

The Update Huron County

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Safe and Healthy Travels

Traveling can be exciting time to see the world. With little planning, one can travel and visit almost any destination. Travel within the United States, or to other countries can be an opportunity to volunteer, work, relax and have fun. This same travel can also expose you to infectious viruses and bacteria.

Before travel, you should have information about the destination that could possibly affect your health, such as the altitude, temperature and climate. Also be aware of whether the destination is prone to natural disasters.

Vaccines are one of the most important tools you have for preventing certain diseases. If you travel to other countries, it is especially important to get vaccinated because some diseases that are not common in the United States still exist in other parts of the world. In addition, in the close confines of an airport or airplane, other travelers may unknowingly expose you to disease.

Medications are of great significance when traveling. Prescription medicine should always be carried in its original container, along with a copy of the prescription, and all medicine should be packed in carry-on luggage, in case checked luggage gets lost.

Although exotic infections make the headlines, injury is the most common cause of preventable death among travelers. You can minimize the risk of serious injury by following these guidelines:

- do not travel at night in questionable areas
- do not ride in cars after dark in developing countries
- avoid small, local planes
- always wear a seatbelt

Using these simple suggestions/considerations when planning your next vacation, will protect you and your loved ones. Wishing you safe and healthy travels!

Resource:
<http://www.cdc.gov/Features/TravelProtection>

A monthly newsletter providing local health department reports and information about communicable diseases and community health issues. Our resources include publications by the Centers for Disease Control and Prevention (CDC), such as the Morbidity and Mortality Weekly Report (MMWR);

the Michigan Department of Community Health (MDCH) and other sources. If you would like more information, or have questions about the above topics or other public health issues, please contact Juliann Koehn at 989-269-9721, ext 141.

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Our Mission Statement

“We are dedicated to promoting and protecting the health of individuals and families in our service jurisdiction by providing a wide range of quality health and human services”



New Steps Aimed At Cutting Risks from Acetaminophen

The Food and Drug Administration (FDA) has taken new steps to reduce the risk of severe liver injury associated with acetaminophen, a widely used pain- and fever- reducing drug.

On January 13th, 2011, FDA announced it is

- Asking all members of prescription products that contain acetaminophen to limit the amount of the drug to 325 milligrams per tablet or capsule
- Requiring a **Boxed Warning** on all prescription acetaminophen products that highlights the potential risk for severe liver injury. **Boxed Warnings** are FDA's strongest warnings for prescription drug products, used for calling attention to serious or life-threatening risks.

In addition, FDA is requiring a **Warning** on labels of all prescription products that contain acetaminophen that highlights the potential for allergic reactions.

Reports of Severe Liver Injury

FDA continues to receive reports of severe liver injury associated with the use of products that contain acetaminophen.

Sandra Kweder, M.D., deputy director of FDA's Office of New Drugs, says the agency's most recent action is aimed at making pain medications containing acetaminophen safer for patients to use.

"Overdoses from prescription products containing acetaminophen account for nearly half of all cases of acetaminophen-related liver failure in the U.S., many of which result in liver transplant or death," says Kweder.

Most of the cases of severe liver injury occurred in patients who

- ♦ Took more than the prescribed dose of an acetaminophen-containing product in a 24-hour period.
- ♦ Took more than one acetaminophen-containing product at the same time
- ♦ Drank alcohol while taking the drug.

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There is no immediate danger to patients who take these combination pain medications and they should continue to take them as directed by their health care provider. The risk of liver injury primarily occurs when patients take multiple products containing acetaminophen at one time and exceed the current maximum dose of 4,000 milligrams within a 24-hour period.

Steps You Can Take

Do not stop taking your prescription pain medicine unless told to do so by your health care professional. FDA says you can help reduce the risk of adverse effects from acetaminophen by:

- ◆ Taking opioid/acetaminophen combination products only as prescribed by a health care professional
- ◆ Not taking more of an acetaminophen-containing medicine than directed
- ◆ Carefully reading all labels for prescription and OTC medicines and asking the pharmacist if your prescription pain medicine contains acetaminophen
- ◆ Not taking more than one product that contains acetaminophen at any given time
- ◆ Not drinking alcohol when taking acetaminophen
- ◆ Stopping your medicine and seeking medical help immediately if you experience allergic reactions such as swelling of the face, mouth, and throat; difficulty breathing; itching; rash; think you have taken more acetaminophen than directed
- ◆ Not taking more acetaminophen than the maximum daily dose of 4000 milligrams (4 grams)
- ◆ Not trying to calculate the total amount of acetaminophen you take each day. Instead, talk to your health care professional about all of the medications-prescription and OTC you are taking which include acetaminophen.

