

# 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~

Summer 2008

## 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

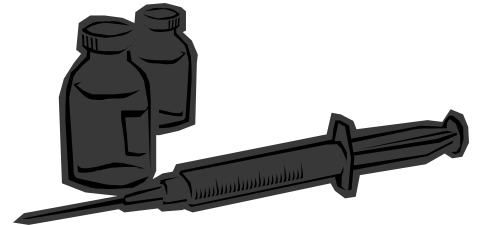
Vaccine-preventable diseases are still seen in Michigan, and may cause disability or death. Immunization is one of our most cost-effective measures to protect children from these diseases. A high proportion of children must be immunized to prevent outbreaks of disease in school settings and other places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

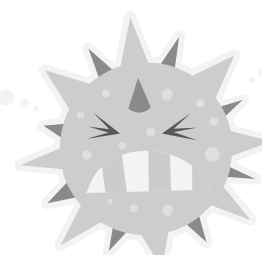
Since 1978, Michigan State law has required that each student entering kindergarten or a new school district be up-to-date on their immunizations. In addition, Michigan schools are required to assess and report the immunization status of all 6<sup>th</sup> grade students. Each student is assessed for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

*(Cont. on page 3)*

*"Public Health: Whether it's keeping the community safe from an environmental hazard or potential disease threat, Public Health is always working for you!"*

## Get the News about Your Weather - With a NOAA Weather Radio

Did you know there is a radio that broadcasts National Weather Service warnings and watches 24 hours a day and warns you with an alarm of dangerous weather? It's true. It's called the NOAA Weather Radio network. This is a nationwide network of stations broadcasting continuous weather information directly from the nearest National Weather Service Office. They will also broadcast warnings and post-event information for all types of hazards, including natural disasters, environmental hazards and other emergencies.

Recently, a weather tower was installed in Crystal Falls. The tower allows the National Weather Service to broadcast warnings and watches to the residents of Iron and Dickinson Counties.

How does the radio work? National Weather Service forecasters provide routine weather programming all the time to help you plan. The radios also send out a special alarm tone to alert you to a life-threatening situation. Why is that important? Sometimes, weather can turn deadly very fast. Tornadoes are the best example. Tornadoes may strike when people are sleeping or unaware of the forecast. Tornadoes can be deadly if people cannot seek an appropriate shelter - like a basement or an in-house safe room. With the NOAA Weather Radio, you will be alerted to dangerous weather with time to take shelter.

Every house should have a NOAA Weather Radio - just the way all houses should have a smoke detector. Most radios run on batteries or have battery back-up. Be sure to take it with you when you travel or are out boating or camping.

NOAA Weather Radio All Hazards transmitters broadcast on one of seven VHF frequencies. The broadcasts cannot be heard on a simple AM/FM radio. Weather radios can be purchased at local electronic, department, or sporting goods stores.

Additional information can be accessed at [www.nws.noaa.gov/nwr/](http://www.nws.noaa.gov/nwr/).

*Information adapted from FEMA and the National Weather Service*

## Lyme Disease

### **What is Lyme disease?**

Lyme disease is an infection that is spread by ticks. You can get Lyme disease if you are bitten by an infected tick. But most people who have had a tick bite do not get Lyme disease. It's still important to see your doctor if you have a tick attached to you that you can't remove.

Lyme disease is common in the United States. It can also be found in Canada, Europe, and Asia.

### **What causes Lyme disease?**

Lyme disease is caused by bacteria. Infected ticks spread the bacteria by biting people or animals.

Two types of ticks carry the Lyme disease bacteria in the U.S. They are:

- **Deer ticks:** They spread the disease in the Northeast and Midwest.
- **Western black-legged ticks:** They spread the disease along the Pacific coast, mostly in northern California and Oregon.

Remove ticks as soon as you notice them. Infected ticks usually don't spread Lyme disease until they have been attached for at least 36 hours.

### **What are the symptoms?**

One sure sign of Lyme disease is a round, red rash that spreads at the site of a tick bite. This rash can get very large.

Flu-like symptoms are also very common. People in the early stages of Lyme disease may feel very tired and have headaches, sore muscles and joints, and a fever.

These symptoms can start at any time, from 3 days up to a month after you have been bitten. Some people don't have any symptoms when they are in the early stages of Lyme disease. And they may not even remember getting a tick bite.

If Lyme disease goes untreated, you can have more serious symptoms over time. These include:

- Swelling and joint pain (like arthritis).
- Tingling and numbness in your hands, feet, and back.
- A lack of energy that does not get better.
- Trouble focusing your thoughts.
- Poor memory.
- Weakness or paralysis in your face muscles.

*(Cont. on back page)*



## Back to School Immunizations *(Cont. from front page)*

### **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.

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>.

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## Lyme Disease

*(Cont. from pg. 2)*

### **How is Lyme disease diagnosed?**

Your doctor will ask you questions about your symptoms. If you have a round, red rash, it can be a sure sign of Lyme disease. Your doctor will also ask about your activities to try to find out if you have been around infected ticks. You may have a blood test to see if you have certain antibodies in your blood that could mean you have the disease.

### **How is it treated?**

The main treatment for Lyme disease is antibiotics. These medicines usually cure Lyme disease within 3 weeks of starting treatment. It's important to get treatment for Lyme disease as soon as you can. Talk to your doctor if you have had a tick attached to your skin, especially if you live in an area where Lyme disease has been reported. Look for early signs of the disease, such as a round, red rash that gets bigger or symptoms like you'd get with the flu.

If it goes untreated, Lyme disease can lead to problems with your skin, joints, nervous system, and heart. These can occur weeks, months, or even years after your tick bite. The problems often get better with antibiotics, but in rare cases they can last the rest of your life.

### **Can you prevent Lyme disease?**

The best way to prevent Lyme disease is to protect yourself from ticks. Cover up as much skin as you can when you're going to be in wooded or grassy areas. Wear a hat, a long-sleeved shirt, and long pants with the legs tucked into your socks. And keep in mind that it's easier to see ticks on light-colored clothes.

Use a bug spray that has the chemical DEET to repel ticks. You can spray it right on your skin. Check your pets for ticks after they've been outside. You can't get Lyme disease from your pet. But your pet can bring infected ticks inside. These ticks can fall off your pet and attach to you. *(Source: Healthwise)*

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