

Window of Health

Monroe County Health Department

"Growing Healthy Families...Together"

Harold Kelley

Volume 3 Issue 3 "Operation Drive-By Shooting" Public Health Exercise Initiates Yearly Seasonal Flu Vaccinations

Volume 3 Issue 3		
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Betty Ford, RN, and Jill Ford, RN vaccinate Monroe County Citizens in their car.

Practice Good Health Habits to Prevent Spread of Flu

As the flu season approaches, the Monroe County Health Department is urging residents to practice good hygiene habits, such as covering their mouths when they cough or sneeze and washing hands often. Colds and flu are often spread by respiratory droplets of an infected person landing on or coming into contact with those uninfected. Some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs and desktops. We all need to take basic precautions to avoid the spread of germs and viruses.

In addition to covering your cough and sneeze, other good health habits that can help prevent the spread of flu and other respiratory viruses are:

- Wash your hands often with soap and water for 15-20 seconds or by using alcohol-based disposable hand wipes or gel sanitizers.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches an object that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Get an annual flu shot to help the human body develop antibodies to protect against flu virus infection.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.
- Stay home from work, school and errands if possible when you are sick. This will help prevent others from catching your illness.

Remind children to also practice healthy habits because germs spread easily at school and in child care settings, resulting in high rates of absenteeism.

Flu is responsible for approximately 200,000 hospitalizations and 36,000 deaths annually in the United States. While it is a serious virus, it is also a preventable one.

For more information on flu, contact The Monroe County Health Department at 487-6782.

New Employees For The Monroe County Health Department



Christy Grider, RN

The Monroe County Health Department is proud to welcome two new employees, Christy Grider, RN, School Nurse and Dawn Ferguson, Senior Support Staff Associate.

Christy is a graduate of Western Kentucky University and lives in the Mt. Hermon community with her husband Craig and two children, Milayla, 12, and Madelyn, 8. She currently serves as the

school nurse for Tompkinsville Elementary School.

Dawn originates from the Indianapolis, Indiana area and moved to Monroe County with her husband Chad in 2002. They have one son, Nigel, 3. While in Indiana, Dawn had over 5 years experience in the transportation and healthcare fields.



Dawn Ferguson

School Guidelines For Contagious Diseases

The following are common contagious diseases and school policies for the time frames in which the child may return to school.

Chicken Pox. The child is contagious for 1-2 days before onset of rash and must not return to school until lesions have dried and crusted over.

Fifth disease is a mild viral infection spread by contact with respiratory secretions. Symptoms include “slapped cheek” appearance, a lacy rash over the body which fades and then reappears, low grade to no fever. The child may return to school if no fever is present.

Hand, foot, mouth disease is caused by a virus that may cause fever, mild ulcers in the mouth and /or blisters on palm of hands and soles of feet. The child may return to school if no fever is present.

Head lice. Children should not be excluded from school if only nits are present. If live lice are found, the school nurse will provide information on treatment and the parents will be notified to pick up the child.

Impetigo is a bacterial skin disease. Blister like lesions that develop into crusted sores. The child shall be excused from school for 24 hours after starting medication and until judged not to be contagious by a physician.

Meningitis is a bacterial infection on the membranes covering

the brain and spinal cord. Symptoms may include sudden fever, nausea, vomiting, headache and painful or stiff neck. The child must seek medical attention and will be excluded from school until the physician releases.

Pink eye. If bacterial the child is excluded from school for 24 hours after starting medication and until pus like drainage has stopped.

Ringworm is a fungal infection of the skin commonly found on the scalp, feet, trunk, face, limbs and genital areas. It appears as a round reddened lesion with a raised border which is clear in the center. The child may return to school after treatment has begun.

Scabies is an intense itch on the skin that is caused by a mite. Child must be excluded from school and seen by a doctor to get appropriate treatment and permission to go back to school.

Streptococcal sore throat symptoms include headache, fever, sore throat, vomiting and enlarged lymph nodes. The child may return to school 24-48 hours after appropriate treatment begun or remain home 10-21 days in left untreated.

These problems listed above are some of the most common contagious diseases that we see in school age children. If you any questions please contact your school nurse or physician.

Have You Had Your Pneumonia Shot?

Pneumococcal disease is a disease that can lead to serious illness and death. Each year in the United States, pneumococcal disease kills more people than all other vaccine-preventable diseases combined. There are certain people that are at greater risk for pneumococcal disease. These include people 65 and older, the very young, and people with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, HIV infection, or certain types of cancer.

Pneumococcal disease can lead to serious infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). People with the special health problems mentioned above are highly likely to die from any of these diseases. It is very important that any of the above mentioned, and anyone that may have increased risks, obtain a pneumococcal vaccine. The pneumococcal polysaccharide vaccine (PPV) protects against 23 types of pneumococcal bacteria. Please call the

Monroe County Health Department today to find out more about the pneumococcal vaccine (pneumonia shot), and to make an appointment.



Breast Cancer Screenings=Early Detection=Lives Saved

Screenings for breast cancer can detect a problem before signs and symptoms ever develop. There are three tests used for breast cancer screening:

1. Mammogram: This is an x-ray of the breast. Mammograms have also been found to be the best method of detecting breast cancer early. This allows early treatment before the cancer is big enough to be detected by symptoms. Mammography is considered the gold standard for early detection of breast cancer. For women without other risk factors, mammograms should start yearly at age 40.

