

# 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."*

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## Back to School Immunizations

Vaccine-preventable diseases are still seen in Michigan, and may cause disability or death. Immunization is one of our most cost-effective measures to protect children from these diseases. A high proportion of children must be immunized to prevent outbreaks of disease in school settings and other places where children work and play closely together.

Since 1978, Michigan State law has required that each student entering kindergarten or a new school district be up-to-date on their immunizations. In addition, Michigan schools are required to assess and report the immunization status of all 6<sup>th</sup> grade students. Each student is assessed for the following immunizations: diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, hepatitis B, and varicella.

Additionally the Advisory Committee on Immunization Practices (ACIP) to the Centers for Disease Control and Prevention (CDC) recommends routine vaccination with the following vaccines for the age groups described below.

### Meningococcal Conjugate Vaccine (MCV4) – One dose

- Adolescents 11-18 years old.
- College freshmen that live in dormitories.
- Adults 19 – 55 years, such as those with:
  - \* Damaged or removed spleen
  - \* HIV
  - \* Terminal complement component deficiency
  - \* Plans to travel/live in parts of the world where this disease is common, such as parts of Africa
  - \* Possible exposure to meningitis (Not serogroup B)



Meningococcal disease is caused by bacteria that infect the bloodstream and the linings of the brain and spinal cord, causing serious illness. Every year in the United States, 1,400 to 2,800 people get meningococcal disease. Ten to 14 percent of people with meningococcal disease die, and 11-19 percent of survivors have permanent disabilities (such as mental retardation, hearing loss, and loss of limbs). The disease often begins with symptoms that can be mistaken for common illnesses, such as the flu. Meningococcal disease is particularly dangerous because it progresses rapidly and can kill within hours.

The vaccine is highly effective. However, it does not protect people against meningococcal disease caused by "type B" bacteria. This type of bacteria causes one-third of meningococcal cases. More than half of the cases among infants aged <1 year are caused by "type B," for which no vaccine is available in the United States. The new meningococcal vaccine was licensed by the U.S. Food and Drug Administration (FDA) for use in people 11-55 years of age. It is manufactured by Sanofi Pasteur and is marketed as Menactra™.

### Human Papillomavirus virus vaccine (HPV4) – 3 doses

- Adolescent females 11-12 years old.
- Adolescent females ages 13-18 years of age who have not received the vaccine. It may be given to females as young as 9 years of age.
- The vaccine is also recommended for young women 19-26 years of age. (Cont. on pg. 3)

*"Public Health: Keeping our kids and community protected and safe during all times of the seasons."*

## Obama Administration Announces New Campaign to Refocus National Attention on the HIV Crisis in the United States

Every 9 ½ minutes another person in America becomes infected with HIV. Officials from the White House, Department of Health and Human Services and the Centers for Disease Control and Prevention (CDC) recently announced a new five-year national communication campaign, *Act Against AIDS*, which highlights this alarming statistic and aims to combat complacency about the HIV/AIDS crisis in the United States.

According to CDC data released last year, about 56,000 Americans become newly infected with HIV each year – significantly more than was previously known – and more than 14,000 people with AIDS die each year in the United States.

*Act Against AIDS* seeks to put the HIV crisis back on the national radar screen. The goal is to remind Americans that HIV/AIDS continues to pose a serious health threat in the United States and encourage them to get the facts they need to take action for themselves and their communities.

The campaign will feature public service announcements (PSAs) and online communications, as well as targeted messages and outreach to the populations most severely affected by HIV/AIDS, beginning with African-Americans, with subsequent phases focusing on Latinos and other communities disproportionately impacted.

To promote broad use of the campaign messages, CDC is also collaborating with the Henry J. Kai-

ser Family Foundation to focus on outreach and technical assistance to the media and the entertainment industry.

The *Act Against AIDS* campaign will be supported by a CDC budget of roughly \$45 million over the next five years, as well as the efforts of community, media and public health partners across the country to promote and utilize campaign materials and messages.

The first phase of the *Act Against AIDS* campaign, called “9 ½ Minutes,” uses a series of video, audio, print and online materials to increase knowledge about the severity of the HIV/AIDS crisis in the United States. The campaign highlights the simple fact that every 9 ½ minutes someone in the United States becomes infected with HIV.

The materials released today direct Americans to “get the facts” by going to the Web site [www.NineAndAHalfMinutes.org](http://www.NineAndAHalfMinutes.org) as a first step toward learning how they can help protect themselves and others. The site provides basic education about HIV/AIDS as well as referrals to HIV prevention and testing services and organizations throughout the nation.

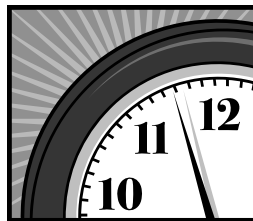
In the United States, every 9 ½ minutes someone’s brother, sister, best friend, father or mother becomes infected with HIV. Yet, research shows that many of

those becoming infected do not recognize their risk. This is a major concern, because lack of knowledge contributes to increased risk behaviors.

The next phase to launch will focus on African-Americans, who, by far, bear the greatest burden of HIV in the United States. While accounting for just 12 percent of the U.S. population, blacks represent roughly half of new HIV infections and AIDS deaths every year. Targeted communications to encourage increased HIV testing among the two groups of African-Americans most severely affected, gay or bisexual men and women, will begin shortly.

