

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~

Fall '09

Our Mission

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

Help Reduce the Flu at Work, School and Home

(By Linda Piper, Health Officer)

What is Influenza?

This fall we expect to encounter two types of influenza in our communities – seasonal influenza, the usual flu that circulates in our communities each fall and winter, and a new influenza virus, H1N1 (Swine flu) first identified last April. Both can cause illness varying in severity from mild to severe. Symptoms are similar and include: fever (over 100 degrees F or more), sore throat, cough, body aches, headache, chills, fatigue, and, with H1N1 flu, vomiting and diarrhea along with the respiratory symptoms may be present.

What can I do to lessen the spread of the flu?

Wash your hands frequently with soap and water for at least 20 seconds. You can also use a waterless hand cleaner. Always wash hands after coughing or sneezing and before eating.

Cover nose and mouth with tissue when coughing or sneezing. Throw the tissue in the trash after it has been used. If you don't have a tissue available, cough into your elbow or sleeve rather than your hand.

Avoid touching your eyes, nose or mouth, as germs are spread this way.

Avoid contact with individuals who have flu symptoms.

STAY HOME WHEN YOU ARE SICK! Anyone with flu like symptoms should stay home for at least 24 hours after they are free of fever, or signs of fever, without the use of fever-reducing medications.

What is the Seasonal Influenza Vaccine?

This is the vaccine that protects against the usual flu that circulates in our community each winter. We strongly encourage **every one** to be vaccinated against seasonal influenza. It is especially important for the very young, pregnant women, people with certain medical conditions and those over 50 years of age to be protected from this form of influenza. Affecting up to 40 million people nationwide, seasonal influenza and its complications are also responsible for 36,000 deaths and 200,000 hospitalizations every year. Seasonal influenza vaccine will be in abundant supply this year. The Centers for Disease Control and Prevention (CDC) is urging all providers to administer seasonal influenza vaccine early this year. The vaccine will continue to protect people from seasonal influenza throughout the normal flu season. Seasonal Influenza vaccine will be available through the Health Department or your health care provider.

How is H1N1 Influenza different from seasonal influenza?

The new influenza virus that began circulating last spring continued throughout the summer. This disease has affected young people, children and college age people at far greater rates than older adults. Those over 65 years of age may have some immunity built up from being exposed to similar viruses in the past.

(Cont. on page 3)

A Reminder about Women's Cancer Screening Program

2

Annual Report Update and Information

2

Help Reduce the Flu at Work, School and Home (Cont. from front page)

3

34th Annual Great American Smokeout

4

"Public Health: Not only helping to educate and protect those at high risk, but also the general public so residents can take an active role in helping to keep our community healthy."

A REMINDER ABOUT WOMEN'S CANCER SCREENING PROGRAM

(By Barb Peterson, FNP & Bev Olson, LPN, BCCCP)



Because October is designated as "Breast Cancer Awareness" month and January is "Cervical Cancer

Awareness" month, and both are just around the corner, we want to remind everyone about an important program.

Since 1991, the Michigan Department of Community Health (MDCH) has implemented a comprehensive Breast and Cervical Cancer Control Program (BCCCP) through a multi-year grant from the U.S. Centers for Disease Control and Prevention. With these funds, low-income women now have access to life-saving cancer screening services and follow-up care, including cancer treatment if that should be needed.

Through this program, women who have breast and cervical cancer will be identified at earlier stages of these diseases, when treatment is less expensive and the survival rate is more favorable. Working together, participating medical providers and local health agencies can ensure that the highest quality breast and cervical cancer control services are available to all women in their communities.

WHY IS THIS SERVICE SO IMPORTANT?

- Uninsured/underinsured women are less likely to access this type of care due to financial constraints and often have not been screened for several years.

- Breast Cancer is the most common diagnosed cancer amongst American women, other than skin cancer.

- 1 in 8 U.S. Women are diagnosed with breast cancer annually.

- No one should die of cervical cancer if detected early, all deaths from cervical cancer can be prevented.

WHAT SERVICES ARE PROVIDED?

- Clinical breast exam
- Instruction in breast self-exam
- Pelvic exam
- Pap test if indicated
- Screening mammogram
- Other Diagnostic follow-up tests as indicated
- Referrals for other health related issues
- Coverage for cancer treatment, if diagnosed

WHERE ARE THESE SERVICES AVAILABLE?

Women throughout Michigan may seek these services from local health departments and over 700 contracted BCCCP providers across the state. Services are also available through tribal health clinics of federally recognized Indian tribes.

Locally, basic screening services are provided at the Dickinson-Iron District Health Department offices in both Kingsford and Iron River. Clients enrolled, are then issued vouchers to receive a mammogram at local hospitals or other needed follow-up services with other contracted providers.

WHO PROVIDES THE LOCAL SERVICES?

Basic screening services are provided on-site at the Health Department with existing trained staff. In addition, there are many local sub-

contracted providers in our community who provide services for the program off-site, such as radiology facilities for mammography, clinical laboratories to analyze pap tests and surgeons and gynecologists to follow-up on abnormalities identified.

NEW PROVIDERS ARE ALWAYS WELCOME!

