

WINDOW OF HEALTH

H1N1 (Swine) FLU AND YOU

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JOIN US FOR A CONVERSATION ABOUT MANAGING YOUR DIABETES

A Conversation Map® session is designed to help you discover what you want and need to know about managing your diabetes or that of a loved one. Join our conversation!

Dates: **Thursday, July 9**
 "Diabetes and Healthy Eating"
Thursday, August 6
 "Monitoring Your Blood Glucose"

Time: 2:00—3:00 PM

Place: Monroe County Health Department

H1N1 is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009.

Other countries around the world have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in the new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes.

The Centers For Disease Control and Prevention (CDC) has determined that the new H1N1 is contagious and spreading from human to human. The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

So far the largest number of novel H1N1 flu confirmed and probable cases have occurred in people between the ages of 5 and 24-years-old. At this time, there are few cases and no deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complication from the novel H1N1.

Because of the earlier term of swine flu, there have been questions of transmissibility from eating pork. H1N1 viruses are not spread by food which includes pork or pork products.

To prevent getting sick with H1N1 flu, use the common everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. These include (1) wash your hands often with soap and water and if soap and water is unavailable use alcohol-based hand cleaners, (2) avoid touching your eyes, nose or mouth as germs spread that way, (3) try to avoid close contact with sick people, and (4) stay home if you are sick for 7 days after the symptoms begin or until you have been symptom-free for 24 hours. There is no vaccine available at the present time for the H1N1 virus.

There are medicines to treat infection with the H1N1 virus. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with the new H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster.

The influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface. Several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. To prevent the spread of influenza virus it is important to keep surfaces clean by wiping them down with a household disinfectant according to directions on the product label.

Information here is correct and up to date at the time of printing; however, please check with the CDC website www.cdc.gov/h1n1flu/ for the latest findings.

Monroe County Board Of Health Passes Resolution Protecting The Public From The Dangers Of Secondhand Smoke

On May 5, 2009 the Monroe County Board of Health unanimously passed a Resolution to protect the people of Monroe County from the health hazards of secondhand smoke. Due to the established body of scientific evidence proving the dangers of secondhand smoke on non-smokers and the Monroe County Public Opinion Poll the Monroe County Board of Health passed this resolution to support efforts to protect workers and the public from the dangers of secondhand smoke. The Board of Health endorses initiatives to eliminate secondhand smoke in workplaces and public places and supports the authority of local governmental agencies to adopt clean indoor air policies and laws.

Secondhand smoke is the third leading cause of preventable death in the United States. The scientific evidence and research demonstrates the major health impacts on nonsmokers. Workers who are exposed to secondhand smoke at work are at risk for diseases such as heart disease and cancer. Protecting workers and the public from secondhand smoke eliminates this risk.

A public opinion poll was completed in Monroe County in the Fall of 2008. These results were released on April 30, 2009. Six out of 10 Monroe County adults surveyed believe the county's workplaces should be smoke-free. Of those surveyed over three-fourths (76%) believe that secondhand smoke exposure is a serious or moderate health hazard. In February of 2008 Indoor Air Quality was tested in Monroe County. The Average PM2.5 = 115µg/m3. This means the

indoor air quality in Monroe County is more than 3 times higher than the National Ambient Air Quality Standard for outdoor air. There is no safe level of secondhand smoke for indoor air.



Valerie Hudson, MCHD Director, and Dr. Timothy Hume, Monroe County Board of Health Chairman sign Secondhand Smoke Resolution as Dyshel Thompson, MCHD Health Education Coordinator looks on.

MCHD's First Relay For Life Team Raises Money For Local Event



MCHD school nurse Christy Grider and daughter, Mikayla lead the MCHD team around the track at the recent Monroe County Relay for Life. MCHD raised \$585 in contributions for this American Cancer Society fundraising event. MCHD's banner won 3rd place in the banner competition.

SNS: What It Means To You

During the recent H1N1 flu event the Monroe County Health Department received PPE (personal protective equipment) from the SNS in the event these supplies should be needed by responders or flu recipients. So, what is the SNS and why should it matter to the average citizen?

The CDC's Strategic National Stockpile (SNS) has large quantities of medicine and medical supplies to protect the American public if there is a public health emergency (terrorist attack, flu outbreak, earthquake, etc.) severe enough to cause local supplies to run out. Once Federal and local authorities agree that the SNS is needed, medicines will be delivered to any state in

the U.S. within 12 hours. Each state has plans to receive and distribute SNS medicine and medical supplies to local communities as quickly as possible.

The Monroe County Health Department is prepared to receive SNS medicine and medical supplies from the Kentucky Department for Public Health and provide these to everyone in the community that needs them. Should it be needed, you can find out how to get the medicine by watching TV, listening to the radio, reading the newspapers, or checking the Monroe County Health Department's website at: www.monroecohd.com.



