

July 1, 2006	
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**Health Department
Spring Highlights**

Food Inspections On The Web
 Effective May 1, results of Health Department Food Service Inspections may be accessed on the MCHD website.
www.monroecohd.com

Women's Health Day
 On May 17, 28 women received exams and were referred for mammograms.

MCHD Rabies Clinic
 On May 20, 61 animals were vaccinated.

MCHD Kid's Day
 On May 24, Over 145 Monroe County Children were educated on health department services, played games, and received prizes.

Are We Prepared?

Pandemic Influenza, often somewhat mistakenly referred to as the "Bird Flu" has been in the media quite often recently. Frequently scare tactics are used to dramatize how the population might be affected by such an event, usually without any basis of reality. Even the so called experts do not know fully how the population will be affected or exactly what strain of the virus we will be dealing with. One thing is for certain. There will be another Pandemic. We must be prepared to carry out any essential plans to avoid major disruption of business and industry. In August, 2005, Hurricane Katrina struck the gulf coast of the United States with vengeance. Were there plans in place for such a disaster? Yes. Were those plans carried out fully when the disaster struck? No.

Hurricane Katrina could not be stopped. Pandemic Influenza can not be stopped either. We do not know when it will strike, but it will strike. No matter if all of the preparedness plans for Katrina had been carried out to the letter, there still would have been destruction on the gulf coast. However, if the plans had been carried out to the letter, lives could have

been saved and many of the people who lived in that area would not have endured the terrible personal hardships they had to go through for months afterward. Plans for a Pandemic do not call for stopping the new strain of influenza, but call for ways to help prepare one when it does happen.

There are many ways that you can lessen the impact of a Pandemic Influenza outbreak on you and your business. Most of these are simple, common sense practices such as proper handwashing and the correct way to cover your cough. Businesses should make plans and take steps to deal with 30-40% absenteeism for 6 to 8 weeks. The key to all of this is to plan. If individuals and businesses plan for a pandemic, these plans may easily be modified for other disasters such as tornadoes, floods, etc.

For more information on how to prepare for Pandemic Influenza and to receive a free packet of information, call the Monroe County Health Department at 487-6782.

Harold Kelley

Mumps Alert

Since December of 2005, the state of Iowa has been experiencing a large outbreak of mumps, with over 500 cases identified. The illness has spread to at least six other states. Illinois and Missouri, which are two states that border Kentucky, have already reported confirmed mumps cases associated with this outbreak.

Mumps is an acute viral illness caused by the mumps virus. Mumps is characterized by fever, headache, muscle aches, tiredness, and loss of appetite; followed by swelling of salivary glands. The parotid salivary gland (which is located within your cheek, near your jaw line, below your ears) is most frequently affected. The mumps virus is spread through direct contact with respiratory secretions or saliva. Severe complications from mumps are rare, however mumps

can cause inflammation of the brain and/or tissue covering the brain and spinal cord, inflammation of the testicles, ovaries, and/or breasts, or deafness. The mumps vaccine, which is contained in the measles, mumps and rubella (MMR) vaccine, can prevent this disease.

The Kentucky Department for Public Health is now recommending that healthcare facilities and physicians offices review their employee health policies concerning healthcare worker immunity to mumps. The ultimate goal is to ensure mumps immunity among healthcare workers, so that mumps is not inadvertently spread in the health care setting. For further information regarding mumps immunity and/or recommendations on the mumps vaccine, please contact the Monroe County Health Department.

CHILDHOOD VACCINES

Vaccines help to protect your child from getting serious diseases. Vaccines work by stimulating the immune system to create antibodies against certain viruses or bacteria. Vaccines cannot protect children from minor illnesses such as colds, but they can help protect against many diseases. Some of the diseases that vaccines help protect against include measles, mumps, rubella, influenza, hepatitis A, hepatitis B, polio, tetanus, diphtheria, pertussis (whooping cough), pneumococcal disease Hib disease, and chickenpox.

Recommended immunizations and how they work:

Hepatitis B (Hep B): Protects your child against the Hepatitis B virus which can cause liver damage.

Three doses: At birth, 1 to 4 months, and 6 to 18 months

DTaP: Protects against Diphtheria which can cause serious breathing problems and lead to heart failure and paralysis, Pertussis (whooping cough) and Tetanus (lockjaw).

Five doses: At 2 months, 4 months, 6 to 18 months and 4 to 6 years.

Hib: Protects against Haemophilus Influenzae b which can cause brain damage.

Four doses: At 2 months, 4 months, 6 months, and 12 to 15 months.

MMR: Helps to protect against Measles, Mumps, and

Rubella. Rubella is a more dangerous form of measles and can cause birth defects in infants.

