



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

December 2016

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, Dec. 12<sup>th</sup>, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, Dec. 20<sup>th</sup>, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, Dec. 15<sup>th</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, contact [lwegner@bedhd.org](mailto:lwegner@bedhd.org)
- Eaton County Oral Health Coalition, Dec. 8<sup>th</sup>, 1:00–2:00 pm, BEDHD, Charlotte

### HAVE A POTENTIALLY LIFESAVING CONVERSATION THIS HOLIDAY SEASON

This holiday season, as you get together with family, consider discussing your family medical history. Many common diseases can run in families, including cancer, heart disease, and diabetes. If you learn that people in your family have or have had certain diseases, you can share this information with your healthcare provider, who can assess potential risks to your health and recommend appropriate screenings or treatment. Visit <http://bit.ly/1U32ciL> for a *My Family Health Portrait* tool that can help you organize and share family history information.

### BARRY COMMUNITY INPUT NEEDED!

The Barry-Eaton District Health Department and Spectrum Health Pennock have partnered together to develop a Community Health Needs Assessment (CHNA) for Barry County. CHNAs help local health professionals determine key problems and strengths in a community.



The information can be used to help improve health. Tell us what you think about Barry County's CHNA! A feedback survey, along with a web link to the Barry CHNA, is located at <https://www.surveymonkey.com/r/BarryCHNA>.

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### *Healthy Michigan Plan*

*You shouldn't have to choose between taking care of your health and taking care of your bills. That's why the Healthy Michigan Plan provides health care benefits to Michigan residents at a low cost so that more people can have health care coverage. Individuals are eligible for the Healthy Michigan Plan if they are 19–64 years old; have an income at or below 133% of the federal poverty level; do not qualify for or are not enrolled in Medicare or other Medicaid programs; and are not pregnant at the time of application. Contact BEDHD at (517) 541-2696 for questions or help enrolling.*

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### MARKETPLACE INSURANCE OPEN ENROLLMENT PERIOD—IMPORTANT DATES

Do you have health insurance through the Marketplace (i.e., insurance not provided by your employer or Medicare/Medicaid)? If so, make sure you keep these dates in mind!

- **November 1<sup>st</sup>, 2016:** Open Enrollment starts. This is the first day you can enroll, re-enroll, or change a 2017 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1<sup>st</sup>, 2017.
- **December 15<sup>th</sup>, 2016:** This is the last day to enroll in or change plans for coverage to start January 1<sup>st</sup>, 2017.
- **January 31<sup>st</sup>, 2017:** This is the last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period.
- **Special Enrollment Period:** There is a chance for anyone who experiences a life-changing event (e.g., divorce, death, loss of job) to enroll in Marketplace insurance at any time during the year.



## NATIONAL HANDWASHING AWARENESS WEEK

December 4<sup>th</sup>–10<sup>th</sup> is National Handwashing Awareness Week. Use this as an opportunity to check up on your handwashing technique and “hand awareness” and as a chance to teach these topics to your children. **Handwashing technique:** To properly wash your hands, wet them; lather and scrub with soap for 20 seconds, ensuring that you get under your fingernails, between your fingers, and your wrists; rinse; and dry using a clean towel or air dry. **Four principles of hand awareness:** 1) Wash your hands when they are dirty and before eating; 2) Do not cough into your hands; 3) Do not sneeze into your hands; and 4) Do not put your fingers in your eyes, nose, or mouth.

## 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](mailto:alynch@bedhd.org).

## HAVE YOU GOTTEN YOUR FLU SHOT?

Celebrate National Influenza Vaccination Week (Dec. 4<sup>th</sup>–10<sup>th</sup>) by making sure you and your loved ones get a flu shot! The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the most important step in protecting against influenza. For more information, visit <http://www.cdc.gov/flu/nivw/>. Flu shots are available at BEDHD for children 6 months through 18 years of age. Call for an appointment: (517) 541-2630 (Charlotte) or (269) 945-9516 (Hastings). For other vaccine locations visit <http://flushot.healthmap.org>.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**First Aid** Are you prepared for a medical emergency? If you see someone get seriously ill or injured and they need to go to the hospital, call 911. If the individual is unconscious or was hurt in a car accident or fall, do not move them. Have someone stay with the individual while someone else watches for the ambulance and takes the ambulance crew to the individual. You should also have a first-aid kit in your home or car for minor injuries—you can buy a pre-made kit at the store or make your own (see the below link for suggested contents). Lastly, consider taking a first-aid, CPR, and/or AED class so that you can always be ready to help individuals in trouble. Contact your local fire department or local American Red Cross chapter to find out what classes are being taught in your area. For more information, visit <http://do1thing.com>.

## PREVENT THE SPREAD OF NOROVIRUS

Norovirus, which is also called the “stomach bug,” “stomach flu” (even though it is not influenza!), and “winter vomiting illness,” is most common in the winter months. Norovirus spreads quickly and easily—it is very contagious. Take the following steps to help prevent the spread of norovirus. For more information on preventing norovirus and for more norovirus facts, visit <http://www.cdc.gov/norovirus/downloads/keyfacts.pdf>.



- **Practice proper hand hygiene.** Wash your hands well and often with soap and water, especially after using the restroom and changing diapers and before touching, eating, or preparing food.
- **Wash fruits and vegetables and cook seafood thoroughly.** Throw out food that might be contaminated with norovirus.
- **Do not make food or care for others if you are sick** and for at least two or three days after you get better. You can still spread norovirus after you feel better.
- **Clean and disinfect contaminated surfaces.** After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces with a chlorine bleach solution (5–25 tablespoons per gallon of water).
- **Wash laundry thoroughly.** Laundry that might be contaminated with vomit or stool (feces) should be washed with detergent at the maximum cycle length and then machine dried.