Dean Gettings and Margie Bartley put their backs into helping with the landscaping project.



MCHD staff are always pleased to see Jason Holland work up a sweat.

Flower & Garden Club Assist With Landscaping

The Monroe County Health Department received new landscaping recently thanks to time and material from the Monroe County Flower & Garden Club. Club members Dean Gettings, Margie Bartley, and Dr. Timothy Hume assisted staff members in planting various trees, shrubs, and flowers and spreading the mulch for ground cover. Modern Woodman furnished trees and the Flower & Garden Club furnished various flowers, shrubs, and mulch. Thanks to all for your assistance.



Dr. Timothy Hume plants flowers and shrubs on his day off from the office.



MCHD Director Valerie Hudson observes what has been completed and additional work needed.

Apply The Heat and Fight Bacteria

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. So always cook your meat to the proper temperature.

The following are safe cooking temperatures as measured with a food thermometer.

Ground Meat and Meat Mixtures:

Beef, Pork	160°F
Veal, Lamb	160°F
Turkey, Chicken	165°F
<u>Fresh Beef, Veal, Lamb</u>	
Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Chicken, whole	165°F
Turkey, whole	165°F
Poultry parts	165°F
Duck & Goose	165°F

Stuffing (cooked alone or in bird) 165°F

Fresh Pork

Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs & Egg Dishes

Eggs Cook until yolk and white are firm.

Egg Dishes 160°F

Seafood

Fin Fish 145°F

Shrimp, Lobster & Crabs Flesh pearly & opaque

Clams, Oysters & Mussels Shells open during cooking.

Leftovers & Casseroles 165°F

STD Awareness

A major issue in public health is sexually transmitted diseases (STDs). According to the CDC approximately 19 million new cases of STDs are diagnosed each year in the United States. Most of these are between the ages of 15 and 24. The medical costs associated with STDs are about \$15.9 billion annually.


Here is a list of a few more facts you should know:

- There are a couple of vaccines available to protect people at risk; hepatitis B and Human Papillomavirus (HPV).
- There are disparities between ethnic and racial lines.
- There are higher rates of more common STDs found in African American and Hispanics when compared to whites.

- Most STDs have been associated with a greater risk of transmitting HIV.
- Many times a person infected with an STD will not know it. Testing is important to detect STDs since many do not have symptoms.

Chlamydia is a very common STD in young women. The CDC recommends that all sexually active women under the age of 26 be tested for Chlamydia once a year. This STD can lead to pregnancy complications, infertility, chronic pain, and irreversible damage to a woman's reproductive organs. Treatment of partners is also vital to prevent re-infection.

Contact the health department for an appointment to be tested.

<p>Monroe County Health Department 452 E. 4th Street P.O. Box 247 Tompkinsville, KY 42167</p> <p>Phone: 270-487-6782 Fax: 270-487-5457 www.monroecohd.com</p> <p>Valerie Hudson Director</p> <p><i>Window of Health</i></p>	<p>Another Successful Rabies Clinic</p>	 <p>It's that time again....</p> <p>For your annual spring cleaning. But how many of you, like me, dread the process because of the smell of traditional household cleaning products? Fake pine, lemon and orange just don't make me think "clean," they make me think "hard to breathe" and "headache." Before you begin your spring cleaning this year, assess what cleaning products you use in your home. Are they safe for the environment? Do they pose health risks? What happens if your child accidentally drinks or inhales some of the product?</p> <p>Many of us tend to think that anything sold in a supermarket must be safe, but with some household cleaners quite the opposite is true. Be wary of the products you're using and be sure to read labels to assure proper use. You can also use this opportunity to talk with your children about the safe use of household chemicals. Whenever possible, try using alternative non-toxic products such as pump spray bottles and cleaning wipes when cleaning your home. The Monroe County Alliance for Inhalant Prevention is giving away free cabinet locks to help secure your household poisons from young children. Installation is easy and no hardware is required. Call us at 487-0622 or email us at kbowman@lifeskills.com to get yours today!</p>	
<p>Published Quarterly By The Monroe County Health Department</p> <p>Harold Kelley <u>Editor</u></p> <p><u>Contributors</u> Amy Comer, ARNP Jill Ford, RN Christy Grider, RN Dyshel Thompson Amy Hutchinson Jason Holland</p>	<p>WIC—The Special Supplemental Nutrition Program for Women, Infants and Children</p>		
	<p>WIC provides nutritious foods, nutrition education, and referrals to health and other social services to participants at no charge. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5</p>	<p>who are at a nutrition risk. Those eligible for WIC include pregnant, breastfeeding or postpartum women, infants, and children up to age 5. They must meet income guidelines, a State residency requirement, and be individually determined to be at</p>	<p>“nutrition risk” by a health professional. WIC participants receive vouchers to purchase specific foods each month that are designed to supplement their diets with specific nutrients that benefit WIC’s target population.</p>

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