

For the Health of It

Clark County Health Department

July 1, 2020

NOTABLE NEWS

VOLUME 3
ISSUE 3

WELCOME

Let's welcome our new Program Director for the Baby and Me, Tobacco Free program, Rachel LaDuke! Rachel was born and raised here in Jeffersonville. She was a teacher for 13 years prior to joining the Health Department. For the past 7 years, Rachel has been a freelance writer/content strategist for small businesses. When she is not working, you can find her shopping or kayaking!

The Baby and Me Tobacco Free Program took a big hit and lost clients during COVID-19, so she is trying to recruit new clients to the program. For more info see our website or contact Rachel at 812-282-7521.

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WELCOME

Let's welcome our new LPN! Kim Clark joins us after 27 years in the field. Her experience includes hospitals, medical offices and nursing homes, and she hopes to apply her diverse background to helping the residents of Clark County. She multitasks as a mom and a career woman who believes education is vital for improving public health programs.

EMPLOYEE ACHIEVEMENT

SPSP educator and tester Crystal Coddington was recently accepted into the Respiratory Therapy program at Ivy Tech. Crystal has been employed at CCHD just shy of 3 years, and has worked hard to increase education and prevention efforts in the community. In her free time, Crystal enjoys fishing and spending time with her son, Tucker.



congratulations!



PUBLIC HEALTH: MOSQUITO CONTROL PROGRAM

The Clark County Health Department has had many different areas and departments affected by COVID-19, including our office being temporarily closed to the public, new day-to-day duties of environmentalists, monitoring the closure and reopening of restaurants and pools, and changes in the mosquito control program.

In regards to the mosquito control program, treatments began and are still continuing throughout the mosquito season including larviciding with Natular and Vectorex water-soluble packets. The larvicides are used on any stagnant water that is not large enough to hold other aquatic life such as minnows, frogs, etc. The Clark County Health Department is also going to continue adulticide treatments in park areas, and areas that have data where West Nile Virus has emerged in the past. Treatments are made based off complaints from the public that we follow up on from previous years as well as new complaints that come in weekly. Our treatments last 30 days and we continue to treat sites over the entire mosquito season.

The mosquito control program is currently unable to send mosquito samples to the Indiana State Department of Health (ISDH), due to COVID-19 utilizing the capacity of the state's testing laboratory. Your Clark County Health Department does a series of weekly trapping during a normal season, throughout different areas of the county, surveying a wide variety of environments to obtain data in regards to numbers of mosquitos, mosquito species in certain areas, and the presence of West Nile Virus within Clark County. Trapping involves the use of a gravid trap, fermented timothy hay water, and a collection tube that will "trap" the mosquitos. In 2019 the mosquito trapping data was as follows: Total weeks of trapping- 21, Total traps set- 174, Sites trapped- 44, Number of mosquitos trapped- 4349 (4256 *Culex spp.*), Number of samples sent to ISDH- 84, and West Nile Positive samples- 6. Without trapping the 2020 mosquito program season will most certainly be different. The Clark County Health Department will be missing out on data that would have normally been collected in regards to West Nile prevalence within our area.



Photo credit:
Mackenzie Tietjen,
entomologytoday.org

Our program is going to put more time and motivation onto the Tick surveillance program. We are spending the time spent normally on trapping, now performing tick drags to monitor the prevalence of *Ixodes scapularis*, also known as the "Black-legged tick," which is a carrier for the bacteria that causes Lyme disease in humans and other animals. As of now the CDC is allowing ISDH to send in 1000 *Ixodes scapularis* ticks from throughout the state and they have chosen Clark county to collect 100 of those ticks. Lyme disease is a very misunderstood disease that many organizations would like to know more about such as treatment options (antibiotics), how the bacteria is transmitted, and how common it is for ticks to be potential carriers. Although part of our mosquito control program will be absent for the time being, our environmentalist are still dedicated to help with mosquito treatments by larvicide and adulticiding, and investigating any mosquito complaint made day-to-day by the public. We hope this new circumstance allows us to adapt and mold our normal procedures while at the same time enhancing other areas of expertise.

