

# For the Health of It

## Clark County Health Department

July 1, 2018

## NOTABLE NEWS

VOLUME 1  
ISSUE 1

### NEW LOOK, SAME LOCATION!

Our website has undergone renovation! You are now able to access and navigate our website by mobile device or computer at [www.clarkhealth.net](http://www.clarkhealth.net). Our updated website will allow for easier exploration of information pertaining to the department's role in the county, as well as allow individuals to access recent news and additional public health resources. It features our Facebook link, a newsletter sign up and a contact page. Visit us today!

## WELCOME!

The Clark County Health Department would like to welcome you to our first newsletter issue. We hope to bring current news, educational information, and tips for a happier, healthier lifestyle.

The Department consists of a dedicated group of individuals across many specialty programs, including Vital Records, Prenatal Education, HIV and STD awareness, the Public Health Clinic, Emergency Preparedness, and Environmental Science.

Be wise and immunize!



### INTRODUCING: VAXCARE

The Clark County Health Department has recently reached an agreement with VaxCare. VaxCare is a preventative health care provider specializing in immunization services. This agreement will increase the Department's ability to provide immunizations to those in need. VaxCare will purchase the vaccinations and provide them to the health department, which will administer the vaccines to individuals with insurance.

### SYRINGE SERVICES PROGRAM

Sharing needles can get you more than high



Clark County's syringe services program has expanded their open hours. Participants can stop in to exchange their used needles for clean ones, receive Hep C and HIV testing, as well as learn about addiction treatment options. Open Monday through Friday 9:00 AM - 3:00 PM at 1301 Akers Avenue, Jeffersonville IN 47130.

# HEPATITIS A

There is currently a Hepatitis A outbreak in Kentuckiana. This outbreak was declared in November of 2017. As of June 19, 2018, there have been 470 cases and 3 deaths associated with this outbreak in Louisville. Clark County, Indiana has 58 confirmed cases with no linked deaths.

CCHD continues work to control an outbreak of acute hepatitis A that has centered in the city's homeless, people with unstable housing, and among those who with any illicit drug use (not just injection drug use).

The Clark County Health Department has received recognition from the state for its swift and thorough response in addressing Hepatitis A cases in the area. Indiana State Health Commissioner Dr. Kristina Box, along with state epidemiologist and Deputy Health Commissioner Pam Pontones, traveled to Jeffersonville to meet with health officials.

At the clinic on Akers Avenue, the Dr. Box & Pontones presented the health department with the State Health Commissioner Award for Excellence in Public Health. Amelia Johns, public health nurse, was honored for her role in investigating the cases in Clark County and working to stop the spread through education and immunization. "We know this has been an ongoing, significant battle for you," Box said to health department staff. "And because of your quick reaction to it, your work with your local jails [and] homeless population, because of your immunizations, you're very much making a difference down here."

Vaccine clinics continue to be held, utilizing our mobile medical clinic trailer, at homeless shelters, food kitchens serving under served populations and at the Clark County Jail. We are thankful to our community partners for working with us to ensure the populations where the outbreak is centered are vaccinated.

Hepatitis A is a vaccine-preventable, communicable disease of the liver caused by a virus. It is usually transmitted person-to-person through the fecal-oral route or through contaminated food or water.

The best way to prevent hepatitis A infection is to get vaccinated. Again, we live in an area with an identified outbreak and the vaccination is recommended for everyone. Contact your primary care physician, visit a retail clinic or pharmacy with a vaccinating pharmacist on staff or call the CCHD Clinic for more information on getting the vaccine.

For additional general information on Hepatitis A, please visit the following link where you will find answers to frequently asked questions about Hep A.

<https://www.cdc.gov/hepatitis/hav/afaq.htm>.



Children of all ages need vaccines. Making sure that children receive all their vaccinations according to CDC's recommended schedule is one of the most important things you can do as a parent to help protect their health—as well as the health of friends, classmates, and others in your community. CDC has online resources and tools to help.

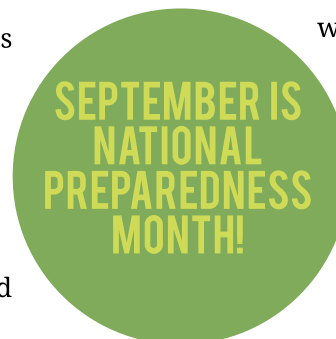
<https://www.cdc.gov/vaccines/parents/index.html>



**READY FOR SCHOOL?**  
*Check those vaccine records.*

Don't Wait. Communicate. Make a family emergency plan today. Learn more at:

[www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan)

