

“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.*

GI Illness is Here!

Rotavirus, Norovirus, Gastro-Intestinal Illness...they are all around us. All of these can be spread from person-to-person. What are some ways to decrease the chances of cases of gastro-intestinal illness in your family this spring?

- Wash hands frequently with warm water and soap.
- Promptly disinfect contaminated surfaces with household chlorine bleach-based cleaners.
- Wash soiled clothing and linens.
- Avoid food or water from sources that may be contaminated.
- Stay at home, or keep your children home, if you are ill with symptoms such as vomiting or diarrhea.
- If you work in a nursing home, take care of patients, or handle food, you should not return to work for at least 3 days after the symptoms subside.
- Do not attend family functions or gatherings with large amounts of people until you have gone three days without symptoms.

For more information on these illnesses and more, log onto our website at www.CMDHD.org.

Central Michigan District Health Department offers a variety of services for local residents. Environmental Health staff work to keep our food and water safe by water testing and restaurant inspections. Health Educators provide valuable education on many health topics of interest in addition to helping those individuals with HIV and Syphilis get the services they need. Emergency Preparedness staff work with many local and regional partners to create and exercise plans in the event of a disaster. Personal Health staff provide education and service surrounding women’s health, children’s health, communicable disease and much, much more. Log onto our website for more information all of the services offered at your local health department.

Preparedness Resources Available

The Department of Homeland Security has a variety of publications available, free of charge. You can access these by logging onto www.ready.gov. A variety of resources can be found here for individuals, families, businesses and schools.

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**FLU SHOTS ARE
STILL AVAILABLE.**

***Make an appointment
to get yours today.
Flu season lasts from
November—April.***

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

Pertussis Information, Vaccination & Prevention

We have seen an increase in the number of confirmed cases of Pertussis (Whooping Cough) in the Central Michigan area and across Michigan in the past year. Whooping cough is a highly contagious disease of the respiratory system that is passed from person to person by respiratory secretions. At first, early symptoms of pertussis may include cold symptoms, such as a runny nose, sneezing, low-grade fever and a mild cough for about one week. In the second stage, which can last from 1 to 12 weeks, people experience episodes of numerous, rapid coughs with a distinctive sound. The cough is so harsh that many people wind up vomiting at the end of a coughing spell. Infants and young children often appear very ill and distressed and may turn blue and experience vomiting. In the third and final stage, which may last for months, people may experience episodes of numerous, rapid coughs, especially when they are diagnosed with respiratory infections. A person with pertussis is most infectious during the first stage of the disease and during the first two weeks after the cough begins. Antibiotic treatment taken as prescribed reduces the period of infectiousness.

The best treatment is prevention. Children usually get the vaccine in early infancy. Adolescents and adults are recommended to get a booster dose to help protect them against Pertussis. Two new vaccines are available to help provide protection from whooping cough. The new vaccines are licensed by the Food and Drug Administration for people 11 years through 64 years of age. Please contact your medical provider or your local Central Michigan District Health Department branch office for more information on these vaccines.

Other prevention steps that families can take include:

- Stay at home or keep your children at home if they are sick.
- Cover your mouth and nose when you cough and sneeze (and tell others to do the same).
- Encourage everyone in your family to wash their hands before eating, after being outside and after using the restroom. Hand sanitizers can also be used.
- If anyone in your family has a temperature of over 100 degrees, they should stay home. If the fever lasts more than 24 hours, they should consult with a medical provider.
- Look at the immunization records for each member of their family to make sure they are protected against Pertussis.
- If anyone in your family has been prescribed antibiotics for pertussis, they should stay home until they have taken antibiotics for 5 days. All of the medicine should be taken as directed.

NEW Food Safety Educational Opportunities Offered Through Central Michigan District Health Department

Central Michigan District Health Department (CMDHD) is now able to offer three opportunities for local communities to learn more about food safety. The latest opportunity is the Consumer Food Safety Awareness Campaign, which is being offered as a result of CMDHD being awarded a \$16,800 education grant through the Michigan Department of Agriculture.

CMDHD is now offering free presentations (donations are welcome) to community groups interested in learning more about food safety in general. Presentations are generally 1 to 1 ½ hours in length. This option is designed for K-12 schools, universities, senior centers, churches and community organizations or groups.

Secondly, a Safe Food Worker class is being taught monthly in each of our six counties. The Safe Food Worker class is a 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. The course will cover the major issues relating to food safety including: personal hygiene; food from approved sources; inadequate cooking; improper holding and contaminated equipment. In addition, volunteers of local soup kitchens and churches are encouraged to participate. The cost of the Safe Food Worker class is \$10.00 per person. This class differs from the SERV-SAFE™ class that is also offered by the health department for owners and managers of food facilities.

Lastly, the SERV-SAFE™ class is a required class for owners/managers of licensed food facilities and covers all of the information an owner/manager should know based on the Food and Drug Administration (FDA) 2005 Food Code and the Michigan Food Law of 2000, as amended. The class is offered in a two ½ day format and costs \$168.00/person. A 75% score is required in order to successfully complete this class. After initial certification, recertification is required every 5 years for a cost of \$50.00. Upon successful completion of the program, applicants will receive a SERV-SAFE™ certificate.

For more information on these food safety programs, to register for Safe Food Worker or SERV-SAFE™ class, or schedule a presentation, please contact your local CMDHD department branch office or our website at www.CMDHD.org.