pressure, depression or anxiety
- Help if you are concerned about family violence
- Answer questions about family planning (birth control)
- Connect you with community services. These services include childbirth education classes and baby pantries that give out items for free
- Be there to support clients when needed

The Bay County Maternal and Child Health Services may be contacted at (989) 895-4004



Get Prepared to Take Action

In today's world it is important to be prepared for different kinds of emergencies that could impact your health and safety. Whether it be a disease outbreak, severe weather or terrorist attack it is vital to know what to do to protect yourselves and the individuals around you.

Talk with your family and friends about the importance of preparing for emergency situations, then make a plan. To help keep you and your family safe during an emergency make sure to use the following suggestions:

- Make sure everyone in your family knows the best escape route for each room in your home
- Keep important phone numbers by your home phone and categorize important numbers in your cell phone under ICE (in case of emergency)

- Know your community's public alert system and your children's school emergency plan
- Determine a "safe place" and know how each individual will get there in an emergency situation
- Arrange for a friend or relative to serve as a point of emergency contact in case your family members are separated in an emergency

Take time to make an emergency plan and then practice it with your family. During these rehearsals try some with the lights out, in an emergency the power may go out, this will insure proper safety for you and your family.

Take time to create an emergency preparedness kit, the Federal Emergency Management Agency (FEMA) recently released its "**Top 10 Disaster Preparedness List**" of must have items during an emergency:

- Water- one gallon of water per person per day for at least 3 days (for drinking and sanitation purposes)
- Food, at least a 3 day supply of non-perishable food
- Battery powered/ hand crank radio
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Dust mask, plastic sheeting and duct tape to help filter contaminated air and insulate shelter
- Local maps
- Manual can opener
- Cell phone charger, inverter or solar charger

For more information on emergency preparedness visit www.ready.gov

Mission

To protect and promote a healthy community and safe environment by providing quality services through all stages of life.

Vision

To be recognized public health leader meeting the needs of our community.

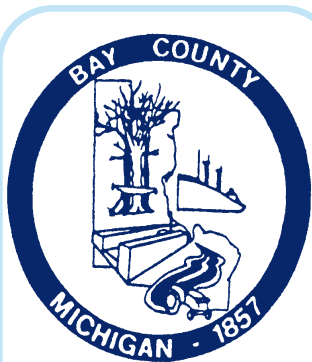
Goals

- Create a safe, friendly, confidential, and professional environment.
- Create an environment that values and respects all customers and employees.
 - Promote our programs and services in the community.
 - Partner with community organizations.
 - Provide responsible fiscal management
 - Utilize the latest technology to reach a broader audience

Reported number of Communicable Disease Cases in Bay County & The State of Michigan for 2011, 2012, & 2013

(Data from Michigan Disease Surveillance System (MDSS))

Disease	Bay County			Michigan		
	2011	2012	2013*	2011	2012	2013*
Foodborne:						
Campylobacter	4	5	7	1261	1211	1025
Escherichia coli O157:H7*	0	0	0	0	0	2
Giardiasis	1	4	4	559	539	409
Norovirus	10	6	0	217	218	258
Salmonellosis	10	10	5	869	1019	819
Shigellosis	1	0	0	199	257	147
Meningitis:						
Meningitis - Aseptic	12	9	14	910	910	789
Meningitis - Bacterial	1	3	0	115	136	125
Other:						
Cryptococcosis	1	1	0	49	42	49
Legionellosis	1	1	2	197	186	311
STD/HIV:						
HIV (Adult)	0	3	2	50	659	469
Chylamydia	344	307	237	49,325	47,748	34,382
Gonorrhea	28	24	25	12,858	12,608	8,090
Syphilis	2	5	9	884	866	3,470
VPD						
Tuberculosis	0	0	0	173	150	468
Chicken Pox (varicella)	11	12	9	1037	974	559
Mumps	1	0	0	20	24	44
Pertussis	0	0	4	672	862	753
Viral Hepatitis						
Hepatitis A	2	1	1	67	111	594
Hepatitis B, Acute	2	1	4	109	83	189
Hepatitis B, Chronic	5	3	4	1,879	2,005	2156
Hepatitis C, Acute	0	0	5	43	83	1360
Hepatitis C, Chronic	47	39	80	8,115	8,094	7390
*January-September 2013						



1200 Washington Avenue
Bay City, MI 48708

(989)895-4009 Voice
(989)895-4014 Fax
(989)895-4049 TDD

<http://www.baycounty-mi.gov/>