



Bay County Health Department News You Can Use

June 2014

Program Spotlight: Children's Special Health Care

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Children's Special Health Care Services (CSHCS) is a program for children and some adults with special health care needs and their families. CSHCS helps persons with chronic health problems by providing:

- 1) **Coverage and Referral** for specialty services, based on your child's health problems.
- 2) **Family-Centered Services** to support you in your role as the primary caretaker of your child.
- 3) **Community-Based Services** to help you care for your child at home and maintain normal routines.
- 4) **Culturally Competent Services** that demonstrate an awareness of cultural differences.
- 5) **Coordinated Services** to pull together the services of many providers who work within different agencies.

Eligibility: birth to age 21

Children must have a qualifying medical condition and be 20 years old or younger. Persons 21 years old and older with cystic fibrosis or certain blood clotting disorders (such as hemophilia) may also qualify for services.

Why Should You Join CSHCS?

Our staff will work with you to ensure that you or your child receive the very best care. We help with:

- Paying specialty medical bills
- Coordinating services from multiple providers
- Learning about specialty providers like doctors, hospitals and clinics
- Coordinating health insurance benefits



Your child's medical condition, NOT your income,
determines if you qualify for this program!

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We are proud to announce Children's Special Health Care has received grant opportunity. With this grant we have added Marzi Thompson to our team through September 2014. Marzi is a Family Consultant for Children's Special Health and is available for questions and assistance in getting families the resources needed.

If you would like to enroll in the Children's Special Health Care Services Program or need more information, please contact us at 989-895-4235.

Sun Protection Tips!

How do I protect myself?

Use a sunscreen with at least SPF 15 or higher UVA and UVB protection while spending time outdoors.

- * This applies to all outdoor activities, even waiting for a bus or shopping.
- * Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- * Apply liberally and evenly to all exposed skin. The average adult in a bathing suit should use approximately one ounce of sunscreen per application. Not using enough will effectively reduce the product's SPF and the protection you get.
- * Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp if hair is thinning, hands, and feet.
- * Reapply at least every 2 hours or more often if some of the product may have been removed while swimming, sweating, or towel-drying.
- * Choose a product that suits your skin and your activity. Sunscreens are available in lotion, gel, spray, cream, and stick forms. Be aware that sunlight bouncing off reflective surfaces can reach you even beneath an umbrella or a tree. You must wear sunscreen at all times.



Keeping yourself Hydrated

Wear loose-fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.

Wear light-colored clothing if you're in the sun. Dark clothing absorbs heat. Light-colored clothing can help keep you cool by reflecting the sun's rays.

Drink plenty of fluids. Staying hydrated will help your body sweat, this will maintain a normal body temperature and keep you cooler.

Be careful with certain medications. Read the label for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.

Never leave children or pets in a parked car. This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F in just 10 minutes. It's not safe to leave a person or animal inside a parked car in hot weather for any period of time, even if the windows are cracked or the car is in the shade.

Take it easy during the hottest parts of the day. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening. Don't forget to take breaks frequently to replenish fluids during that time, this will help your body regulate your temperature.

Know your body. Limit the amount of time you spend working or exercising in the heat until your body adjusts to it. People who are not used to hot weather are more likely to experience heat-related illness, including heatstroke. It can take several weeks for your body to adjust to hot weather.

Warning Signs & Symptoms of Heat Exhaustion

Heavy Sweating
Weakness
Cold, pale, clammy skin
Fast, weak pulse
Nausea or vomiting
Fainting

What do I do?

Move to a cooler location.
Lie down and loosen your clothing.
Apply cool, wet cloths to as much of your body as possible.
Sip water.
If you have vomited and it continues, seek medical attention immediately.

Warning Signs & Symptoms of Heat Stroke

High body temperature (above 103°F)*
Hot, red, dry or moist skin
Rapid and strong pulse
Possible unconsciousness

What do I do?

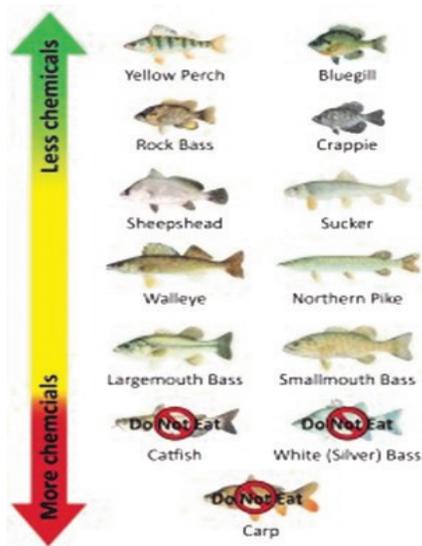
Call 911 immediately — this is a medical emergency.
Move the person to a cooler environment.
Reduce the person's body temperature with cool cloths or even a bath.
Do NOT give fluids.