Source: FDA Consumer Health Information/U.S. Food and Drug Administration Jan 2011



School Reports */**/+

Disease	Jan/Feb/March 2011
Head Lice	19
Strep Throat	16



*All schools may not have reported

**Diagnosis is not always made by a health care professional

+ Influenza reports will now be found on the quarterly summary reports because MDCH also enters influenza reports that may not be from school-aged children

Source: Huron County Schools Weekly Communicable Disease Reports/MDSS

Tornado & Thunderstorm Preparation

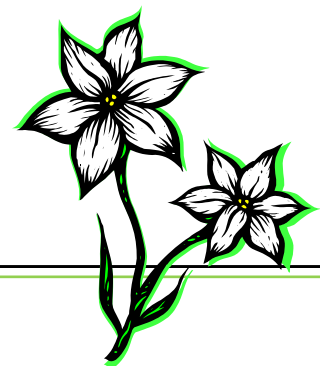
In Michigan, we face the threat of severe thunderstorms & tornadoes. Decisions that you make in preparation for these emergencies can lessen the impact they have on the lives of your family and on your community.

Being prepared is a very important part of staying safe. You can prepare for the unexpected by creating a family disaster plan and keeping a disaster supply kit on hand.

Preparing for a tornado/thunderstorm:

- * Plan ahead. Be sure everyone in your household knows where to go and what to do in a case of a tornado warning.
- * Know the safest location for shelter in your home, workplace and school. Load bearing walls near the center of the basement or lowest level generally provide the greatest protection.
- * Know the location of designated shelter areas in local public facilities such as schools, shopping centers and other public buildings.
- * Make an inventory of household furnishings and other possessions. Supplement it with photographs of each room. Keep in a safe place.

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Have a disaster supplies kit on hand. This kit should include:

- Flashlight
- Extra Batteries
- Battery Operated Radio
- First Aid Kit
- Can Opener
- Canned Food
- Bottled Water
- Extra Clothes



Extreme weather can disrupt power and water supply:

Each tornado season review with your family the area in the home that is designated as the shelter, and practice having everyone in the family go there in response to a tornado threat. Discuss with family members the difference between a “tornado watch” and a “tornado warning.” Develop an emergency communication plan in case family members are separated from one another during a tornado (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.

More information on severe weather can be found at the following websites:

http://www.michigan.gov/documents/msp-tornado_tips_8781_7.pdf

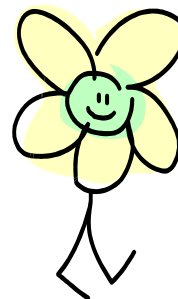
<http://www.emergency.cdc.gov/disasters/>

**Quarterly Summary of Reportable Communicable Diseases in Huron County
January, February, March 2010 and
January, February, March 2011**

DISEASE GROUP	DISEASE	Jan/Feb/March 2010	Jan/Feb/March 2011
FOODBORNE	Campylobacter	1	0
	Norovirus	0	5
	Giardiasis	1	0
	Salmonella	0	1
	Shigellosis	0	1
VIRAL HEPATITIS	Hepatitis C, Chronic	7	1
	Hepatitis A	1	0
OTHER	*Flu-like Disease	430	227
	Influenza	0	2
	Gastrointestinal Illness	90	0
SEXUALLY-TRANSMITTED INFECTION	Chlamydia (Genital)	7	12
	Gonorrhea	1	0
VACCINE-PREVENTABLE DISEASE (VPD)	Varicella (Chicken Pox)	1	0

*NOTE: The discrepancy in number of reported diseases may be due to changes in reporting procedures or the addition or reporting

Source: MDSS & Agency



COMMUNICABLE DISEASE REPORTING	Jan/Feb/March 2011
Rabies Investigations Received and Investigated	14
Rabies Number Receiving Rabies Prophylactic Treatment	2
Communicable Disease Reports Received and Investigated	8
TB Tests Given	51
TB Tests Reactors/Converters	1/0
TB Active Cases (newly diagnosed)	0
TB Receiving Treatment	1



SPRING



Source: Agency Logs

IMMUNIZATION UPDATE	Jan/Feb/March 2011
Children ages Birth to 18 years How many vaccines were administered How many flu vaccines were administered	465 people received 895 vaccines 67 flu vaccines
Adults 19 years and older How many vaccines were administered	95 people received 148 vaccines



Source: MCIR & Agency

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