SEASONAL TIPS

Heat Exhaustion

- Heavy sweating
- Weakness or fainting
- Cold, pale and clammy skin
- Rapid, weak pulse
- Nausea or vomiting
- Muscle cramps

- Get to an air conditioned place
- Drink water
- Take a cool shower

Heat Stroke

- No sweating
- Throbbing headache
- Hot, red, dry skin
- Rapid, strong pulse
- Nausea or vomiting
- May lose consciousness

- CALL 911
- Take immediate action to cool off

CookChildren's

TORNADO



ACTION
Take shelter
immediately in a
sturdy structure

HAIL



ACTION
Move indoors away
from windows

LIGHTNING



ACTION
Move indoors if
you hear thunder

WIND



ACTION
Move indoors away
from windows

FLOODING



James Hobbs

ACTION
Avoid rising
creeks and water-
covered roads



PREPAREDNESS

Gas leak! You have 5 minutes to evacuate!

Large fires are approaching your neighborhood! You have to be out in 30 minutes.

Tornado siren! Now what?

Contagious virus making the rounds-shelter in place for 30 days!

Roads blocked and travel restricted! Grocery stores won't be restocked for 30 days.

Power is out! Anticipated time to repair: 4 days. Now what?

ARE YOU READY?

Some of these may not sound as far fetched as they did in the past. September is National Preparedness Month and if you have never taken the time to think about what you would do in these types of situations, now is the time! Take the first option. A fire department knocks on your door and says there is a major gas leak or potential for explosion in a pipeline. What do you grab in 5 minutes to get out? Not knowing how long you will be gone or if your home will be there when you return? Can you get your kids, pets, important papers and supplies packed and loaded in five minutes? "Where ARE those insurance documents? Who moved the dog's medication bottle?! Why are you wearing 2 different shoes?!"

And what if it wasn't just disinfectant wipes and sanitizer that you couldn't find? I saw those empty shelves and most of you did, too. But what if the trucks didn't run and the shelves were not stocked every night? How long would you be able to feed your family? What if your neighbor came knocking on your door saying she had not eaten in a week? Would you share? These things need planning and rumination. To some, this may seem overwhelming. But preparation and planning can be done a little at a time, learning about or buying a few items each week.

The American Red Cross' supply list:

- Water — one gallon per person, per day
- Food — nonperishable, easy-to-prepare items
- Flashlight
- Battery-powered or hand-crank radio
- Extra batteries
- First aid kit
- Medications (seven-day supply) and medical items
- Multipurpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cellphone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Preparedness tips:

- Create a plan
- Explore scenarios
- Think about evacuation
- Build a kit
- Keep it simple
- Discuss and practice plans with your family
- Research preparedness on a budget
- Think about your environment and climate-what are your risks?
- Learn skills like CPR and camping
- Know how to shut off your utilities
- Don't forget your pets!

For more info: www.ready.gov



Lessons Learned

BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER



Right in the midst of some of the dark times during COVID-19, a friend sent me this quote, "Many are touched by adversity, some fall and never get back up. Some go through it and discover their true self".

Mind you this was also in the middle of a stretch where I was informing everyone around me that I was quitting any position of even minor responsibility and becoming a fishing guide (fishing skills to be developed later). While I still had my breakdown moments, that quote did change my perspective to some degree. I took a step back and tried to learn about myself and our society. I could ramble on for hours about all this, but here are some bare bones lessons.

