

The Huron County Update

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Don't forget that the flu season is just getting started! You can still stop in to the Huron County Health Department and receive your flu shot if you haven't yet. According to the Centers for Disease Control and Prevention flu vaccines are one of the SAFEST medical products out there; literally "hundreds of millions of people" have safely gotten the vaccine for over 50 years. There are no flu vaccines available that CAUSE anyone to actually get the flu, but it is possible to experience the mild side effects of redness, swelling, soreness, low grade fever, and/or aches. Just as with any medication, there is risk of an allergic reaction. If you get the flu after receiving the vaccine it is caused from being exposed to the flu virus prior to receiving the vaccine or before the body has the chance to respond to the vaccine received and protect you. The strain of flu you became sick with may also have been a strain that was not in the vaccine. Other factors such as age and health can also affect the way the body is protected from influenza.

Some may say that there is no point in getting the flu shot if it may not be a good match, but what about the fact that some match may be better than no match at all to protect you, your family members, or others from experiencing a miserable week away from work or school? Those days off from school or work can be very costly to a family in terms of time and money, especially if it leads to doctor's office visits or even the hospital. To receive a flu shot please call the Huron County Health Department at 989-269-9721 and make an appointment. Remember to spread fun, not the flu!

www.cdc.gov/flu

A quarterly 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, extension 141.

Our Mission Statement

The Huron County Health Department works to enhance our community's total well-being by promoting healthy lifestyles, protecting health and preventing disease.



Ready for an Emergency? You can be.



Emergency Preparedness and You!

Many people are concerned about the possibility of an emergency, such as a natural disaster, terrorism, or diseases that spread easily. The public needs to be prepared, and in order to do so you can take steps to help prepare for an emergency if and when it happens.

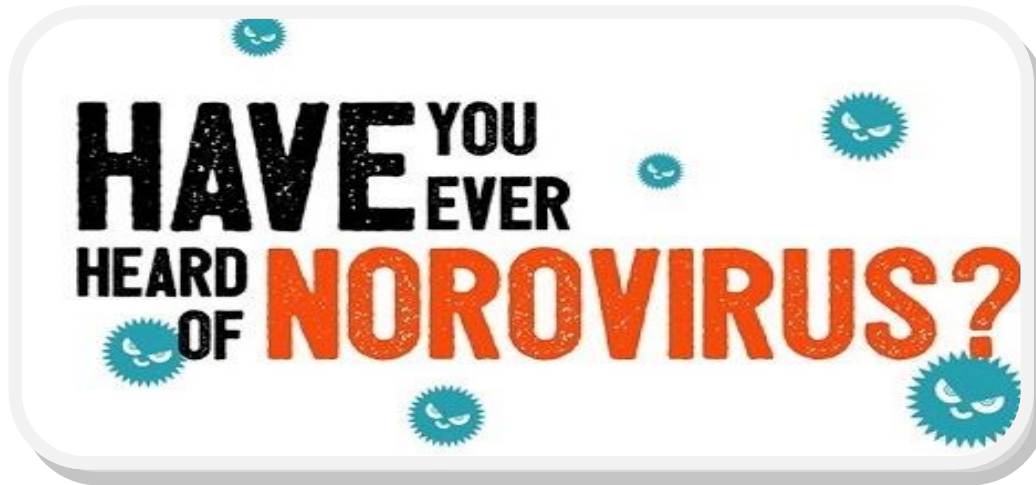
To help prepare you can follow simple step by step guide to prepare for an emergency or disaster.

Step 1: Pack an emergency kit including at least a 3 day supply of food and water. Ensure foods are easy to make and won't spoil. Canned goods are your best option. Include medications, soap, toothbrush, first aid kit, blanket, flashlight, batteries, matches, cell phone with charger, amongst other items. Also remember to plan for children and pets.

Step 2: Make a plan! Talk with your family about developing a communication plan in the event that you are separated in an emergency. Ensure contacts are updated in phones, complete a contact card for all members of the family. Include in a family plan escape routes to get out of your home in the event of a fire, choose multiple meeting places and practice getting to them. Another important tip to remember, teach your children how to dial 911 and when to call for help.

Step 3: Be INFORMED! Sign up for local emergency alerts including phone calls, texts, and social media. Also familiarize yourself with the different alerts including warning signals and sounds. In addition to familiarizing yourself with warning signals, sounds, and alerts, you should also understand the terms for alerts including the difference between watch and warning.

Being prepared always makes a true emergency less stressful for the entire family. Please feel free to contact Jessica Vignski, RN, Emergency Preparedness Coordinator at the Huron County Health Department for further information or questions.



Each year on average in the United States, norovirus:

- causes 19–21 million cases of acute gastroenteritis (inflammation of the stomach or intestines or both)
- leads to 1.7–1.9 million outpatient visits and 400,000 emergency department visits, primarily in young children
- contributes to about 56,000–71,000 hospitalizations and 570-800 deaths, mostly among young children and the elderly

You can get norovirus illness at any time during the year. But, it is most common in the winter. Also, there can be 50% more norovirus illness in years when there is a new strain of the virus going around.

Noroviruses are a group of viruses that cause gastroenteritis, in people. Norovirus is known *incorrectly* as the “stomach flu”. Norovirus is NOT related to the flu (influenza), which is a respiratory illness caused by a different virus. Norovirus illness usually begins 24 - 48 hours after exposure, but can appear as early as 10 hours after exposure. Symptoms usually include nausea, vomiting, diarrhea, and stomach cramping. Sometimes people have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness is usually brief, with symptoms lasting only 1 or 2 days.

