



Public Health Matters

715 Green Road, Madison, IN 47250
812 273-1942 Fax 812 273-1955
jchdept@seidata.com
John P. Hossler, M.D., Health Officer
www.jeffersoncoinhealthdept.com

Public Health is “the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals. Public Health is all around us every day, from the water we drink, the food we eat, our home environment, and our work environment. Public Health saves lives and money. Public Health is what we as a society do collectively to assure the conditions in which people live can be healthy and safe.

One of our main objectives at the Jefferson County Health Department is to educate. In this edition of “Public Health Matters” you will find several educational/informational articles from some of our different departments. Through education we can support public health and prevention of diseases and promote wellness. All Jefferson County residents and visitors have a role to play. By taking small actions to prevent the spread of diseases and illness we can help our community see larger benefits of prevention.

The Jefferson County Board of Health and Health Department Staff are committed to improving the quality of life we enjoy in Jefferson County and as always we welcome your feedback.

Sincerely,

Tammy Monroe

Administrator

Jefferson County Health Department

W.I.C. is Moving

The Women, Infant and Children Program (W.I.C.) is now under new sponsorship with New Hope Services, Inc. The W.I.C. Clinic will continue to be located at the Jefferson County Health Department through July 29, 2013. The Jefferson County W.I.C. Clinic will be CLOSED on Tuesday, July 30th and Wednesday, July 31st to move to their new location.

The new Jefferson County WIC Clinic will open its doors on August 1st at the new site located at Hanover Parks Building, 200 Spruce Lane, Hanover, IN. The phone number will remain the same 812 273-3942

Clinic hours will remain the same at the Health Department site through July 29th:

Monday, Tuesday, Thursday & Friday 8:00am – 4:00pm
– Closed Wednesday

The new hours (effective August 1, 2013) will be:

Mondays 11:00am – 7:00pm

Tuesdays, Thursdays, Fridays 9:00am – 5:00pm

Wednesdays - CLOSED

BUCKLE-UP BUG says,

“Wear your seat belt on every trip and “bug” everyone in your vehicle to BUCKLE-UP.”



WHAT IS PUBLIC HEALTH?

What we as a society do collectively to assure the conditions in which people live can be healthy and safe. – *Institute of Medicine, 2003*

New rules for the Road: Children Rear-Facing Until Age 2

Cindy Carter, L.P.N., Certified Child Safety Passenger Technician

The American Academy of Pediatrics (AAP) suggests children stay safer longer in rear-facing car seats. The updated car seat recommendations state that parents should keep their toddlers in rear-facing car seats until age 2 or until they reach the maximum height or weight for their seat. Parents who mark their children's first birthday by turning their car seats to face forward should think again. The previous policy that many parents followed advised that infants and toddlers ride rear-facing up to the limits of the car seat or age 12 months and 20 pounds. This will be an adjustment for parents but most parents want to do the right thing for their children, and this has proven to be a life saver. The goal here should be safety and rear-facing car seats are simply safer and provide better protection for children under age 2. Rear-facing car



It just makes sense, Our Children Are OUR Future. Keep them SAFE...

seats support the body over a wide area, distribute crash forces, and as a result, better protect the head, neck and spinal cord. This is important because kids have big brains, high centers of gravity, weak neck muscles and less developed bones and ligaments. Children should transition from a rear-facing seat to a forward-facing seat with a harness, until they reach the maximum height or weight for that seat. A booster seat will make sure the vehicle's lap-and-shoulder belt fits properly. The shoulder belt should lie across the middle of the chest and shoulder- not near the neck or face. The lap belt should fit low and snug on the hips and upper thighs, not across the belly. Most children will need a booster seat until they have reached 4 feet 9 inches tall, and are between 8 and 10 years old.

**SAFE
K:DS**
JEFFERSON COUNTY

New study shows HPV vaccine helping lower HPV infection rates in teen girls

Karen Buchanan, R.N., B.S.N.