- Politics and public health are poor companions. Neither can exist in a vacuum, but neither can overstep the other.
- Our healthcare system is fundamentally broken. Did anyone else notice the irony that many hospitals voiced concerns of remaining financially solvent due to the influx of critically ill patients?
- Healthcare disparities have unfortunately existed in the minority population for decades. The disproportionate effect of COVID-19 on these populations was a symptom of a much bigger problem. This must tell us all that this status quo is unacceptable. Period.
- Being a good neighbor is more than keeping your lawn below 2 inches; It's recognizing your neighbors that need a little extra help and reaching out without being asked.
- Mental health is still woefully underprioritized. Up to 40% of people admitted to having mental health issues during COVID-19 in one survey. My interpretation of that is 60% of people taking that survey were liars :) We all did. Loss of structure, isolation, loss of support systems, health concerns, financial strain: It was the perfect storm for decompensated mental illness, a resurgence in substance use disorder, and an infinite number of other issues requiring mental health first aid.
- Unplugging is one of the most beneficial things we can do. If it has a cord or a battery, put it down each day. Be attentive to those who are important to you, friends, family, etc. Slow down and enjoy the life happening all around you.
- Despite all the division in our society today, we still are capable of coming together as a community in times of struggle and achieve amazing feats of humanity. I saw so many examples of bravery and heroism day after day. Not only in front line workers but in all walks of life.



We still have a long way to go, COVID is on the upswing again in several areas. There is still a lot of great deal of work to be done and tough decisions to be made. But, I challenge all of us to keep these lessons in mind as we continue to navigate this process. We may falter and fall, but we will always get back up. Together.



DEPARTMENT PROGRAMS



It's time for summertime fun in the sun! It is also UV safety awareness month. Ultra Violet (UV) light is a type of radiation made up of invisible energy rays that come from the sun. UV radiation is made up of 3 wavelengths, UVA, UVB, and UVC, and can lead to skin damage and cancer. Remember, you can be receiving UV rays even on cloudy days! Artificial UV rays from tanning beds are also dangerous.

Here are a few tips that can help protect you from harmful UV rays:

- Wear sunscreen, UVA and UVB protection with an SPF of at least 30.
- Wear protective clothing such as pants, long sleeved shirts, and sunglasses, if possible.
- The sun is at its strongest from 10 AM to 4 PM, so try and take a break in the shade during those hours.
- Avoid tanning beds.
- Early detection of melanoma is important. Monthly self examinations and a yearly skin examination by your doctor can help identify melanoma early.



If you are an expectant mother who would like to quit smoking, we have a free program to help you quit and earn FREE gift cards for diapers!
Go to: <https://bmtfcchd.org> OR Call: 812.283.4726



For more info:

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

US EPA UV Index:

www.epa.gov/sunsafety/uv-index-1

FREE FITNESS CLASSES

Jeffersonville Parks Department offers FREE summer fitness classes that began June 8th. Each weekday (M, T, W 6 PM; T 5:30 PM) and Saturday at 9 AM a different class is offered at Big 4 Station Park. These classes are for all ages and abilities so stop by and check them out! More info can be found at

<https://jeffparks.org/events/anchors-a-weigh-fitness-classes/>

What would happen if everyone picked up just one piece of litter on world cleanup day? Be a part of something great! 2019 had 21 million people participate over 180 countries. Can we beat it? Clean your yard, clean your park, clean your neighborhood. For more info:

<https://www.worldcleanupday.org>

<https://www.nationalcleanupday.org>

<https://www.facebook.com/WorldCleanupDayUSA/>

IF WE KILL OFF THE WILD,
THEN WE ARE KILLING A PART OF OUR SOULS.
-JANE GOODALL



HUMAN/PET AND WILD ANIMAL CONFLICT

"Help! There's a raccoon out in the daytime!"

Not to worry- urban wildlife like raccoons, opossums, and foxes can be seen in the daytime without implications of disease. This time of year, often these critters are nursing or caring for young, which may require more nutrients and increased feedings. This may draw them out of their dens during the day since they are often opportunistic animals.

Please do not harm these animals because you observe them in daylight. Your best bet is to give them space and let them be on their way. You never want to corner a wild animal. Although they probably will display aggression, such as puffing up, hissing, or bearing teeth, most want to avoid you and rarely bite without close contact and provocation. Keep your distance and enjoy their adorableness from afar!