Future phases of the *Act Against AIDS* campaign will focus on reaching specific populations at greatest risk with HIV prevention messages tailored to meet their unique needs including Latinos and other high risk groups.

**Locally, the Dickinson-Iron District Health Department offers HIV testing and counseling services.** In observance of National Free HIV Testing Day, **the health department will offer a free testing day in each office in July. Clinics will be held July 6, 2009 in Dickinson County and July 13 in Iron County.** Posters and news releases will announce the free testing day. Clients may call the health department to make an appointment. **Testing is anonymous and confidential.** Orasure testing is available which is non-invasive and involves no blood drawing.



## Back to School Immunizations

(Cont. from front page)

The Human Papillomavirus virus is the leading cause of cervical cancer in women. Gardasil®, manufactured by Merck, is the first vaccine developed to prevent cervical cancer, precancerous genital lesions and genital warts due to HPV. It has been tested in thousands of women around the world and has been found to be safe and effective in providing protection against the two types of HPV that cause most cervical cancers.

### **Tetanus, Diphtheria, Pertussis (Tdap) – Booster dose**

- Adolescents 11-18 years old.
- Adolescents who have already gotten a booster dose of Td are encouraged to get a dose of Tdap as well, for protection against Pertussis. Waiting at least 5 years between Td and Tdap is encouraged, but not required.
- Adolescents who did not get all their scheduled doses of DTaP or DTP as children should complete the series using a combination of Td and Tdap.
- Adults 19 – 64
  - \* Should substitute Tdap for one booster dose of Td. Td should be used for later booster doses
  - \* Who have close contact with an infant younger than 12 months of age should get a dose of Tdap. Waiting at least 2 years since the last dose of Td is suggested, but not required
  - \* Healthcare workers who have direct patient contact in hospitals or clinics should get a dose of Tdap. Waiting at least 2 years since the last dose of Td is suggested, but not required.

Tdap was licensed in 2005. It is the first vaccine for adolescents and adults that protects against tetanus, diphtheria and pertussis disease. Pertussis (Whooping Cough) causes severe coughing spells, vomiting, and disturbed sleep. It can lead to weight loss, incontinence, rib fractures and passing out from violent coughing, pneumonia, and hospitalization due to complications.

In 2004 there were more than 25,000 cases of Pertussis in the U.S. More than 8,000 of these cases were among adolescents and more than 7,000 were among adults. Up to 2 in 100 adolescents and 5 in 100 adults with Pertussis are hospitalized or have complications.

### **Hepatitis A - 2 doses**

Hepatitis A vaccine is now available to all children ages 1 year through 18 years of age. Hepatitis A is a serious liver disease caused hepatitis A virus (HAV). HAV is found in the stool of persons with hepatitis A and is usually spread

by close personal contact and sometimes by eating food or drinking water containing HAV. Hepatitis A can cause “flu-like” illness with jaundice (yellow skin or eyes), and severe stomach pains and diarrhea. People infected often have to be hospitalized.

### **Varicella - 2 doses**

All children who have not had the chickenpox (varicella) disease should receive 2 doses of varicella vaccine. This is a change in the recommendations that children under 13 receive 1 dose of varicella vaccine. All children should receive 2 doses of vaccine, first dose at 12-15 months of age and the second dose 4-6 years of age. Children who received one dose should receive a second catch up dose.



For the most current recommended guidelines for childhood and adult immunizations visit the Michigan Department of Community Health (MDCH), Immunization Division website at [http://www.michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_4914---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4914---,00.html) or the Centers for Disease (CDC) website at <http://www.cdc.gov/nip/default.htm>.

## Keeping Outdoor Swimming Pools

**Clean and Safe** (By Sheila McNulty, RS)

If you own a swimming pool, you know the hours of fun and enjoyment it can provide. It does however, require a good amount of maintenance. The following activities can be completed to ensure that your pool is safe and clean:



- Clean and disinfect your pool with chlorine at all times. Chlorine will kill bacteria, control algae and breakdown organic matter in the pool. It is recommended that the chlorine level be maintained between 1ppm and 5ppm. Along with chlorine, the proper pH control is important. The pH must be maintained at levels between 7.2-7.8 to enable the chlorine to work efficiently. Use a test kit to test the chlorine and pH levels in the pool.

(Cont. on back pg.)

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**Keeping Outdoor Swimming Pools  
Clean and Safe**

*(Cont. from pg. 3)*

- The pool filter and skimmer should be cleaned daily to remove bugs and other debris. A vacuum should be used to remove sediment and debris from the bottom and sides of the pool. Check your pool pump, circulation system and filter regularly. A daily cleaning and maintenance will eliminate costly repairs and will keep your pool clean and safe.
- It is critical that activity be closely supervised around swimming pools and a barrier be kept around the swimming pool area to prevent drowning. Contact the County Construction Code office to determine the regulations for fencing around a swimming pool. Any doors in your home that lead to the pool area should be self-closing and locking. An audible alarm can be placed on doors in your home which lead to the pool. There are also alarms for the pool itself which sound at any water movement.
- If you have a kiddie pool, empty and clean the swimming pool daily. These pools do not have a filter, circulation or disinfectant system and can become contaminated with bacteria and other debris very easily.

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