The BCCCP reimburses providers at the Medicare rate for screening services. To learn more about becoming a provider, call the BCCCP Coordinator at: (906) 779-7247 or (906) 265-4187.

PROGRAM ELIGIBILITY REQUIREMENTS

- Women ages 40-64
- Michigan resident
- Uninsured or Underinsured
- Meet income guidelines

For additional information and to make an appointment please call:

Dickinson County Office: (906) 779-7237

Iron County Office: (906) 265-4166.

Annual Report Update and Information



To review the 2008 Annual Report for the Dickinson-Iron District Health Department, please visit the health

department's website at

www.didhd.org to access and review

the report. If you have any questions or concerns with the report, please feel free to express your opinions and/or comments to Linda Piper, Health Officer/Director at (906) 774-1868.

Help Reduce the Flu at Work, School and Home

(Cont. from front pg.)

Pregnant women, very young children and people with chronic medical conditions, like asthma, heart disease and diabetes, are more likely to develop severe illness than the average adult. Bacterial infections at the same time or after the flu infections can lead to pneumonia, ear infections or sinus infections.

Is there a vaccine to protect from the H1N1 Influenza?

H1N1 Influenza vaccine is being tested and developed now and expected to be released as it becomes available beginning later this fall. Since it is expected to be available in limited quantities initially the following groups will be given the vaccine first: pregnant women, people who live with or care for children younger than 6 months of age, all people 6 months through 24 years of age, healthcare and emergency services personnel, and people aged 25 through 64 years of age who have medical conditions associated with higher risk of medical complications from influenza. Once the demand for vaccine for these priority groups has been met everyone aged 25 to 64 years of age will be offered the vaccine. As vaccine supply and demand for vaccine among younger groups is met the vaccine will be offered to people 65 years and older. The H1N1 vaccine is **not** meant to replace the seasonal flu vaccine – it is intended to be used in addition to seasonal flu vaccine to protect people.

How do I care for a sick person at home?

Check with your medical care provider about any special care needed for a person who is pregnant or who has a health condition such as diabetes, heart disease, asthma or emphysema.

Keep the sick person away from others as much as possible. **DO NOT GO TO WORK OR SCHOOL WHILE ILL.**

Stay home for at least 24 hours after fever is gone, except to seek medical care (Fever should be gone without the use of a fever-reducing medication).

Do not give aspirin to children or teenagers. This can cause a rare but serious illness called Reyes syndrome. Children 5 years of age and older and teens can take medicines **without** aspirin, such as acetaminophen (Tylenol) and ibuprofen (Advil, Motrin, Nuprin) to relieve symptoms. Read the label of any over the counter cold and flu medications to be sure they don't contain aspirin or additional doses of medications already being given such as acetaminophen or ibuprofen. Check with your health care provider before giving children under the age

of 4 any over the counter cold medications. The safest care for flu symptoms in children under two years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

Get plenty of rest.

Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.

Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.

Throw used tissues in the trash.

Be watchful for emergency warning signs that might indicate the need to seek medical attention.

Seek Emergency Care:

If a **child** experiences any of the following:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In **adults**, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



The Dickinson-Iron District Health Department will be conducting seasonal flu clinics on **Saturday, September 19th from 9:00 a.m. – 12:00 noon at the Kingsford Middle School (walk-in clinic/no appointment necessary)** and on **Thursday, September 24th from 9:30 a.m. – 2:30 p.m. at the Elks Club in Iron River. At the Iron River clinic an appointment is required.** Please call 265-4150 to schedule an appointment.

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**THE PUBLIC
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34th Annual Great American Smokeout

Thursday, November 19, 2009, is the 34th Great American Smokeout, and the American Cancer Society continues its legacy of providing free resources to help smokers quit. The Great American Smokeout was inaugurated in 1976 to inspire and encourage smokers to quit for one day. Now, 39.8 percent of the 43.4 million Americans who smoke have attempted to quit for at least one day in the past year, and the Great American Smokeout remains a great opportunity to encourage people to commit to making a long-term plan to quit for good.

With all the resources available to help smokers quit, there has never been a better time to quit smoking, and the American Cancer Society is here to help. If you smoke, make a plan and set the Great American Smokeout, November 19, 2009, as your quit date. By calling the American Cancer Society Quitline® at 1-800-227-2345, people who plan to quit will be able to speak with a trained counselor and receive free, confidential counseling.

The American Cancer Society offers other free resources – through Quitline and at www.cancer.org/GreatAmericans – that can increase a smoker's chances of quitting successfully, including tips and tools for friends, family, and coworkers of potential quitters to help them be aware and supportive of the struggle to quit smoking.

Also imperative in this effort to encourage people to quit smoking are smoke-free laws and higher tobacco taxes which make it harder for people to smoke, and protect nonsmokers from tobacco smoke. The majority of U.S. communities are now covered by smoke-free laws, while forty-three states, the District of Columbia, and Puerto Rico have raised tobacco taxes since 2000. Smokers nationwide now face an average cost of \$4.32 for one pack of cigarettes, not including all taxes.

For local resources and information, please call the Health Department at 779-7234.

**HEALTH DEPARTMENT
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“Public Health: Not only helping to educate and protect those at high risk, but also the general public so residents can take an active role in helping to keep our community healthy.”