Noroviruses are very contagious and spread easily from person to person. The virus is found in the stool and vomit of infected people. People can become infected in several ways, including eating food or drinking liquids that are contaminated by infected food handlers, touching surfaces or objects contaminated with norovirus and then touching their mouth before hand washing, or having direct contact with another person who is infected and then touching their mouth before hand washing.

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People infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. Therefore, good hand washing is important. Persons infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover. Infected people do not become long-term carriers of norovirus. Since the virus is passed in vomit and stool, children should not go to daycare or school while they have diarrhea or vomiting. Once illness ends, children can return to daycare, but hand washing must be strictly monitored. Persons who work in nursing homes, take care of patients, or handle food should stay out of work until at least 48-72 hours **after** symptoms end.

You can decrease your chances of becoming infected with norovirus by:

- Frequent hand washing with warm water and soap (alcohol based hand sanitizers do NOT work against norovirus)
- Promptly disinfecting contaminated surfaces with household chlorine bleach-based cleaners
- Washing soiled clothing and linens
- Avoiding food or water from sources that may be contaminated
- Cooking oysters completely to kill the virus



For more information on norovirus, please visit, <https://www.cdc.gov/norovirus/index.html>

CANCER SCREENING CAN *Save* YOUR LIFE



Did you know that 95% of women who find their breast cancer early survive? The best way to survive cancer is to find it early, when it is most easily treated. Although all women are at risk to develop breast cancer, this risk increases as a woman gets older. If you are 40 years of age or older, you should get a mammogram (a type of breast X-ray) and a breast exam by a health care provider every year. All women should receive regular Pap tests, the screening test for cervical cancer. The Huron County Health Department provides free breast and cervical cancer screening to program eligible women.

- **FREE Mammogram**
- **FREE Pap Smear**
- **Women age 40-64**

The following diagnostic services are also available to women who have had an abnormal test:

- Breast Ultrasound
- Colposcopy
- Biopsy
- Surgical Consult
- Women age 25-64 (referral required for ages 25-39)

Colorectal cancer is the second leading cause of cancer deaths for MEN and WOMEN in the USA. But the good news is that it's **preventable!** The Huron County Health Department, in conjunction with The Michigan Colorectal Cancer Early Detection Program, provides free colorectal screening services to program eligible men and women.

FREE Fit Test
FREE Colonoscopy
Men and Women age 50-64

In addition, new program participants will receive a \$25 voucher to McDonald's Food and Family Center in Bad Axe for completing their screening services.

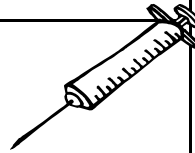
For more information and to see if you qualify, call the Huron County Health Department toll free at 1-877-269-0822 or (989) 269-9721 ext. 165.

COMMUNICABLE DISEASE REPORTING	October, November, December 2016
Rabies Investigations Received and Investigated	7
Rabies Number Receiving Rabies Prophylactic Treatment	2
Communicable Disease Reports Received and Investigated	17
TB Tests Given	30
TB Tests Reactors/Converters	0
TB Active Cases (newly diagnosed)	0
TB Receiving Treatment	0



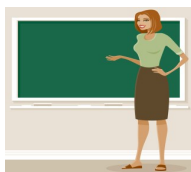
Source: Agency Logs

IMMUNIZATION UPDATE	October, November, December 2016
Children ages Birth to 18 years How many vaccines were administered How many flu vaccines were administered	385 People Received 1,153 Vaccines 286 Flu Vaccines
Adults 19 years and older How many vaccines were administered How many flu vaccines were administered?	455 People Received 1,563 Vaccines 719 Flu Vaccines



Source: MCIR & Agency Logs

School Reports */**/+



Disease	October, November, December 2016
Head Lice	21
Strep Throat	7
Flu Like Disease (Respiratory)	429
Gastro Intestinal	30



*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



**Quarterly Summary of Reportable Communicable Diseases in
Huron County October, November, December 2015 and
October, November, December 2016**

DISEASE GROUP	DISEASE	Oct. Nov. Dec. 2015	Oct. Nov. Dec. 2016
FOODBORNE	Campylobacter	2	2
	Cryptosporidiosis	1	0
	Norovirus	0	74
	Salmonellosis	0	2
MENINGITIS	Meningitis– Aseptic	0	1
OTHER	Streptococcal Disease, Group A	0	1
	Shigatoxin-producing Escherichia coli (STEC)	2	0
RABIES	Animal Bites	8	6
STD	Chlamydia	19	19
	Gonorrhea	3	2
Tuberculosis	Mycobacterium– other	0	2
VIRAL HEPATITIS	Hepatitis C, chronic	3	2

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

ANNUAL SUMMARY OF COMMUNICABLE DISEASES IN HURON COUNTY 2015-2016

DISEASE GROUP	DISEASE	2015	2016
FOODBORNE	Campylobacter	15	11
	Cryptosporidiosis	1	0
	Norovirus	0	74
	Salmonellosis	3	2
	Shigatoxin producing Escherichia Coli (STEC)	2	1
MENINGITIS	Aseptic	3	2
OTHER	Streptococcus pneumoniae, Invasive	0	1
	Coccidioidomycosis	0	1
	Influenza	3	10
	Legionellosis	1	0
	Animal Bites	50	51
	Streptococcal Disease, Group A	0	1
STD	Chlamydia (Genital)	64	57
	Gonorrhea	5	3
	Syphilis– Secondary	1	1
TUBERCULOSIS	Mycobacterium– Other	0	5
VACCINE PREVENTABLE DISEASE	Pertussis	0	1
VIRAL HEPATITIS	Hepatitis C, Chronic	8	12

* The discrepancy in # of reported diseases may be due to changes in reporting procedures or addition of reporting fields. Source: MDSS