

Dickinson-Iron District Health Department

THE PUBLIC HEALTH PRESS



Health Health Disease
~Protection * Education * Prevention~

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~An Active Member of the Dickinson-Iron County Community Collaboratives~

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Our Mission

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

Be Prepared – Protect Your Family and Community

Disasters can happen at any time. We can count on influenza and possible power outages due to severe weather this winter. In addition, there is potential of e-coli outbreaks, a hazardous materials accident, or a wild fire during the year. While the Dickinson-Iron District Health Department is working to protect the community in the event of an emergency, health officials are urging everyone to take responsibility for the safety of their family and be prepared for all emergencies.

In an emergency, your safety and the safety of your family may depend on decisions made in a few seconds. Be prepared - have a plan and supplies, remain calm, stay informed, and be ready to activate your disaster plans.



Here are some things that families can do to prepare for a potential disaster:

- Be proactive, not reactive. Create a family emergency plan and talk about it ahead of time – taking action before an emergency occurs helps people deal with disasters of all sorts much more effectively when they do occur.
- Get a flu shot every year.
- If you are like millions of animal owners nationwide, your pet is an important member of your household. Your family emergency plan must include your pets. Being prepared can save their lives.



- If a winter storm, power outage, or other disaster strikes your community, you might not have access to food, water, and electricity for several days. You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days in the event of a weather related disaster or at least two weeks in the event of a severe influenza outbreak or prolonged emergency.

- 4 Keep a battery operated radio nearby with extra batteries.

The Flu Vaccine. Protection From the Flu. Peace of Mind for You.

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For further information on preparedness visit www.ready.gov.

"Public Health: Always on the lookout for potential outbreaks and always here to protect you."

The Flu Vaccine. Protection From the Flu. Peace of Mind for You.

The Dickinson-Iron District Health Department (DIDHD) announced plans to conduct influenza (flu) immunization clinics. Health officials state it is very important to receive the seasonal flu vaccine. Flu is a contagious disease. It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions.

Infants, the elderly, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease or a weakened immune system – are at higher risk for complication from the flu virus. Flu can cause high fever and pneumonia, and make existing medical conditions worse. Each year thousands of people die from seasonal flu and even more require hospitalization. The single best way to protect yourself and your loved ones against the flu is to get vaccinated each year. It is recommended that everyone 6 months of age and older receive a flu vaccine. The DIDHD also encourages new parents, health care professionals, and those who have contact with people age 65 and older to get vaccinated to help protect these high-risk individuals. The 2011-2012 flu vaccine will protect against three different flu viruses including the H1N1 virus.



In Dickinson County, a community flu clinic will be held on Saturday, September 24th from 9:00 a.m. to 12:00 noon at the Kingsford Middle School. **For an appointment call (906) 774-1868.**

In Iron County, a community flu clinic will be held in conjunction with the Northstar Health System Health Fair on Wednesday, October 5th from 9:30 a.m. to 5:00 p.m. at the Windsor Center (formerly West Iron County Middle School) in Iron River. **Please call (906) 265-9913 to schedule an appointment.**

Other community flu clinics will be held at the Crystal Falls Senior Center and Sagola Senior Center. In addition, after-school, community clinics will be held at the Forest Park School, West Iron County School, North Dickinson School and Norway School.

Influenza vaccine clinics will also be available at the Dickinson-Iron District Health Department offices as well.

The flu immunization will be billed to Medicare part B, Michigan Medicaid and private health insurance. For persons who do not have health insurance or whose insurance does not cover immunizations, the charge is \$30 for adults and \$15 for children/adolescents 6 months to 18 years of age.

The pneumococcal immunizations will be offered too and can be billed to Medicare Part B, Michigan Medicaid, and

private health insurance. If you do not have health insurance coverage for immunizations the charge an administration fee of \$15.

Pneumococcal disease is a serious disease that causes much sickness and death. Pneumococcal disease can lead to serious infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). Anyone can get pneumococcal disease. However, some people are at greater risk from the disease. These include smokers, 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.

Usually one dose of pneumococcal vaccine is needed. However, under certain circumstances a second dose may be given. Persons who are in the high risk category due to an illness should consult with their physician prior to receiving the pneumococcal vaccine.

The Tdap (Tetanus, diphtheria and pertussis) immunization will also be available and billable to private health insurance or Michigan Medicaid. If an adult does not have insurance coverage for immunizations the charge is \$15.

Pertussis (also known as whooping cough) is a contagious disease that can be passed easily from person to person. Pertussis can cause serious illness – especially in infants who are too young to be fully vaccinated. Pertussis can cause babies to cough so much that they cannot breathe. Hundreds of babies are hospitalized each year for whooping cough, and some die from it. To protect your baby, it is recommended that new moms and everyone in the family including others that will be caring for the baby be up-to-date on their whooping cough shots.



Whooping cough can also cause adults or teens to have severe coughing that leads to vomiting or broken ribs. They can be hospitalized for pneumonia and miss weeks of work or school. Even worse, they can spread whooping cough to the babies at home.

Vaccine protection for pertussis (whooping cough), tetanus, and diphtheria fades with time, so adults need a booster shot. Experts recommend adults receive a tetanus and diphtheria booster (called Td) every 10 years and substitute a Tdap vaccine for one of the boosters. The dose of Tdap can be given earlier than the 10-year mark.

Additional information is available at the Health Department's web site at www.didhd.org.

