

WINDOW OF HEALTH

MONROE COUNTY HEALTH DEPARTMENT

"Growing Healthy Families...Together"

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October 1, 2008

Harold Kelley

CDC SAYS "TAKE 3" THIS FLU SEASON

Inside this issue:

Each year in the United States, on average 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from the flu.

The CDC is recommending the following three actions for everyone this flu season:

1. TAKE TIME TO GET A VACCINE.

- A flu vaccine is the best way to protect against the flu.
- The flu vaccine protects against three different flu viruses.
- Getting a flu vaccine is very important for people at high risk for serious flu complications and their close contacts. People at high risk include infants, pregnant women, people with chronic health conditions like asthma,

diabetes, or heart disease, and people 65 and older.

- This year, flu vaccine is in ample supply so more people can seek protection from the flu.
- ### 2. TAKE EVERYDAY PREVENTIVE ACTIONS.
- Cover your mouth with a tissue when you cough or sneeze—throw the tissue away after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
 - Stay away as much as you can from people who are sick.
 - If you get the flu, stay home from work or school. If you are sick, do not go near other people so that you don't make them sick.
 - Try not to touch your eyes, nose or mouth. Germs

spread this way.

3. TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR SAYS TO.

- There are flu antiviral drugs that can treat the flu or prevent infection with flu viruses.
- For treatment, antiviral drugs should be started within 48 hours of getting sick.
- For prevention, antiviral drugs are 70% to 90% effective in preventing infection.
- These drugs must be prescribed by a health care provider.
- If you develop flu-like symptoms or are exposed to the flu before you get a flu vaccination, your health care provider will decide whether you should take antiviral drugs.

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Thursday
November 13, 2008
2:00 PM — 4:00 PM

Monroe County
Medical Center
Education Room

Health Educational
Booths from local
businesses and
pharmaceutical
companies. Free A1C
Testing.

Sponsored by: The Monroe
County Diabetes Coalition, The
Monroe County Health
Department, and The Monroe
County Medical Center.

NEW BUILDING ADDITION NEARING COMPLETION



The Monroe County Health Department's new building addition will soon be a reality as construction nears the completion deadline of early December. The next edition of *Window of Health* will be primarily devoted to the new addition and how it will benefit the citizens of Monroe County.

SCHOOL NURSES—EDUCATION’S FIRST RESPONDERS

Nurses are often the first health care professional that a sick or injured person sees. They do their jobs in all kinds of settings, from local hospitals, doctor’s offices and in the local schools.

At the school, the nurse treats students with stomach aches, nose bleeds, sore throats rashes, cuts and scrapes, lice, and even chicken pox. The nurse not only takes care of students, but also staff members who are sick. Daily duties of a

school nurse include passing out daily medications, checking vital signs and blood sugar, giving insulin injections and respiratory treatments.

School nurses also go into the classrooms to teach students how to take care of themselves through good nutrition, exercise, and good hygiene.

At the request of the Monroe County Board of Education, the Monroe County

Health Department recently employed three additional school nurses. They join Christy Grider, RN at Tompkinsville Elementary as the MCHD School Nurse team.

These nurses are: Connie Carter, RN at Joe Harrison Carter Elementary, Chasity Wilson, RN at Gamaliel Elementary, and Kendra Stinson, RN at Monroe County Middle School.



Connie Carter, RN is a life long resident of Monroe County and a graduate of Tompkinsville High School. She is married to Steve Carter and has two children, Chad, who

is employed by Rowland Insurance Agency, and Mallori, a BSN student at Western KY University.



Chasity Wilson, RN is another life long resident of Monroe County and a graduate of Monroe County High School. She is married to Matthew Wilson and they

have two children, Gavin, age 3, and Ava, age 1. She and her husband also own and operate Smoke Shack BBQ in Scottsville.



Kendra Stinson, RN grew up in Lexington and is a graduate of Paul Dunbar High School. She moved to Monroe County 10 years ago. She is married to Jake Stinson and they


have three children, Jocelyn, age 5, Kensley, age 2, and Kaleb, age 3 months.

2008 FLU CLINICS

October 14, Tompkinsville, State Barn, 1-5 PM
October 22, Gamaliel Fire Department, 1-4 PM
October 29, Fountain Run Fire Dept., 9:30 AM —12:30 PM

Have Diabetes?
A Flu Shot Could Save Your Life!

Do You Need a Pneumonia Shot, Too?



Monroe County Health Dept.
270-487-0782

DON'T MESS WITH MY DAMATERS

Take away someone’s onions and you’ll hear rumblings. Recall a few hundred tons of ground beef and people will complain of no hamburgers for a few weeks. But if you take away their tomatoes, you will have yourself some panicking and complaining by tomato-crazed people. All of this stemmed from the FDA’s expanded nationwide recommendation in early June not to

consume certain tomatoes. The FDA released a statement in July stating that peppers were the problem and not the tomatoes.

Bottom line. This happens. Stay up to date with food recalls by going to the Monroe County Health Department website (www.monroecohd.com) and click on the FDA recall link.

OVARIAN CANCER FACTS

The American Cancer Society estimates 20,000 U.S. women will develop ovarian cancer this year with 15,000 dying from the disease. Ovarian cancer ranks fifth in cancer deaths among women.

If ovarian cancer is diagnosed early, the survival rate is very good; however, only 20 percent of cases are found at this stage. 80 percent of cases are already advanced having spread to adjacent tissues and organs before a diagnosis is ever made.