Remember, you have better critical thinking skills than your pets, so be sure to keep them up to date on deworming (raccoons carry a very dangerous roundworm) and necessary vaccinations. Although rare, rabies does exist in the state. In Indiana, a rabid bat was found in 2019 (13 total bats in 2018), two human cases from 2009 and 2006 (both probably linked to bats), and a rabid skunk in 2004. Once humans begin to exhibit symptoms of rabies, there is no cure. Keep animals vaccinated and report all wildlife bites to your doctor and local health department for information. If you see a distressed wild animal, contact your nearest licensed wildlife rehabilitator. Some behaviors that may indicate distress are circling, confusion, salivation and seizures, as well as visible injuries. Seek help on IN DNR page: <https://www.in.gov/dnr/fishwild/5492.htm>

To reduce potential conflict of wild animals and pets:

- Keep trash in sturdy cans with secure lids. Thoroughly rinse bottles and cans for recycling, and put compost in closed bins instead of in an open compost pile.
- Do not feed your pets outside, or feed them outside during the day and take food and water bowls inside during the night.
- Animals can squeeze into small spaces in their search for shelter, so thoroughly check for holes and cracks in and around the foundation of your home as well as holes to the attic and chimney.
- If you have a dog or cat door, keep it closed in at night to prevent wild animals from coming inside.



Seasonal Considerations

An understanding of the yearly activities of raccoons will help with damage identification and conflict prevention planning.

SPRING: Raccoon cubs are born from early spring through early summer, so homeowners should be very careful when trying to exclude raccoons from buildings at these times. Cubs stay at the den site for about two months, and during this time the mother will leave each day to find food. If the mother is locked out with the cubs inside, she will do considerable damage trying to reach them. If she is trapped and removed at this time, the cubs will starve to death. This is the time for homeowners to observe where the mother is entering the building and begin making plans for repairs once the young have left to accompany her on nightly excursions.

SUMMER: Attics often become too hot for comfort, so raccoons naturally begin to seek shelter under decks and patios, or in wooded areas.

FALL: Raccoons begin to seek shelter and extra food. Now is the time to inspect your home and make any repairs, checking first to make sure that animals have not moved inside. The harassment techniques described in this fact sheet often work especially well during this time of year.

WINTER: Severe weather may cause raccoons to stay in their dens for a week or longer. Raccoons don't hibernate, but they do conserve energy by limiting activity. Exclusion efforts may cause animals to be trapped inside. Homes may be damaged as animals try to escape. Animals who cannot escape will die of starvation.

for more info:

<https://www.maine.gov/ifw/fish-wildlife/wildlife/living-with-wildlife/avoid-resolve-conflict/opossums.html>

<https://wildsafebc.com/raccoon/>



MENTAL HEALTH: BRAINGAMES

V3 I3

WORDSEARCH

MOSQUITO
LYME
AEDES
CULEX
PESTICIDE
WATER
VECTOR
NUISANCE
PREVENTION
PATHOGEN

Y K
M A
S S H T
Y T W O
G F N C V F
Z W L E D C
B Q V P C I O K
D S N K U S Q X
R I E M Y L Q O C B
Y N O Y V V M Z V U
W Y G O K A L I J C L A
X Y S O M E Y S Q Q I Q
G X D Z F M S V G P Q L D Q
T G E D V X M A C L J U K F
J E M B I K I M O T I U Q S O M
K D G G Y M R X T X M J Y Y C N
Z Z I G U Q N E L I G K J I Z W T Q
D O C N Z F L Y P D Y H O Y A B A D
H A B I Y Q U R L D N O Y Z H V F F N F
B U P T N C T D H B N R O V C I E G B A
T X B B S Z E D P L W L C T T L C S E D E A
W S W U E I Y R Q N Q W G O X N R S Q K P U
S H R E O P L E M Z J G T T D A Y D Y O C U I K
A M Z E Z V V M X S Q J T C S P Q X Z O Y E L O
K U S A R N E Y I W I Z W T I B G P S F C V T C A V
G A J Z O N G T N O U K Z U O K B T N E G O H T A P
N N U P G T C R I W R H Q N J L L K P Z J A R O T C E V
C Z R K I G U R E W Z H H D A D L N W X L W B R E T A W
G E W X O P U F C V D T S D M N U W O P Q J U N Y W C J P H
N D F N X W S O W H L O Y J P Y Q Z L K N S U I G J Z U D C

Questions:

1. I can sizzle like bacon, I am made with an egg, and I have plenty of backbone, but lack a good leg. I peel layers like onions, but still remain whole; I can be long, like a flagpole, yet fit in a hole. What am I?
2. What can be as big as an elephant, but weighs nothing at all?
3. The 22nd and 24th presidents of the United States of America had the same parents, but were not brothers. How can this be possible?

