

Our Mission

“To assure the highest possible level of health for the people of the communities we serve.”

Inside this issue:

Staying Updated on Vaccinations on Campus 2
(Cont. from front page)

Staying Updated on Vaccinations on Campus 3
(Cont. from pg. 2)

Summer Safety Tips 3

Avocado Green Smoothie Recipe 4

Staying Updated on Vaccinations on Campus

Staying Up-to-Date with Your Vaccines While in College

You received all your vaccines as a young child, so you're set for life, right? Not so. Not only do many vaccines given to children wear off over time, many vaccines that adults need they may not have received as a child. Two common examples include the HPV and meningitis vaccines.

With the 2020 COVID-19 outbreak, there are now additional precautions students can take by receiving the COVID vaccine. Covered below are the vaccines college students may need, whether it's due to prior vaccines wearing off or further protection as students move into adulthood. We also list some resources on where to get vaccinated.

COVID Vaccine on Campus

During the 2020 COVID-19 outbreak many colleges moved to online college classes. As states re-open, universities are welcoming students back on campus. Some schools require that students receive the vaccine **before resuming regular classes**. Students should research their current school policies on the COVID vaccine.

Currently, there are three different vaccines available. The **Pfizer-BioNTech** and **Moderna** both require two doses to be considered fully vaccinated. The **Johnson & Johnson's Janssen** vaccine has resumed in the United States and requires one dose.

If your child has not yet left for college, you can contact the Health Department at (906) 774-1868 or (906) 265-9913 to inquire.

College Vaccine Checklist

College students are at higher risk for certain infections. For example, students living in close proximity to others, such as in a dorm or a shared apartment, are at higher risk of contracting meningitis.

The following is a list of commonly required college vaccinations for incoming students. Because each school will have its own policy as to which vaccines it will require, students should check to confirm vaccination requirements. Additionally, schools may provide free or low-cost vaccinations.

Meningococcal conjugate (MenACWY)

The meningococcal vaccine helps prevent infection from the *Neisseria meningitidis* bacteria, which often attack the meninges of the brain and spinal cord. This vaccine is recommended for anyone living in close proximity with others.

(Cont. on pg. 2)

Staying Updated on Vaccinations on Campus

(Cont. from front page)

Measles, Mumps and Rubella (MMR)

This prevents three common diseases that used to be common among children, and are unfortunately making a comeback. Measles causes a rash and cold-like symptoms. It can eventually lead to seizures, pneumonia and brain damage. Mumps causes flu-like symptoms and can lead to meningitis, deafness, sterility and death. Rubella causes a rash and arthritis, but in pregnant women, it can lead to miscarriage or birth defects. This vaccine is recommended for all adults who have either not received any booster since childhood or have not already had all three diseases.

Tetanus, Diphtheria and Pertussis (Tdap)

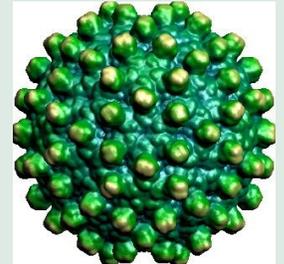
The Tdap vaccine protects against three serious diseases. Tetanus causes painful muscle tightening all over the body, especially around the head and neck, which can make it difficult to open your mouth and even breathe. Diphtheria creates a thick coating in the throat and can lead to breathing problems. Pertussis causes extremely severe coughing spells which can disturb sleep and make eating and breathing difficult. Individuals who have not received a booster and were vaccinated with the Tdap vaccine 10 or more years ago should get this vaccine.

Varicella (Chickenpox)

The varicella vaccine prevents chickenpox, which is caused by the varicella-zoster virus. It's an extremely contagious disease that causes itchy skin rashes. Any college student who has not received the chickenpox vaccine or had chickenpox should become vaccinated.

Hepatitis B

The hepatitis B vaccine protects against the hepatitis B virus infecting the liver, which can cause liver failure, cancer and eventually death. Any adult who is sexually active or has chronic liver disease should receive the Hepatitis B vaccine.



Polio (IPV)

Most adults do not need this vaccine as long as they were vaccinated as children. However, individuals who may be exposed to the polio virus, such as those in medical research or traveling overseas, should get re-vaccinated.

Many schools don't require, but recommend the following vaccines:

Human papillomavirus (HPV)

The HPV vaccine protects against common strains of the human papillomavirus that causes genital warts. This vaccine is now recommended for men and women up to the age of 26 years.

Hepatitis A

The hepatitis A vaccine prevents infection with the hepatitis A virus. It attacks the liver and spreads when people do not wash their hands after using the restroom. Hepatitis A can cause liver failure and death. The hepatitis A vaccine is recommended for anyone who uses illegal drugs, has chronic liver disease or expects to have close personal contact with others when traveling abroad.

It's Summer Time!

