



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

JULY 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, July 10th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, July 25th, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center
- Barry County Tobacco Reduction Coalition, July 20th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, July 26th, 12:00–1:00pm, Grand Ledge City Hall
- Eaton County Oral Health Coalition, July 6th, 1:00–2:00pm, BEDHD, Charlotte

PREVENT HEAT-RELATED ILLNESSES

Heat-related illnesses can be serious, and certain groups—including older adults, children, athletes, outdoor workers, and people with chronic medical conditions—are more at risk for heat exhaustion and heat stroke. Thankfully, heat-related illnesses can often be prevented by following these tips: **Stay Cool, Stay Hydrated, and Stay Informed.** To **stay cool**, try to stay in air conditioning as much as possible—if you don't have it at home, go to a mall or public library to cool off; limit your outdoor activities to mornings and evenings, when it's cooler; pace yourself when you are exercising in the heat; and don't leave children (or pets) in parked cars. To **stay hydrated**, make sure you drink plenty of water, even if you aren't thirsty! To **stay informed**, check the local news for heat and weather alerts, keep an eye on at-risk persons, and learn the signs of heat related illness. For more information, including signs and symptoms, visit the CDC's website at <http://bit.ly/2tJrrlB>.



PROTECT YOURSELF FROM TICK- AND MOSQUITO-BORNE ILLNESS

With the outdoor activities that come with spring weather also come ticks and mosquitoes. While many tick and mosquito bites are just irritations, sometimes those bites can be more serious. Residents should know how to protect themselves from illnesses spread by infected ticks (especially Lyme disease) and mosquitoes (especially West Nile virus). Three ways to do so are to use insect repellent containing DEET, treat clothes with permethrin, and wear pants and long-sleeved shirts when outside. For more information on these diseases and how to protect yourself from ticks and mosquitoes, as well as how to submit ticks for Lyme disease testing, visit <http://bit.ly/1JgfHf9>.

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 Recycling Fever will be held Saturday, July 15, from 9 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 <http://bit.ly/2tlrerg>.



NATIONAL PARKS AND RECREATION MONTH

Get your play on! It's National Parks and Recreation Month, and your county parks have a lot to offer! Follow Barry County MI Parks and Recreation and Eaton County Parks on Facebook—or check out their websites—to learn about fun, family-friendly outdoor activities this summer!

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.

SUN SAFETY INFO FOR BUSINESSES WITH OUTDOOR WORKERS AND CLIENTS

Recreational facilities, child care centers, and businesses with outdoor workers and/or clients (and any other interested parties) now have access to webinars with the most updated practices for staying sun safe! Each archived webinar includes information about sun-safety best practices and resources to educate child care center staff and parents, outdoor workers, and recreational facility staff and visitors. Find these resources at <https://lcibor.wixsite.com/skincancerprevention>. Contact Lauren Cibor at lcibor@bedhd.org or (517) 541-2624 (Eaton) or (269) 945-9516 ext. 2624 (Barry) for more information.

ARE YOU UP-TO-DATE ON YOUR TETANUS VACCINE?

Tetanus occurs when certain bacteria that are found in soil, dust, and manure enter the body through breaks in the skin—usually cuts or puncture wounds caused by contaminated objects. Almost all cases of tetanus in the United States are in people who haven't gotten the tetanus vaccine or aren't up to date on their 10-year booster shots. Staying up to date with your tetanus vaccine is the best way to prevent tetanus. Tetanus vaccines are recommended for people of all ages, with booster shots throughout life. Learn who needs to be vaccinated and when at <http://bit.ly/2iLheOU>. Tetanus vaccines are available from your healthcare provider, pharmacy, or the health department. Contact BEDHD at (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County) for an appointment.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Family Communication Plan. Most of us keep in touch using cell phones, email, or the internet. What would happen if a disaster made these methods unavailable? You and your family can take several action to prepare. Keep a landline phone in case cell phone towers are overloaded in a disaster and a cell phone car charger in case power is lost. Develop a plan for how your family will stay in touch in an emergency—each person should have a copy of this communication plan and be familiar with it. Program “ICE” (in case of emergency) as a contact in each family member's cell phone and enter the number that should be called if there is a medical emergency. For more information, see <http://do1thing.com/>.

STAYING HEALTHY AT ANIMAL EXHIBITS AND FAIRS

Summertime fairs around Michigan offer many ways to explore the animal world. Unfortunately, people become sick every year because of visits to animal exhibits. It's important to remember that animals sometimes carry germs that are harmful to humans. Use these tips to help you prevent illness when visiting animal exhibits (for more information, visit www.cdc.gov/healthypets/):

- Always wash your hands right after petting animals, after touching animal pens or fences, and upon exiting animal areas (even if you did not touch an animal).
- Wash your hands with running water and soap, or use hand sanitizer if water and soap are not available.
- Keep food and drinks out of animal areas.
- Children younger than 5 years old always need adult supervision in animal areas.
- Never allow children to put their fingers, pacifiers, sippy cups, etc., in their mouth while interacting with animals.
- Do not take strollers, bottles, pacifiers, cups, or toys into animal areas.
- Children under 5 years of age, elderly persons, pregnant women, and persons with weakened immune systems should use special precautions around animal exhibits.
- If you attend an animal exhibit and later become ill, contact your doctor.

