

“News from Central”

A Quarterly Newsletter for Local Communities



Central Michigan District
Health Department

Proudly serving the local
residents of Arenac, Clare,
Gladwin, Isabella, Osceola and
Roscommon Counties since
1970.

It's Flu Season Again!

It is recommended that EVERYONE get their flu shot this season, especially children, older adults, pregnant women and those with certain medical conditions. Influenza causes approximately 36,000 deaths nationwide each year. In addition, many people are hospitalized each year due to the flu. “Hospitalizations due to influenza are as common in children under one year of age as they are in people over 65 years of age,” states Dr. Robert Graham, Medical Director for Central Michigan District Health Department.

The main way that flu is spread is from person to person through coughs and sneezes. This can happen when droplets from the cough or sneeze of an infected person travel through the air and reach the mouth or nose of people nearby. Sometimes flu can be spread when a person touches droplets, nose drainage or saliva from an infected person, or a soiled object, and then touches one's own (or someone else's) nose or mouth before washing their hands.

What is one way, aside from getting a flu shot, that we can prevent or reduce our risk of getting sick from the respiratory flu this winter? **HANDWASHING.** Wash your hands after you use the bathroom or help a child use the bathroom, after you change a diaper, after you handle items soiled with body fluids or wastes such as blood, drool, urine, stool or discharge from nose or eyes, after you clean up messes, after you handle a sick child, before you prepare or serve food and before you eat or drink.

To make an appointment, or to find out about our clinic schedule call:
Arenac County (989) 846-6541 Isabella County: (989) 773-5921
Clare County (989) 539-6731 Osceola County: (231) 832-5532
Gladwin County (989) 426-9431 Roscommon County: (989) 366-9166

Pandemic Flu Planning for Individuals and Families

Public Health experts say that it's not a matter of IF, but WHEN the next flu pandemic will happen. Are you ready?

Log onto the following websites to learn more about pandemic flu:

www.cmdhd.org

www.michigan.gov/flu

www.pandemicflu.gov

Get informed and create a plan to be prepared for the next pandemic.

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NEW Recommendations

Flu Season 2008-2009

All persons, including school aged children who want to reduce their risk of becoming ill or transmitting influenza to others

All children, aged 6 months—18 years

Go to www.michigan.gov/flu for more information.

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Helpful Websites

www.cmdhd.org

www.immunize.org

www.michigan.gov/flu

HIV Testing & Counseling

The Central Michigan District Health Department offers confidential and anonymous HIV testing. Certified testing/counseling personnel are available to assist those individuals requesting HIV testing. The Centers for Disease Control now recommends that all persons get tested for HIV on an annual basis.

Individuals interested in receiving an HIV test need to call: (989) 773-5921 ext. 8409 and make an appointment. To assist you in planning your visit, it generally takes 25-35 minutes to complete the required forms and to obtain a sample via blood sample (finger stick) or OraSure Testing (an oral test with no blood drawn). The return visit consists of receiving the test result and clarifying any questions that the client might have pertaining to the test, HIV/AIDS or STDs (Sexually Transmitted Diseases). Usually test results are available within 14 days. Follow up visits usually take no more than 10 minutes.

The Central Michigan District Health Department encourages individuals to receive an HIV test especially if a risk indicator is identified. A risk indicator would be one or more of the following:

- People who have or had a sexually transmitted disease (STD)
- People who have shared needles or who have a history of any drug use, and those engaging in sexual behaviors while under the influence of drugs and/or alcohol.
- Men who have sex with other Men.
- Men or women who have unprotected sex with anyone whose HIV status is unknown.
- People who have had more than one sexual partner.
- People who have had sex with prostitutes (male or female)
- People who received blood products or blood transfusions between 1978 and 1985.
- People who exchange sex for drugs or money.
- People who are infected with tuberculosis.
- People who have had exposure to the blood of someone who may be infected.
- People who have had sex with any person from the above list, particularly with injecting drug users.
- Women who are pregnant** If a woman is pregnant and has experienced one or more of the risk factors noted above she may be infected and pass the HIV virus on to her unborn child while being pregnant, during delivery and following birth through breast feeding her baby.

Food Safety—Opportunities for the Community

The Safe Food Worker class, offered in each of our county branch offices, is an excellent educational opportunity service for new food workers, current food workers of restaurants, convenience stores, delis and other food preparation facilities, or those who are planning on becoming employed in these types of facilities who are not required to attend the SERV-SAFE class. The course offers the basics of food safety (clean, cook, chill, separate). In addition, parent volunteers who work in the school cafeteria or concession stands are encouraged to attend. The Safe Food Worker class differs from the SERV-SAFE class already offered by the health department for owners and managers of food facilities. The cost of the class is \$10.00 for the first 300 registrants.

In addition, CMDHD is now offering free community presentations to groups interested in learning more about food safety in general. Presentations are generally 1 to 1 ½ hours in length. This option is great for local church and community organizations who want to learn more about food safety.

For more information on these programs, to register for the class, or schedule a presentation, please contact your local CMDHD department branch office. Information is also available on our website at www.cmdhd.org.