Two doses: At 12 to 15 months and 4 to 6 years.

Polio (IPV): Protects against polio, which is a disease that can cause paralysis of the arms and legs.

Four doses: At 2 months, 4 months, 6 to 18 months, and 4 to 6 years.

Varicella: Protects your child from getting chicken pox.

One dose: At 12 to 18 months.

Pneumococcal: Helps to cut down on respiratory and ear infections, as well as pneumonia.

Four doses: At 2 months, 4 months, 6 months and 12 to 15 months.

Please call the Monroe County Health Department for more information on childhood immunizations!

Immunization Action Coalition: www.vaccineinformation.org

The Monroe County Health Department will be sponsoring a "Back To School Immunization Open House" on July 11 from 7:00 until 4:30. Call today for an appointment.

ADULT VACCINE PROMOTION

The Monroe County Health Department strives to educate the community on prevention and wellness, in order to decrease the number of deaths by preventable diseases and unintentional injuries. One of the best tools for eliminating the number of communicable diseases is vaccination. Many individuals believe children are the only persons who should receive updated shots; however, adults should review their immunization status at least every 10 years.

Most American's understand the necessity to prepare for dangerous situations. Often in our preparations to help those in need we forget to take the time to care for ourselves. You will not be able to assist others if your own health is in jeopardy.

The health department purchases Hepatitis A and B vaccines and Tetanus & Diphtheria (Td) vaccines for our adult population. Hepatitis A is a serious liver disease caused by the Hepatitis A virus. This virus can be

found in the stool of an infected person and is usually spread by close personal contact. Eating food or drinking water that contains the Hepatitis A virus can also lead to infection. People with Hepatitis A often have to be hospitalized and sometimes death can occur.

HEPATITIS A VACCINE CAN PREVENT HEPATITIS A! Hepatitis B is also a serious disease of the liver that is contracted through contact of the blood and body fluids of an infected person. Hepatitis B virus can cause both chronic and acute illnesses. **HEPATITIS B VACCINE CAN PREVENT HEPATITIS B!** This vaccine can also prevent a form of liver cancer. Tetanus (lockjaw) and diphtheria are also serious diseases. Tetanus is caused by a germ that enters the body through a cut or wound. Diphtheria spreads when germs pass from an infected person to the throat or nose of others. **Td VACCINE IS THE BEST WAY TO PROTECT AGAINST TETANUS AND DIPHTHERIA!**

Through the month of August, we would

like to offer these vaccines to the community at a reduced cost! Also included in this offer is a limited supply of Measles, Mumps, and Rubella (MMR) vaccine. Due to the recent mumps alert (see article in this edition of Window of Health) the health department has recently purchased a limited supply of the MMR vaccine.

Please call the health department at 487-6782 to review your vaccination status and/or make an appointment to receive any of the available vaccinations.

August Adult Immunization Special

August 1-31 Only

Tetanus—\$20


Hepatitis B \$30—3 dose series. Each vaccination cost \$30.

Hepatitis A \$30—2 dose series. Each vaccination cost \$30.

Pneumococcal \$25

MMR \$40

SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH	NEW LAW PROTECTS BREASTFEEDING
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<p>Ovarian cancer is cancer that begins in a woman’s ovaries. Many types of tumors can start growing in the ovaries. Some are noncancerous and can be treated by removing one ovary, or part of an ovary. Ovarian cancer is a cancerous tumor; if not treated, it can spread to other parts of the body.</p> <p>There are certain risk factors that can make a woman more likely to get ovarian cancer than other women. However, just because you have one or more risk factors does not necessarily mean you will get ovarian cancer. In fact, a woman can have all the risk factors and still not get ovarian cancer, or have no known risk factors and get it. If you agree with any of the following statements, you</p>	<p>may be at increased risk for ovarian cancer.</p> <p>I have had breast or colon cancer.</p> <p>I am a woman over age 60.</p> <p>My mother or sister had ovarian, breast, or colon cancer.</p> <p>I have never had children.</p> <p>I have endometriosis.</p> <p>I am obese.</p> <p>I have taken estrogen replacement therapy for several years.</p> <p>I started menstruating at an early age (before 12).</p> <p>I have used fertility drugs.</p> <p>I used talcum powder.</p> <p>To learn more about ovarian cancer, call the health department.</p> <p style="text-align: right;">Jill Ford, RN</p>	<p>On March 29, 2006, Governor Fletcher signed Senate Bill 106 into law, confirming that mothers across the Commonwealth may breastfeed without fear or harassment. This new law should help reduce the fear that breastfeeding women face of being harassed by others while breastfeeding in a public setting.</p> <p>The law clarifies that breastfeeding is not an act of public indecency and shall not be considered indecent exposure, sexual conduct, lewd touching, or obscenity. Kentucky now joins over 30 other states in protecting breastfeeding families. The law goes into effect on July 12, 2006.</p> <p>The harassment that breastfeeding mothers have faced</p>	<p>to being physically removed from restaurants, retailers, and even their own parked cars. Such harassment has happened even when mothers are breastfeeding discreetly, when baby is covered and quiet. Ironically, the vast majority of breastfeeding mothers are seeking to quickly respond to a fussy baby who might disturb those around them.</p> <p>For more information, contact the health department or visit www.breastfeedingkentucky.com</p> <div style="text-align: center;">  <p>Shape the Future Breastfeed © 2003 KY WIC Program</p> </div>
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PICNIC SAFETY