BRAINTEASER

3. They were the same man. Grover Cleveland served two terms as president of the United States, but the terms were not consecutive.

2. The shadow of the elephant

1. A snake.

Answers :

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

<https://www.riddles.com>

Would You Want to Be What You Eat? Food Behaviors Associate with Diabetes Status in U.S. Adults

Diabetes is a major public health concern in the United States. Kelly et al. (2020) looked at how behaviors are influenced by diabetes status, including factors like meal prep, food procurement, and food spending.

Methods

Data from 8799 adults from a 2005–2016 Survey were categorized by glycated hemoglobin levels (A1c%): nondiabetes (<5.7%;n= 5455), prediabetes (5.7–6.4%;n= 2273), and diabetes (>6.5%;n= 1071).

Results

All adults ($P= 0.002$) and males ($P= 0.001$) with diabetes and prediabetes spent less money dining out than those without diabetes. Those with diabetes had a significantly further distance to grocery stores among the adult ($P= 0.018$) and male samples ($P= 0.032$). Females with diabetes spent more on carryout/delivered foods ($P= 0.025$), ate fewer meals per week with family ($P= 0.039$), and were less likely to serve as the main food shoppers ($P= 0.012$) than those without diabetes. All adults with diabetes were less likely to share meal planning/preparation responsibilities ($P= 0.034$).

Conclusions

Diabetes associates with meal prep, food procurement, and spending behaviors, and differs for males and females. This supports the importance of addressing the behavioral context of food choices to help support a healthier diet and lifestyle for all adults.

Owen Kelly, Janell Pisegna, Christopher Taylor, Stephanie Fanelli, Satya Jonnalagadda, Would You Want to Be What You Eat? Food Behaviors Associate with Diabetes Status in U.S. Adults, *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 1317, https://doi.org/10.1093/cdn/nzaa059_034

Due to the ongoing and ever changing situation of the current COVID-19 pandemic, all events are subject to cancellation or postponement. Please call ahead to confirm all events.

SEPTEMBER 4-5

Steamboat Nights. Big Four Station Park. Jeffersonville

OCTOBER 8-11

Abbey Road on the River. Jeffersonville Big Four Station Park
<https://www.arotr.com>

CANCELLATIONS

Thunder Over Louisville
Sellersburg Celebrates
Riverstage 2020 Summer Concert Series
ClarkFest
Art in Speed Park

Administration/Vital Records/Environmental

1201 Wall Street Jeffersonville IN 47130
Phone 812-282-7521

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

Public Health Nurse

1201 Wall Street Jeffersonville IN 47130
Phone 812-283-2459

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

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

Public Health
Prevent. Promote. Protect.

Clark County Health Department

ALOHA LAURA

It is with great sadness to report that Clark County Health Department Administrator, Laura Lindley, passed away early Friday morning, June 26th.

Laura had a long tenure at the health department as a Registered Environmental Health Specialist prior to taking on her current role as the Department Head. She was well known and respected around the State of Indiana for her work advocating for environmental and public health.

Laura was instrumental in making the health department's current facility a reality, working alongside the Clark County Health Board, Clark County Commissioners and Clark County Council, a goal she was determined to achieve as one of her final accomplishments, prior to her upcoming retirement. For her work to this end we are forever grateful.

Our thoughts and prayers are with Jack, Marsh, Abby and all those who called her friend.

Laura, we will continue the work of public health and hope we make you proud. It will not be the same at 1201 Wall Street without you...

Sincerely,

Dr. Eric Yazel, Health Officer
Clark County Health Department