Symptoms of ovarian cancer include: abdominal pressure, fullness, swelling or bloating; urinary frequency, pelvic discomfort or pain; indigestion, gas, nausea; changes in

bowel habit; decreased appetite; weight loss or gain; increased abdominal girth; painful intercourse; persistent lack of energy; and low back pain. Because these symptoms often mimic other conditions, diagnosis of ovarian cancer may be delayed. There is no routine screening test recommended for ovarian cancer.

Researchers have found that certain factors may help to prevent ovarian cancer. These include: taking oral contraceptives (birth control pills), having at least one child and breastfeeding the child for a year or longer, and having a tubal ligation or hysterectomy. If you have a strong family history of breast or ovarian cancer you should talk to your doctor about further testing and preventive measures.

THE CHALLENGES ALL PARENTS FACE

By the time your child reaches the age of nine or ten, you've probably taught him or her right from wrong, basic safety rules, good health habits, how to make friends and how to get along with others. Before your child becomes a teenager, you also should enhance the communication skills you already have to increase the chances of keeping your child drug-free.

As your kids move from elementary school through middle school and on to high school, it's important to keep talking to them about the harm that inhalants and other drugs can do to their young lives. Just a little of your time every once in a while can make a lifetime of difference. Kids who learn about the risks of drug abuse from their parents or caregivers are less likely to use drugs than kids who do not. You

can be instrumental in communicating the dangers of inhalant abuse to your children. The following suggestions may help guide you:

- Prevent inhalant abuse in the home by becoming familiar with which household products are toxic, replacing certain substances with water-based solvents, and locking or monitoring toxic products that are stored in the house.
- Supervise the use of inhalable products.
- Initiate conversations with children—they will listen. Remember to emphasize that inhalants are poisons, toxins, pollutants, and fire hazards - NOT drugs. Avoid referring to specific inhalant products and drug-like effects as this may spark curiosity.

- Prepare children for peer pressure. Parents and youth can practice how to positively deal with a risky situation.
- Urge youth serving professionals in your child's life (teachers, coaches, and youth workers) to ensure that youth environments are free of poisons that can be used as inhalants.
- Educate yourself. Log on to www.inhalantabusetraining.org to access a web-based training on inhalant abuse. It contains information about the latest trends in inhalant abuse, how to prevent it, how to identify it, and how to talk to your children about it.

For additional information contact the Monroe County Alliance For Inhalant Prevention at (270) 487-0622 or ahutchi@lifeskills.com.

BOIL WATER ADVISORIES

From time to time, the Monroe County Health Department has to enforce a boil water advisory. A boil water advisory (BWA) is issued to protect the community from waterborne infectious agents. A BWA is issued only after careful consideration among representatives from public health, regulatory agencies, and municipal governments after positive tests or line breaks.

During a boil water advisory, chemical contamination, or pressure reduction, water may serve as a source of contamination for food, equipment, utensils and hands.

Here are some general guidelines put forth by the Kentucky Department for Public Health for food establishments during a BWA:

1. **DRINKING WATER:** Use bottled water only.
2. **ICE** must come from commercially approved facilities outside the affected area.
3. **NO FOUNTAIN DISPENSED DRINKS**
4. **COFFEE AND TEA** shall be made from bottled water, or from water that is boiled for 3 minutes before brewing or steeping.
5. **TAP WATER** shall not be used as an ingredient in food during a

non-chemical water system emergency unless boiled for 3 minutes or heated during the cooking process to no less than 160 °F for twenty minutes.

6. **FRESH FRUITS AND VEGETABLES** may be used if processed outside the affected area and are washed in an approved manner.
7. **SINGLE SERVICE EATING AND DRINKING UTENSILS** may be substituted for reusable dishes and utensils.
8. **FOR HANDWASHING** use heated bottled water or safe water hauled from an approved supply, or use tap water

followed by a hand sanitizer.

9. **COOKING UTENSIL AND EQUIPMENT WASHING:** washing, rinsing and sanitizing procedures shall be followed with a chlorine sanitizing solution or other approved chemical sanitizer .
10. **FOOD CONTACT SURFACES** required to be cleaned in place shall, after cleaning be sanitized with a chemical sanitizer at twice the regular strength.
11. After the emergency is lifted, any equipment that is connected to the municipal supply, shall be flushed, cleaned and sanitized.

OCTOBER IS BREAST CANCER AWARENESS MONTH




It is important for women to practice the elements of good breast health. It is suggested that women:

- Obtain regular mammography screening starting at age 40
- Obtain annual clinical breast exams

- Perform monthly breast-self exams
- Take charge of your health. Make an appointment for a woman's health exam at the Monroe County Health Department, 487-6782.

WOMEN'S HEALTH FORUM

October 8, 2008
10:00 AM until 2:00 PM
MONROE COUNTY
HIGH SCHOOL

<p>MONROE COUNTY HEALTH DEPARTMENT</p>	<p>SCHOOL NURSE—NEW STUDENTS</p>	<p>CLINIC NURSE—OLD FACULTY</p>
<p>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>Christy Grider, RN, Tompkinsville Elementary School Nurse talks to the new Kindergarten class about the proper technique for hand washing using the ABC method for adequate time to wash their hands and get rid of germs. This was a learning experience for all as a lot of bright little faces asked a lot of very good questions.</p>	<p>In August, Jill Ford, RN presented to teachers and staff at Tompkinsville Elementary School “Diabetes Care Tasks at School: What Key Personnel Need to Know” a curriculum from the American Diabetes Association. This presentation was provided to educate teachers and staff about diabetes and its proper management in a school setting.</p>
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