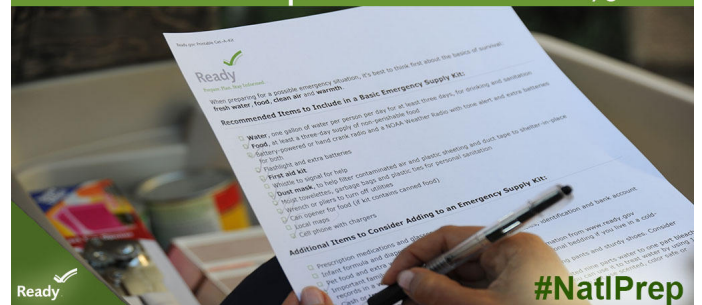


Learn how to make an emergency kit for your family. Learn more at:

[www.ready.gov/kit](http://www.ready.gov/kit)

**Build a Kit. Be Prepared.**

[www.ready.gov/kit](http://www.ready.gov/kit)





BY DR. ERIC  
YAZEL,  
CLARK COUNTY  
HEALTH OFFICER



I'm sure everyone by now has been following the local hepatitis updates. Let me take a moment to explain how we handle the reports. When we are notified of a patient who is positive for Hepatitis A, our first priority is to make sure they are medically stable and that they are receiving the care they need. The next step is what we call surveillance. We sit down with the patient and discuss risk factors and try to determine where they may have contracted the illness. We also discuss the patient's every day routine and assess the risk to the general population. Our main concern is when a patient works in healthcare, food prep, or is living in close quarters with numerous other people. Our policy at the health department is always full transparency. So if a patient has worked at a restaurant or other facility, we send a press release to the general public. We state the name of the facility and the level of risk to those who have potentially been exposed.

This is where I am requesting something from you as a citizen. Read the entire press release and the recommendations that are made. From what I typically see, a majority of people simply see the statement of an exposure and the name of the facility, then gloss right over the 'fine print'. Clark County has an excellent group of restaurants and other facilities that serve their patrons in a safe, responsible, and sanitary manner. They make every effort to comply with the regulations and standards set forth by the Health Department. In acting with transparency in disclosing these exposures, we hope we have earned your trust. I ask you to take the time to read our entire press releases and also trust the recommendations we make in regards to how the situation be handled. We are all part of this community together!

And last but not least- get your vaccination! See your primary MD or call the Health Department for more information. Thank you and have a great summer!

## Protect yourself from Hepatitis A



**Get vaccinated**



**and wash your hands after using the restroom and before eating.**





# OUTDOOR SUMMER FUN

## PROTECT YOURSELF

It's that time of year again.: The hot spring and summer months allow mosquitoes to breed and ruin your outdoor activities. The following are some tips to help you fight the bite:

- 1) Use EPA approved insect repellent and don't forget to reapply
- 2) Wear light colored, long sleeved, and loose clothing
- 3) Circulate the air around you
- 4) Plant herbs that repel mosquitoes: Rosemary, Lavendar, Basil, mints
- 5) Remove standing water near your home
- 6) Stay inside during peak mosquito activity hours during dawn and dusk

**FACT: ONLY FEMALE MOSQUITOES BITE!**

## PROTECT YOUR PETS

With the summer season comes plenty of opportunity for trouble to find you and your pet. We wanted to remind you to protect your pets with the following tips and advice:

- 1) Mosquitoes and ticks can bug your pet also! Ensure all pets are up to date on flea and tick medicines to help prevent illnesses such as Lyme Disease, heartworm, and skin infections, among other issues. Ask your vet the best way to help your pet today.
- 2) Backyard picnics and family reunions can be stressful on your pets. Ensure your loved ones know that even pets sometimes need space. Teach children how to approach and respond to animals, and learn about the signals of stress your own pet can give.
- 3) Remember, many picnic foods can be toxic to pets so keep those human foods away from your furry friend.
- 4) Its firework time! Many animals are afraid of the loud sounds and bright lights in the sky. Keep pets secure and indoors during Fourth of July festivities. Double check that pets are tagged or microchipped in case they escape or are frightened off, and update the tag or chip information! July 5th is often the busiest day of the year for animal shelters in the United States.

We hope you and your pets have a great summer with these helpful tips!