2. Clinical Breast Exam: This is an examination of the breast by a health care professional. This is usually done as

part of a yearly gynecological exam.

3. Self Breast Exam: This is a breast exam done to check your own breasts for lumps, changes in size, or shape and any other changes in the breast or underarm. These should be done monthly, two weeks after the last menstrual cycle. This allows the patient to exam the breast without confusing symptoms associated with menses.

The combination of these three screening exams allows breast cancer to be detected earlier. However, the last two physical exams are limited in detecting breast cancer in its earliest stages. That is why mammograms are so important.

MCHD Receives Diabetes Education and Prevention Grant

The Monroe County health department recently submitted for and was awarded a grant for \$10,000 to use in the area of Diabetes education and prevention. This grant is sponsored by the Centers for Disease Control & Prevention Appalachian Regional Commission and The Center for Rural Health at Marshall University. A component of the grant will

be the formation of a Monroe County Diabetes Coalition. The coalition consists of community members and organizations, partnering to promote Diabetes education, outreach, and prevention across Monroe County. The coalition will focus on Diabetes prevention in our children, and education on Pre-Diabetes and Type 2 Diabetes.

Food Safety Class Held



The Monroe County Health Department, with help from the UK Extension agents Valerie Hudson from Monroe County and Tracy Thornton from Butler County, held a food safety training for anyone involved the Monroe County food service industry. Owners and employees from Frances Bar-B-Cue, The Gamaliel Restaurant, and The Sub Shop came out to learn more about safe food handling, hand washing, and many other practices which will insure the continued safety of the food they serve. All participants were given gifts that they could use in their workplace or at home.

For Safe Tips For Thawing and Cooking Turkey This Holiday Season, Check Out The National Turkey Foundation Website At:

<http://www.eatturkey.com/consumer/thanks.html>

Jeff Williams, Nationally Known Spokesperson, Coming to Tompkinsville

Jeff Williams is one of the leading voices speaking out on the dangers of inhalant abuse. In 2005, his son, Kyle, fell victim to inhalant abuse just days before his 15th birthday. Jeff has shared Kyle's story and the pain of his loss at national conferences, on the Today Show, and on many other news networks. On **Wednesday, October 17**, Jeff will be coming to Monroe County to talk about

the hidden dangers of inhalant abuse. He will be at the **First Baptist Church of Tompkinsville from 6:00 PM until 7:00 PM**. His story is one that **EVERY PARENT** needs to hear!

Do you know that inhalant abuse is a **BIG** problem here in Monroe County?

- In 2004, kids in Monroe County reported having used inhalants

within the last 30 days at rates more than 3 times the regional level, 3 1/2 times the state level and just over 7 times the national level.

- In 2006, almost one out of every 4 kids in Monroe County admitted to having use inhalants.

Admission is free on the 17th—**BE THERE!!**

<p><i>Monroe County Health Department</i></p>	<p>MCHD Expansion Project</p>		<p>Nutrition Prepares Children for School</p>
<p>452 East 4th Street P.O. Box 247 Tompkinsville, KY 42167</p>	<p>In December 2006, the Monroe County Health Department received notification from Governor Fletcher that we were awarded \$500,000 in grant funding to improve our facilities. During the last 10 months, the health department has advertised and contracted with an architectural firm, GRW, Inc. and finalized the blueprints for an approximate 5,000 sq ft addition.</p> <p>The new facility will be adjacent to the current building via a breezeway and will be primarily utilized for our clinical and educational services. Presently, the construction documents are being forwarded to Frankfort, KY for review and approval. Thank you in advance for your patience while we are undergoing construction/renovation. Additional updates will be provided in the January 2008 newsletter.</p>		<p>The key to your child's success in school may be as close as your kitchen table. According to research, preschool children who are fed a good balance of healthy, nutritious foods are more apt to develop to their fullest potential and be better prepared to start school. Other studies indicate they also score better on digit memory tests and vocabulary tests. To learn more, call the WIC Program at the health department at 487-6782.</p>
<p>Phone: 270-487-6782 Fax: 270-487-5457 www.monroecohd.com</p>	<p>MCHD Announces Holiday Closings</p>		<p>Check with WIC for a Helping Hand</p>
<p><i>Window of Health</i> Published Quarterly By The Monroe County Health Department Harold Kelley Editor <u>Contributors</u> Amy Comer, ARNP Jill Ford, RN Christy Grider, RN Rebecca Tandy Jason Holland</p>	<p>The Health Department will be closed on the following days during the upcoming holiday season: November 12 (Veterans Day),</p>	<p>November 22-23 (Thanksgiving), December 24-25 (Christmas) and December 31-January 1 (New Years).</p>	<p>WIC provides services to low income, nutritionally at-risk persons including: pregnant women , breastfeeding women, non-breastfeeding, postpartum women, infants, and children up to their fifth birthday.</p> <p>Fathers, grandparents or guardians also may apply for WIC benefits for a young child in their care.</p>

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