A new study looking at the prevalence of human papillomavirus (HPV) infections in girls and women before and after the introduction of the HPV vaccine shows a significant reduction in vaccine-type HPV in U.S. teens. The study, published in [the June issue of] *The Journal of Infectious Diseases* reveals that since the vaccine was introduced in 2006, HPV prevalence decreased 56 percent among female teenagers 14-19 years of age. About 79 million Americans, most in their late teens and early 20s, are infected with HPV. Each year, about 14 million people become newly infected. "This report shows that HPV vaccine works well, and the report should be a wake-up call to our nation to protect the next generation by increasing HPV vaccination rates," said CDC Director Tom Frieden, M.D., M.P.H. "Unfortunately only one third of girls aged 13-17 have been fully vaccinated with HPV vaccine. Countries such as Rwanda have vaccinated more than 80 percent of their teen girls. Our low



vaccination rates represent 50,000 preventable tragedies – 50,000 girls alive today will develop cervical cancer over their lifetime that would have been prevented if we reach 80 percent vaccination rates."

According to CDC, each year in the United States, about 19,000 cancers caused by HPV occur in women, and cervical cancer is the most common. About 8,000 cancers caused by HPV occur each year in men in the United States, and oropharyngeal (throat) cancers are the most common.

Routine vaccination at age 11-12 for both boys and girls is recommended, but according to recent national

immunization surveys, only about half of all girls in the U.S.—and far fewer boys—received the first dose of HPV vaccine. A series of three shots is recommended over six months. HPV vaccination is also recommended for older teens and young adults who were not vaccinated when younger.

For additional information on HPV, visit <http://www.cdc.gov/hpv/>.

Birth Certificate Requirements

Dari Hatton, Registrar

A Birth Certificate may be the most important vital record a person has. The general purpose a birth certificate serves is to identify a person. The document tells the person's name, date of birth and where they were born.

This document will be required at several points throughout a person's life and it should be kept in a safe place where it is easily accessible when needed.

1. Education

A Birth certificate is required to identify children when they enroll at a new school. This may be important when registering for kindergarten or if a family moves to a new school district.

2. Travel

If a person desires to travel outside of the county, he must have a valid passport. Birth certificates are required to identify the traveler in order to obtain a passport.

3. Social Security Card

A Birth certificate contains the required information necessary to obtain a social security card. If a card is lost or stolen, a certified copy of the birth certificate is needed to get a replacement.

4. Driver's License

When someone wishes to be issued a driver's license, a birth certificate is usually one of the forms of identification required to complete the process and gain the privileges of a licensed driver.

Birth Certificates may be obtained through your local health department – in the county of birth. In Jefferson County, you would provide a written request, photocopy of Identification, and \$10.00 payment to the Jefferson County Health Department. Walk-in requests normally take a few minutes, Internet orders are processed the same day they are received, and mail requests normally take 3-5 days.

Community Partnerships

Karen Buchanan, R.N., B.S.N., Public Health Co-Coordinator

"Prepare like lives depend on it....because they do!"

Get involved! Help yourself. You cannot help others if you, your family, friends or colleagues are not safe. We encourage you to plan for public health emergencies. Visit www.Ready.gov for ideas on how you can best prepare for a disaster.

Help our community. As a valued member of Jefferson County, your involvement is critical to effective emergency response. There are many ways you can help. You can call the Jefferson County health department at 812-273-1942 to learn more.

BBQs, Cookouts, & Picnics...Oh My!!!

Audrey Barnes, Standardized Food Program Inspection Officer

Let's face it.... We EAT!! Lots of us are eating smarter, healthier, and at home, but are you cooking smarter? Summer is the season for family cookouts, BBQ's and picnics with all the freshest products grown and produced right here in Jefferson County. However, with all the fun in the sun, food safety often takes a back seat.

Food safety begins with the most important thing to remember....Row, Row, Row Your Boat, the Happy Birthday Day Song or Old McDonald..... Yes, you read correctly. Singing these songs through two verses should take you at least 20 seconds which is how long it should take you to wash your hands. Hands should be washed before and after handling food, after using the restroom, after taking out the garbage, after playing with pets, or whenever hands become visibly soiled. Most foodborne illnesses are transferred to food through contaminated hand, so wash and wash often.

