

# For the Health of It

## Clark County Health Department

October 1, 2018

VOLUME 1  
ISSUE 2

## NOTABLE NEWS

### PULSE POINT

PulsePoint Respond empowers everyday citizens to provide life-saving assistance to victims of sudden cardiac arrest. App users who have indicated they are trained in cardiopulmonary resuscitation (CPR) and willing to assist in case of an emergency can be notified if someone nearby is having a cardiac emergency and may require CPR. If the cardiac emergency is in a public place, the location-aware application will alert users in the vicinity of the need for CPR simultaneous with the dispatch of advanced medical care. The application also directs these potential rescuers to the exact location of the closest Automated External Defibrillator (AED). PulsePoint Respond goes live in Clark County, Indiana 1/1/19. Download the PulsePoint Respond app today and help save a life. Go to [aedregistry.pulsepoint.org](http://aedregistry.pulsepoint.org) and register your company's AED today.

### INSIDE THIS ISSUE:

Notable News	Page 1, 2
Septic Care	Page 3
Monthly Observances	Page 3
Health Officer Perspective	Page 4
Composting	Page 5
Food Safety	Page 6
Brain Games	Page 7
Science Spotlight	Page 8
Calendar	Page 8
Contact us	Page 8

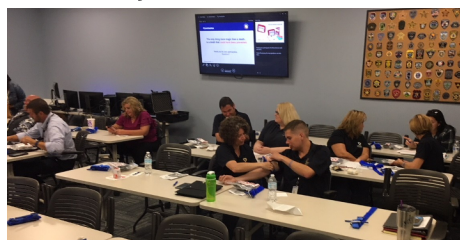
# PulsePoint

### STOP THE BLEED

Stop the Bleed is a national awareness campaign and call-to-action. It is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

The goal of Stop the Bleed is to build resilience by educating and all citizens to be aware of the simple steps that can be taken to stop or slow life threatening bleeding. It is a nationwide initiative that helps train and prepare citizens in the event they are witness to an emergency bleeding situation.

Recently, representatives from your local Health Department and Clark County Schools participated in Stop the Bleed Training taught by Major Mike Hansford, CFD and Dr. Eric Yazel, Clark County Health Officer.



For more information, please visit <https://www.in.gov/dhs/4095.htm>, or contact Janet DeArk, Public Health Emergency Preparedness Coordinator Clark County Health Department (812)282-7521 or [jdeark@co.clark.in.us](mailto:jdeark@co.clark.in.us).

## IMMUNIZATIONS

The Clark County Health Department continues to offer adult and childhood immunizations at the clinic located at 1301 Akers Ave. in Jeffersonville. Insured or cash payment adults are accepted for a variety of immunizations, including flu shots. Uninsured children or those on Medicaid are welcome to receive childhood immunizations by appointment. Call 812-283-2459 or 812-283-2739 for appointments and information.

## SYRINGE SERVICES PROGRAM

The Clark County Commissioners voted 3-0 in August to renew the county's syringe services for two more years. The program not only provides disease prevention by an exchange of clean needles for used ones, but offers counseling, health education, and testing services.

In 2018 (January through August), the program has had 603 total visits and 166 new participants. The program has a 68% syringe return rate. Since June 2018, the Department has tested 37 individuals for HIV with one positive result and 21 individuals tested for Hepatitis C, with 8 positive results. Identifying individuals with diseases early is a good first step in prevention of transmission.

Additionally, in 2018, there have been 35 referrals for recovery treatment and 82 participants that were actively seeking treatment. Addressing drug use by providing treatment resources is an opportunity drug users may not otherwise encounter.

With the two year renewal, the county has a chance to reduce disease transmission and help people get clean and stay sober. Community support is a necessary factor in a syringe program's success, so stay educated and stay involved!

## COMMUNITY OUTREACH

Your local Health Department has been busy with recent events. Employees have been working the 4H Fair, Clark Memorial Health Fairs, and giving talks at various clubs and libraries. Our Public Health Nurse has also been educating and training target groups how to use Narcan.

Additionally, our Environmentalists are out at every festival and activity where food vendors are located to ensure your safety!



*Amelia Johns, LPN*

We want to thank everyone for their interest in Public Health Education and are proud to be part of such a supportive community.