EAT SAFE FISH: IN 3 EASY STEPS

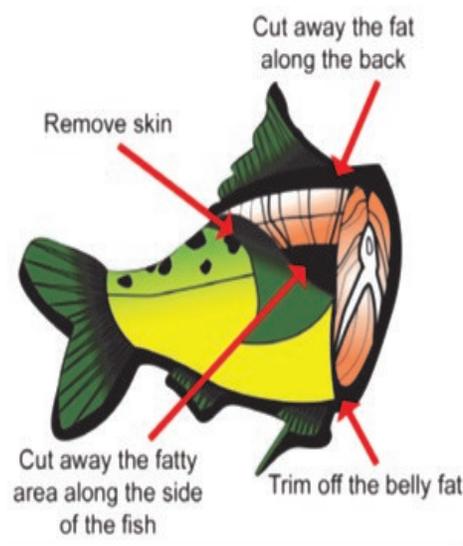


New guidelines are now available for the Safe Fish Advisory for the Tittabawassee and Saginaw Rivers and Saginaw Bay. These local waters are known to have chemicals in them that are passed along in the food chain and accumulate in some fish. Go to: www.michigan.gov/eatsafefish for specific information about eating fish safely, a copy of the full brochure and a cookbook with recipes for preparing fish. These guidelines, issued in 2014 by the Michigan Department of Community Health, are intended for women who are or could become pregnant and children under the age of 15. Because these are conservative guidelines for the most sensitive members of the fish eating population, other adults should consult with their physician or use their best judgment based upon their current health status to determine how much fish they should eat from area waters.

Step 1: Choose



Step 2: Clean



Step 3: Cook



Remove the skin or poke holes in it before cooking. This allows fat to drip off the fish. Cook the fish on a broiler pan or grill so that the fat can drip away through the grates.

Fireworks Safety

Remember to respect others. Make sure to find out what your local noise ordinance is.

- ◇ Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don't burn at a temperature hot enough to melt glass. - See more at: <http://www.usa.safekids.org/tip/fireworks-safety-tips#sthash.KupdMvua.dpuf>
- ◇ Only adults should handle fireworks. Tell children that they should leave the area immediately and inform an adult if their friends are using fireworks.
- ◇ Discuss safety procedures with your children. Teach children to "stop, drop and roll" if their clothes catch fire. Make sure they know how to call 9-1-1. Show them how to put out fireworks with water or a fire extinguisher.
- ◇ Read labels and carefully follow directions. All fireworks must carry warning labels describing necessary safety precautions. Following the directions greatly minimizes the risk of injury.
- ◇ Never use fireworks indoors.
- ◇ Be sure spectators are out of range before lighting fireworks.
- ◇ Never aim or throw fireworks at another person.
- ◇ Never place your face or any other body part over fireworks.
- ◇ Never try to reignite fireworks that malfunction.
- ◇ Never carry fireworks in your pocket.
- ◇ Light fireworks only on smooth, flat surfaces, away from houses, dry leaves and other flammable materials.
- ◇ Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it. - See more at: <http://www.usa.safekids.org/>



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 2012, 2013, & 2014

(Data from Michigan Disease Surveillance System (MDSS))

Disease	2012	2013	2014*	2012	2013	2014*
Foodborne:						
Campylobacter	5	7		1211	1025	379
Escherichia coli O157:H7*	0	0		0	2	0
Giardiasis	4	4		539	409	179
Norovirus	6	0		218	258	219
Salmonellosis	10	5		1019	819	349
Shigellosis	0	0		257	147	84
Meningitis:						
Meningitis - Aseptic	9	14		910	789	233
Meningitis - Bacterial	3	0		136	125	44
Other:						
Cryptococcosis	1	0		42	49	17
Legionellosis	1	2		186	311	45
STD/HIV:						
HIV (Adult)	3	2		659	469	290
Chlamydia	307	237		47,748	34,382	19,247
Gonorrhea	24	25		12,608	8,090	4,561
Syphilis	5	9		866	3,470	421
VPD						
Tuberculosis	0	0		150	468	55
Chicken Pox (varicella)	12	9		974	559	297
Mumps	0	0		24	44	5
Pertussis	0	4		862	753	243
Viral Hepatitis						
Hepatitis A	1	1		111	594	63
Hepatitis B, Acute	1	4		83	189	32
Hepatitis B, Chronic	3	4		2,005	2156	836
Hepatitis C, Acute	0	5		83	1360	33
Hepatitis C, Chronic	39	80		8,094	7390	3046
*January-April 2014						

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