CDC Responds: Contagious Disease Outbreaks & How Public Health Works

Background: Warner Bros.' feature movie "Contagion," opening September 9, fictionalizes the world's emergency response to a novel respiratory disease outbreak. The movie, with brief action filmed at the CDC Headquarters in Atlanta, follows the process to investigate and respond to an unfolding outbreak.

Key Messages

- This is a movie, not a documentary; it is designed first to entertain, but we understand some of it is quite credible.
- CDC does not endorse or promote any commercial product (including movies).
- Yes, a new, deadly disease can emerge anywhere at any time—right here or just a plane ride away from here.
- While CDC, working with state and local health departments, is finding the cause and how to control a contagious disease outbreak, you can protect yourself by washing your hands, staying away from ill people, and being prepared to shelter in place if necessary.

Here are some Q/As to help you talk about the facts behind the fiction.

What was CDC's role in the making of the movie Contagion?

The film's writers talked with CDC scientists as they developed the idea for the movie. CDC allowed some movie scenes to be shot at CDC. A handful of CDC's workforce took a vacation day to work as extras in some crowd scenes. CDC had no creative control. CDC did review the script. CDC is not allowed to endorse or promote viewing any commercial film. The premise of the film and some scenes are quite credible. CDC understands this is a film that both entertains and educates, not a documentary.

CDC's Smithsonian-affiliated museum, David J. Sencer CDC Museum located at its Atlanta headquarters, was a site filmed for the movie. It is open to the public and receives about 60,000 visitors each year.

Can what happened in this film really happen?

Serious, deadly contagious disease outbreaks can and do happen. CDC investigates new contagious diseases—averaging one new or reemerging contagion per year. These new contagious diseases can emerge right here or only a plane-ride away from here.

It's not just new diseases that threaten the United States. Some diseases long thought controlled in the United States, like tuberculosis, can reemerge and be more deadly than ever.

CDC is on 24/7 to answer the call when a community or a country needs help to save lives and protect people from health threats. How many people get sick and die *immediately* depends on the following:

- * the rapid detection of the disease organism,
- * a clear understanding of how it is spread person-to-person, and
- * what is needed to stop ongoing transmission.

At that point it is a race to find the best way to treat and prevent the disease.

CDC is on the frontline 24/7 providing national health security and its success depends on many factors:

- How many trained scientists it has available to respond
- The quality of its laboratories
- The available means to collect and transmit its findings
- The degree to which people take action to protect themselves and stay healthy

Is CDC prepared?

CDC is always preparing for and working to prevent the next disease pandemic. At the center of the nation's health security system, CDC and public health across the nation exists to protect communities and save lives by controlling disease outbreaks like the 2009 H1N1 pandemic. The CDC's [Emergency Operations Center \(EOC\)](#) serves as the command center for monitoring and coordinating emergency response to public health threats in the U.S. and abroad. Staffed around-the-clock, the EOC serves as CDC's central point of contact for reporting public health threats such as pandemic flu, natural disasters and terrorist attacks.

How would CDC control an outbreak?

If a pandemic, like novel H1N1, should occur CDC would conduct an investigation and provide technical assistance to cities, states or international partners dealing with the outbreak. This assistance would include consultation, lab testing and analysis, recommendations on patient management and care, tracking of contacts and infection control (including isolation and quarantine). CDC's primary goals would be to determine the cause of the illness, the source of the infection/virus/toxin, learn how it is transmitted and how readily it is spread, how to break the cycle of transmission and prevent further cases and how patients can best be treated. Not only would scientists be working to identify the cause and cure of the outbreak, but CDC acting with other federal and international agencies would send medical teams and first responders to help those in affected areas. CDC would work closely with state and local public health officials. Scientists in the labs of CDC would help develop a vaccine to combat the virus, distribute and administer it to the public.

What can people do to protect themselves during an outbreak when there is no cure?

CDC has given much thought to that question. We know the actions people take personally can help reduce the disease in their community during an outbreak.

We call the actions they can take when there are no or limited supplies of drugs or vaccines, Nonpharmaceutical interventions, also known as NPIs. These are actions individuals and communities can take to help slow the spread of germs like flu that do not involve the use of vaccines or medicines.

(Cont. on back page)

CDC Responds: Contagious Disease Outbreak & How Public Health Works

(Cont. from pg. 3)

Individual actions include:

- Washing hands
- Covering coughs and sneezes
- Staying home when sick

Community actions include:

- Increasing space between people by changing seating arrangements, schedules, or attendance in places where people gather, like schools and businesses
- Temporarily closing schools under certain circumstances
- Cancelling or postponing mass gatherings under certain circumstances



Based on current research, modeling studies, and lessons learned from past flu pandemics, NPIs can help slow the spread of flu in communities, especially before vaccines and medicines become available.

CDC recommends that everyone take preventive actions, such as washing hands often, covering coughs and sneezes, and staying home when sick.

Does CDC warn people if there's an outbreak in another country?

CDC does issue travel advisories on its website. Every year more and more Americans are traveling internationally — for vacation, business, and volunteerism, and to visit friends and family.

Whatever your reason for traveling, consider obtaining information to help you to be **Proactive**, **Prepared**, and **Protected** when it comes to your health—and the health of others—while you are traveling. Take steps to anticipate any issues that could arise during your trip.

- ⇒ Learn about your destination.
- ⇒ See a doctor before you travel.
- ⇒ Think about your health status.

(Source: Centers for Disease Control)

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