## HEALTHY EATS

### What 100 Calories of Picnic Food Looks Like



**1/3 burger**

MADE WITH 2.7 OZ. 85% LEAN GROUND BEEF, WHITE ROLL, LETTUCE, TOMATO



**1/3 veggie burger**

MADE WITH 2.3 OZ. MORNING-STAR FARMS GRILLERS ORIGINAL BURGER, WHITE ROLL, LETTUCE, TOMATO



**2.3 oz.**

GRILLED CHICKEN WITH BBQ SAUCE



**1 2/3 ears**

GRILLED CORN ON THE COB, NO BUTTER OR SALT



**1/3 hot dog**

MADE WITH 1.7 OZ. BEEF HOT DOG, WHITE ROLL, MUSTARD



**5 pieces**

GRILLED SHRIMP



**1/3 cup**

BUSH'S ORIGINAL BAKED BEANS



**1/3 cup**

COLESLAW



**1 lb.**

GRILLED ASPARAGUS



**1/4 cup**

POTATO SALAD



**2 cups**

WATERMELON CHUNKS



**1/2 piece**

S'MORES

# MENTAL HEALTH: BRAINGAMES

## WORDSEARCH

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      T J N Y                U Z G C
    E O D Q W Z            P I D L M D
  P R O M O T E V        J F B J T U C J
  I A R S B B W U M Q N W E J S B P R B Z
  S U O D R A Z A H Z N F J X Y T O P V F W Q
  S K P N O I T C I D D A I X K L H P L D I Y U B
  A V Q M N S E H C G C F G F U A M R Q Y G X N G
  Z I L R H E D U C A T I O N B Y X E S I X U B B
  P B O M J N O I T C E P S N I P K P I F T A A N
  U C T U R F M Z T L F B J O I X H A T M X S N W
  D V J A X R M U N C T A E G Z G D R I A P C S Z
  E R X D D X L A M S W B Y V L X E T Z C H D
  E S A E S I D R L W E C O C C Y D A E D U I
  U W C V K U U L I J Z F R E I N P G I L
  J C A Q V A O H V X M N Y S E E M Q
  X R V S T B G H N E P M W S H P
  J D W S R A U E Z L B C S R
  N J E G N N Y B T J N E
  S R O N L Y K F N V
  E E B Z H A Y E
  Y U N F Y N
  B P E T
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ADDICTION  
DISEASE  
PREVENT  
PROMOTE  
EDUCATION  
RESTAURANT  
INSPECTION  
PREPAREDNESS  
HAZARDOUS  
HEPATITIS

## BRAINTEASER



Dr. Johnson has 2 sand-watches : one 7-minute and the second one 4-minute.

How can he correctly time 9 minutes?

### Answer:

Dr. Johnson has to turn both sand-watches. After 4 minutes he has to turn upside down the 4-min sand-watch. When the 7-min sand-watch spills the last grain, he has to turn the 7-min upside down. Then he has 1 minute in the 4-min sand-watch left and after spilling everything, in the 7-min sand-glass there will be 1 minute of sand down (already spilt). Turn the 7-min sand-watch upside down and let the 1 minute go back. And that's it.  $4 + 3 + 1 + 1 = 9$

<https://www.medicalnewsbulletin.com/>

## SCIENCE SPOTLIGHT

### Volunteering and health benefits in general adults: cumulative effects and forms

A recent study released in the peer-reviewed journal BMC Public Health, outlines the importance of volunteering to overall well-being. Researchers discovered that volunteering one's time lead to positive influences on many aspects of life, including mental health, physical health, overall life satisfaction, and social well-being and feelings of acceptance. Helping others is good for you!

Find your path to wellness at: [volunteermatch.org](http://volunteermatch.org).

Yeung, Jerf W. K., Zhuoni Zhang, and Tae Yeun Kim. "Volunteering and Health Benefits in General Adults: Cumulative Effects and Forms." *BMC Public Health* 18 (2018): 8. *PMC*. Web. 1 June 2018.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5504679/>

**Volunteer!**  
Do good, feel good

### JULY 1ST

Every Saturday and Sunday through September 9, The falls of the Ohio holds FREE Fossil Bed Hikes. 1:00 PM to 2:00 PM.

### JULY 2ND

The first and third Monday of each month. a free 20 minute information and training session on Narcan. Receive a free Naloxone kit. 12:15 PM.

Lifespring Health Systems 404 Spring Street Jeffersonville. 812-280-2080

### JULY 13- JULY 21

Clark County 4H fair.

<http://www.clarkcounty4h.com/>

### JULY 14 AND SEPT. 22

Yoga for Beginners and Seniors at the Jeffersonville Library. Call 812-285-5635 to preregister. FREE. 2:30-3:45. For more information: [yoga2live.com](http://yoga2live.com)

### JULY 18, AUG. 15, SEPT 19

FREE Heart Health Assessment by Clark Memorial. 130 Hunter Station way, Sellersburg. 7:30 AM to Noon. For information and to schedule, call 812-283-2405

### AUGUST 25TH

Child Safety Day at Clark Memorial Hospital. 9:00 AM to Noon. FREE Information and giveaways.

#### Administration/Vital Records/Environmental

1320 Duncan Avenue Jeffersonville IN 47130

Phone 812-282-7521

#### Office Hours

Monday 8:30am - 4:30pm

Tuesday 8:30am - 4:30pm

Wednesday 8:30am - 4:30pm

Thursday 8:30am - 4:30pm

Friday 8:30am - 4:30pm

Saturday - CLOSED

Sunday - CLOSED

#### Baby and Me, Tobacco Free - Phone 812-283-2746

#### Public Health Nurse

1301 Akers Avenue Jeffersonville IN 47130

Phone 812-283-2459

#### HIV/STD Program Office - Phone 812-288-2706

**Public Health**  
Prevent. Promote. Protect.

**Clark County Health Department**