



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

AUGUST 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, August 24th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, *no August meeting*. Contact alynch@bedhd.org.
- Barry County Tobacco Reduction Coalition, August 17th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, August 23rd, 12:00–1:00pm, Grand Ledge City Hall
- Eaton County Oral Health Coalition, August 3rd, 1:00–2:00pm, BEDHD, Charlotte

NATIONAL IMMUNIZATION AWARENESS MONTH

Getting children vaccinated according to the recommended immunization schedule is one of the most important things parents can do to protect their children's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether they have a baby starting at a new child care facility; a toddler heading to preschool; a student going back to elementary, middle, or high school—or even a college freshman—parents should check their children's vaccination records. All children beginning childcare, kindergarten, and 7th grade, and all students who are new to a school district, will need to show proof that their vaccinations are up-to-date. Contact your health care provider or call the BEDHD Immunization Clinic at (269) 945-9516 (Barry County) or (517) 541-2630 (Eaton County) to schedule your child's immunization appointment.

WHAT IS A HARMFUL ALGAL BLOOM?

Freshwater harmful algal blooms (HABs) are an issue in lakes and other surface waters across the country. They are often caused by bacteria (including cyanobacteria). While cyanobacteria aren't true algae, they are often known as blue-green algae. HABs are caused by high nutrient levels (especially high nitrogen and phosphorus), warm temperatures, and low winds. HABs can cause skin and eye irritation, gastrointestinal upset, and respiratory illness in humans; they can cause more severe harm to pets and livestock. While not all algal blooms produce toxins, to be safe, people and animals should avoid contact with water that looks like spilled paint, has surface scums or films, is discolored or has colored streaks, and/or has green globs floating below the surface. For more information about HABs, see MDEQ's website at <https://goo.gl/Ar6HSG>. For information about how HABs can affect health, visit <https://www.cdc.gov/habs/>.



Photo credit: NOAA

Need Dental Care?

My Community Dental Centers (MCDC) offers dental services to those who have Medicaid, MICHild, the Healthy Michigan Plan, and private insurance, as well as to those who are uninsured. Services include oral exams and cleaning, fillings, tooth removal, and dentures. Call (877) 313-6232 for more information about services near you or visit <http://mydental.org/>. The clinics closest to Barry and Eaton counties are at 4700 Kalamazoo Ave SE, Suite 200, in Kentwood, and at 623 Courthouse Dr. in Charlotte.



RECYCLING FEVER

Charlotte's Recycle-Palooza will be held Saturday, August 19, from 9:00 a.m. to 2:00 p.m. Registration is required; the location for the event will be released upon registration. Accepted items include medications, electronics, books, batteries, tires, and other household hazardous waste. For a full list of accepted items and for information on how to register, visit <https://goo.gl/aD5wTr>.



B. HEALTHY COMMUNITY COMPETITION KICKS OFF IN BARRY COUNTY

During this two-part competition, communities in Barry County will have the opportunity to become healthier! For the first part of the competition, communities that complete at least three of the seven health-related items will be considered a “B. Healthy Certified Community” and will receive B. Healthy Certified Community promotional items. The second competition is an individual-focused trail walking challenge aimed at increasing physical activity among Barry County residents. For more information, contact Lauren Cibor, B. Healthy Coalition co-lead, at lcibor@bedhd.org.

Contact Us

For more information on items in this newsletter, contact Abigail Lynch, Community Health Promotion Specialist, at (517) 541-2644 or alynch@bedhd.org.

HELP PREPARE YOUR BUSINESS FOR EMERGENCIES

Your business can help your community be prepared for a pandemic! In some public health emergencies, the public has to take preventative medication. This medication is given out in points of dispensing (PODs). There are two types of PODs, open PODs and closed PODs. Open PODs are staffed by health department personnel and are open to the public. Closed PODs are run by local businesses who have agreed to partner with BEDHD and provide their staff, their staff’s families, and any residents of their business with the medication. By partnering with

BEDHD to become a closed POD, you can ensure that your workforce will be present during a public health emergency and that your agency will be a priority to receive medication (priorities determined by incident). BEDHD staff will assist you in creating a plan specific to your agency. If your agency would like more information, contact BEDHD’s Emergency Preparedness Coordinator, Clarissa Boggs-Blake, at (517) 541-2693 or cboggsblake@bedhd.org.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Get involved. Make your community stronger by getting trained and involved. When a disaster happens, everyone in a community—not just police, fire, and EMS—responds. The more connected and involved residents are, the more *disaster resilient* a community is. You can help increase your community’s disaster resilience! Connect with isolated individuals in your neighborhood or start a neighborhood organization. Promote emergency preparedness. Become a volunteer in your community (e.g., CERT, Red Cross). For more information, see <http://do1thing.com/>. For information on getting involved in Barry or Eaton County, contact cboggsblake@bedhd.org.

VACCINATE FOR MENINGOCOCCAL DISEASE

Meningococcal disease (MD) is a serious bacterial illness spread through the droplets of respiratory or throat secretions. It is believed that 10–20 percent of the population are carriers. MD can include meningitis (an infection of the covering of the brain and the spinal cord) and blood infections. MD infections can be treated with drugs, such as penicillin; however, many people who get the disease die from it, and many others are affected for life. Anyone can get MD, but it is most common in young people aged 16–21 years. College freshmen living in dorms or dorm-like living conditions (such as military barracks) are at increased risk. Preventing the disease by getting the meningococcal vaccine is important for people at highest risk. See <https://goo.gl/jw5UJB> for more vaccination information.

LOOKING FOR THINGS TO DO?

- **Learn CPR!** ALIVE in Charlotte is offering a Community CPR & First Aid class for \$40/person on August 9 from 6–9 pm. This certification course includes infant, child, and adult CPR, first aid, and AED. Limit of 12 people.
- **Visit Middleville Heritage Days!** This event, held in Middleville on August 18–20, includes a farmers market, craft vendors, a 5k run, live music, and children’s activities. See <https://goo.gl/cBEVdv> for more information.
- **Participate in a poverty simulation!** Eaton County Frontline Workers is hosting a poverty simulation in Charlotte on September 15th from 8:30 am to 12:00 pm. This interactive experience shows what it’s like to live in poverty. In the simulation you’ll work, take care of your family, grocery shop, and look for resources to keep your family afloat. Will you be successful? Eaton County residents and workers can register at <https://goo.gl/WWA9Ae>.