(Cont. on pg. 3)

Staying Updated on Vaccinations on Campus

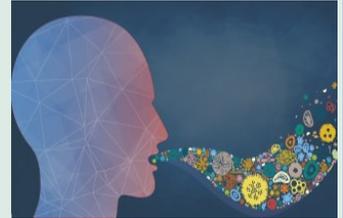
(Cont. from pg. 2)

Pneumococcal conjugate (PCV13) and pneumococcal polysaccharide (PPSV23)

These two vaccines immunize individuals from 36 total strains of the pneumococcal bacteria. These bacteria can cause pneumococcal disease, which in turn can cause pneumonia, meningitis and bacteremia. Adults who smoke, have cochlear implants, suffer from chronic diseases or have a compromised immune system should receive the pneumococcal vaccine.

Influenza

The influenza vaccine works to reduce the chances of getting the flu. Anyone who has a compromised immune system or simply wants to avoid the flu should get this vaccine.



What if you've already been vaccinated – or you're not sure?

For anyone who can't find their vaccination records, try contacting your doctor's office, medical clinic or local Health Department where you may have received a vaccination shot. **If you really don't know where to start, call the Health Department at (906) 774-1868 or (906) 265-9913, which does have an immunization database.**

Where to Get Vaccinated

There are many places you can receive vaccines. The following list of locations should provide many of the vaccines typically required for enrollment in college:

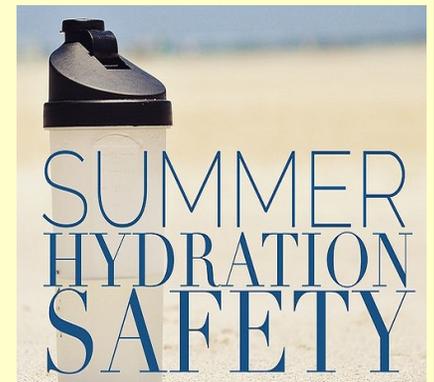
- Student Health Center, Drugstores, Grocery Stores, Urgent Care Clinics, Doctor's Office and the local Health Department, of course!

Programs are available at the Dickinson-Iron District Health Department to assist with those who are uninsured or underinsured making vaccines more affordable. Please contact our office at 906-774-1868 or 906-265-9913 for rates and eligibility.

(Source: Affordable Colleges Online)

Summer Safety Tips:

- Stay in a cool, shaded area.
- **NEVER** leave a child or pet enclosed in a vehicle on a hot day; **the temperature inside can surpass 100 degrees in mere minutes.**
- Fill up on water regularly to remain hydrated. If you're thirsty, you're not hydrated.
- Wear clothing that's loose and light.
- Don't overdo it—work, play, and exercise more lightly than usual. Exercise early morning or late evenings to avoid the heat.
- Protect yourself from the sun with shade and sunscreen.



Stay informed. Know the signs and symptoms of heat overexposure, and what you can do to help someone in need.

Visit: <https://www.nsc.org/summersafety> for more summer safety tips and information.

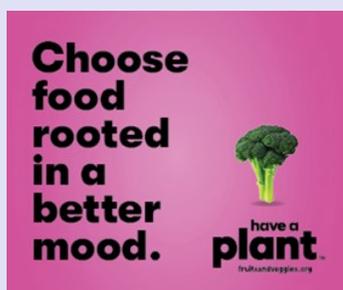
Avocado Green Smoothie Recipe

Ingredient List:

- ½ small California avocado
- 1 ½ cups fresh spinach
- 1 cup frozen pineapple chunks
- 1 cup frozen peach slices
- 1 cup unsweetened coconut milk
- ½ cup 100% orange juice

Instructions:

Blend all ingredients in blender and process until smooth and creamy! Serve chilled.



Nutrition Facts:

Calories 406	
Total Fat 40g	62%
Saturated Fat 6g	30%
Cholesterol 0g	
Sodium 48mg	2%
Total Carbohydrate 59g	20%
Dietary Fiber 13g	52%
Sugars 40g	
Protein 8g	16%



By *Kristina LaRue*

DICKINSON-IRON DISTRICT HEALTH DEPARTMENT

601 Washington Ave.
Iron River, MI 49935
and
818 Pyle Drive
Kingsford, MI 49802

Phone:
(906) 265-9913
(906) 774-1868

Fax:
(906) 265-2950
(906) 774-9910

E-mail: krumpf@didhd.org

Serving you since 1936

We're on the web!
www.didhd.org

HEALTH DEPARTMENT ADMINISTRATION

Daren Deyaert, RS, BS
Director/Health Officer

Robert Van Howe, MD
Medical Director

Ruth Manier, RN, BSN
Community Health
Services Director

Tina Edlund
Finance Director

Wade Dishaw, RS, BS
Environmental Health Director

DICKINSON-IRON DISTRICT BOARD OF HEALTH

Joe Stevens, Chair
Mike Stafford, Vice Chair
Barb Kramer
Jeff Ofsdahl
Mark Stauber
Henry Wender

THE PUBLIC HEALTH PRESS

is published quarterly by
the Dickinson-Iron Dis-
trict Health Department

Daren Deyaert,
Director

Kelly Rumpf, Editor
Health Educator

DIDHD
Dickinson-Iron District
Health Department