<p>Picnics are a favorite means of celebration throughout the summer. The Department for Public Health wants to help you practice safe food handling techniques when eating outdoors and protect yourself, your family and friends from foodborne illness.</p> <p>Follow these tips for packing a safe picnic basket:</p> <ol style="list-style-type: none"> 1. Plan ahead. Try to plan the right amount of food to take, so you will not have to worry about the storage or safety of leftovers. Place perishable food in a cooler with ice freezer packs. Replenish the ice as it melts. 2. Pack safely. Keep cold foods cold. Place cold food in a cooler with ice or frozen gel packs. Don’t put the cooler in the trunk; carry it inside an air-conditioned car. At the 	<p>picnic, keep the cooler in the shade. Keep the lid closed and avoid repeated openings. Use a separate cooler for drinks so the once containing perishable food will not be constantly opened and closed.</p> <p>In addition, remember these food safety tips:</p> <ol style="list-style-type: none"> A. Keep hands and utensils clean when preparing food. B. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. C. Run firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. D. Food left out for more than two hours may not be safe. Do not eat anything that has been left out in the hot sun. 	<ol style="list-style-type: none"> E. When grilling, cook hamburgers and ribs to 155 degrees Fahrenheit or until the center is no longer pink and the juices run clear. Cook ground poultry to 165 degree Fahrenheit and poultry parts to 180 degrees Fahrenheit. Reheat precooked meats until steaming hot. F. Do not partially grill extra hamburgers to use later. Once you begin cooking hamburgers by any method, cook until completely done to ensure any bacteria are destroyed. G. When taking foods off the grill, put them on a clean plate. Do not put the cooked items on the same plate that held the raw meat. H. Put leftover foods in the cooler promptly after grilling or serving. Discard any leftovers after one hour of being left outside. If there is still ice in the cooler when you arrive home, the leftovers are safe to eat.
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*"Growing Healthy
Families...Together"*

www.monroecohd.com



Nicotine and Alcohol: Major Risk Factors for Methamphetamine Addiction

Gateway drugs are the drugs that are easy for many of our youth to get their hands on. Cigarettes, spit tobacco, alcohol, and marijuana are the most common gateway drugs. When a child begins using these drugs they cause changes in the brain and increases the risk of a child using illegal drugs such as cocaine, and meth.

Nicotine is toxic to the cells in the brain responsible for self-control and willpower. Nicotine at normal doses does not actually kill the cells; it just damages them so that they don't work well. One to one and a half packs a day is enough to do measurable damage to this part of the brain.

The addiction to nicotine is not instant. The younger and less physically developed an individual is the faster they become addicted. Girls typically become dependant on tobacco with only 21-days of use. Boys typically take 183-days for dependency to occur.

Addiction to nicotine increases the risk for addiction to other drugs. According to the 2002 Center for Disease Control 32% of KY adults smoke, 34% of KY high school students smoke, 80% of alcoholics smoke,

95% of cocaine and methamphetamine addicts smoke and 97% of jail inmates smoke. Why? Because of the damage nicotine has caused in the self-control and willpower part of the brain.

Drinking reduces inhibitions, encourages risk taking behavior, and exposes the teen to a rough crowd where other drugs are likely to be available. Alcohol is also addictive, causing damage to the same brain areas that meth does making it easier to become addicted to meth and other drugs. Typically an individual will abuse alcohol for several years before abusing other drugs

Half of all teenagers have drunk alcohol at least once before the end of eighth grade, and 80% by the end of high school.

Remember, 95% of meth users smoke cigarettes. Twenty five percent of meth addicts start using meth before age 15. They lose control over drug intake much faster when the brain has been damage by nicotine. They lose control even faster when also exposed to alcohol.

For anyone interested in helping reduce drug problems locally, please contact Dyshel Thompson at (270) 487-6782.

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