Whether you're cooking hamburgers, hot dogs, fish, or chicken, everything has its own safe internal temperature. Using a thermometer is the only way to ensure food reaches that safe temperature. Hamburgers should be cooked to 160 °F while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium well. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily. Stay away from the same old plate. When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless

it has been washed with hot water and soap first. Food should never sit out for more than one hour before going back into the refrigerator.



True or False

A full cooler will maintain its cold temperature longer than one that is partially filled?

True, a full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun. Drinks should be stored in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays cold.

Whether your roll in food safety is preparing, cooking, serving, or cleaning, everyone plays a very important part! Enjoy a food safe summer!

Genealogy

Dari Hatton, Registrar

Genealogy is one of the most popular hobbies in the world, and people learn how to do genealogy all the time. Family history enthusiasts use their family tree to track down ancestors and distant relatives. But, why do they do it? Here are some reasons.



1. **To learn about themselves.** These people learn how to do genealogy so they can discover where they came from. Instead of searching out distant relatives who are alive, they follow their family tree back as far as they can, in search of their own heritage.
2. **Endless hobby.** Whether they are finding distant relatives or exploring their family tree in search of ancestors, many people enjoy genealogy because it is a never-ending hobby. No matter how much work you put into it, there is always more to do.

The process of investigating one's family history and creating a family tree can be enjoyable for people of all ages. Genealogists feel the thrill of discovering new ancestors and distant relatives.

The Jefferson County Health Department maintains Birth & Death Records all the way back to 1882 and do assist individuals with Genealogy Requests.

Prepare like lives depend on it....
because they do!

JEFFERSON COUNTY BOARD OF HEALTH

Patrick Leahey, Ed.D., Chairman
Robin Waltz, DVM, Vice Chairman
Gale Ferris
Ralph Pratt, M.D.
Bonnie Auxier
Susan Stack, M.D.
Adam Faulkner

Jefferson County Health Department Staff

ADMINISTRATION

John Hossler, M.D., Health Officer
Tammy Monroe, Administrator

PUBLIC HEALTH

Karen Buchanan, R.N., B.S.N., Director of Nursing
Cindy Carter, L.P.N., Safe Kids Coordinator
Blythe Couch, R.N., B.S.N.

ENVIRONMENTAL/FOOD PROGRAM

Audrey Barnes, Standardized Food Program Inspection Officer
Gayle Liter, Food Program Inspection Officer
Susan Moore, Food Program Inspection Officer
Mike New, Environmentalist

VITAL RECORDS

Darilynne Hatton, Registrar
Julie Riley, Deputy Registrar

HOME HEALTH/HOMEMAKER PROGRAMS

Annette Finkbine, R.N., Home Health Supervisor
Wendee Bruther, Clerk
Jeannette Bellamy, Homemaker Coordinator

Mosquito Control Around Your Home

Mike New, Chief Environmental Health Specialist

Mosquitoes need stagnate or standing water to lay their eggs. To reduce mosquito around your home eliminate ALL stagnate and standing water on your property.



Talk to your neighbors about how to reduce the possible sources of breeding grounds on their properties.

Here's what you can do to control mosquitoes:

- Remove unnecessary water-holding containers, especially old tires, cans, buckets, drums, wheelbarrows, and bottles.
- Cover trash containers to keep out rain.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Ensure that your home has tight-fitting screens over windows and doors to keep mosquitoes from entering apartments and homes. Be sure that all screens are in good repair.
- Clean roof gutters and remove standing water from flat roofs.
- Keep drains, culverts, and streams on your property clean of weeds and trash so that the water will drain properly. - Make sure that stored boat covers are completely drained. Store small boats upside down.
- Drain the water in birdbaths, plant pots, and drip trays twice a week.
- Keep grass cut short and trim shrubs to eliminate hiding places for adult mosquitoes.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. Be sure rainwater does not collect on pool, sauna or hot tub covers.
- Clean vegetation and debris from the edges of ponds.
- Fill in hollow tree stumps and rot holes that hold water with sand or concrete.
- Drill holes in the bottoms of recycling containers that are kept outdoors.
- Aerate ornamental pools or stock them with fish. Water gardens become major mosquito producers if they become stagnate.