## HOLIDAYS GOT YOU DOWN?



[crisistextline.org](http://crisistextline.org)



You are not alone! Depression and Anxiety can happen to anyone.

Resources are available!

## OTHER IMPORTANT NUMBERS

National Suicide Prevention Lifeline:

1-800-273- TALK (8255)

Safe Place- Teens Text "SAFE" and current location to 4HELP (44357)

National Domestic Violence Hotline – Call 800-799-SAFE (7233)

Sexual Assault Hotline – Call 800-656-HOPE (4673)

Poison Control Center - 1-800-222-1222

Dial 2-1-1 from a local phone or use their website to search for organizations that offer local support resources and services. [www.211.org](http://www.211.org)

Teen Line- teen to teen helpline Call 1-800- TLC-TEEN (9pm to 1am). Or Text "TEEN" to 839863 (6:00pm to 9:00pm)



# SEPTIC CARE

Septic Smart Week was September 17-21, 2018. This is a week that is annually dedicated to educating homeowners about septic systems and how to properly care and maintain them. Too often homeowners do not know how to care for their systems because they are out of sight, out of mind. Just like all other aspects of homeownership, there is care and maintenance that is necessary to extend the life of a septic system.

Septic systems also known as onsite sewage systems are used in rural or suburban areas where sewer utility is not available. Septic systems treat wastewater onsite, and typically consist of a septic tank and drainfield. All wastewater from the plumbing fixtures enter the septic tank. The purpose of the septic tank is to hold back solids and prevent them from entering the drainfield. When wastewater enters the septic tank solids settle at the bottom of the tank and fats, oils, and grease float to the top. The septic tank is designed only to allow the liquid in the middle zone of the tank to proceed to the drainfield.

The most important septic system maintenance task is that homeowners should have their tank pumped on a regular basis. The recommended time between pumping a septic tank is 3-5 years. Septic tank additives are not necessary and will not replace pumping of the septic tank on a regular basis.

If the tank is pumped regularly, solids will not get to the drainfield and clog the small pores in the soil that treat and disperse the wastewater. If solids are allowed to get to the drainfield it could cause surface ponding of wastewater or backups in the house. This could lead to an entirely new system installation.

Another important way to care for your septic system is to be cautious of what is poured down the drain. Excessive disposal of harsh chemicals may degrade system components and harm beneficial bacteria in the septic tank. Items such as disposable wipes, diapers, feminine hygiene products, cigarette butts, cat litter, and others should not be flushed.

For more information about septic systems see [www.epa.gov/septic](http://www.epa.gov/septic).



Failing drainfield. Photo by Todd Webb, REHS

1. [www.cdc.org](http://www.cdc.org)



This month, help spread awareness about the need for breast cancer awareness, education, and research.

- Breast cancer is the most common cancer in women-but it also can occur in men!
- Know the signs and symptoms of breast cancer at [www.breastcancer.org](http://www.breastcancer.org).
- Give your breasts a little TLC: Touch, Look, Check for any changes monthly

Prevention: Keeping a healthy weight, avoiding carcinogens, exercise, limiting radioactive exposure, and breastfeeding your children if possible are all ways of reducing your risk of breast cancer.<sup>1</sup>

Talk to your doctor about more ways to reduce your risk.

More Information:

<https://www.cdc.gov/cancer/breast/index.htm>

## Early Detection For Your Protection

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections.<sup>1</sup>

Remember, antibiotics do not treat viruses!



*Cold or Flu?  
Antibiotics won't  
do!*

More information:

<https://www.cdc.gov/antibiotic-use/week/index.html>



# Football, Fall Festivals, and... ..Flu?

Football season is here, kids are back in school, and before we know it, fall weather will arrive. However, one typical late fall/winter visitor has jumped the gun. Over the last couple of weeks, we have had several positive flu tests. I have no idea if this is the beginning of a bad season or just a tiny cluster of cases, time will tell. But always a good idea to talk about flu prevention. There are 9 great ways to help you get through flu season.

Obviously, numbers 1-9 on the list are to get your flu shot. I hear lots of excuses. "The shot gives me the flu", "I've never gotten one and I still never get sick", and several others. If you do feel poorly after your vaccine, understand it is minuscule compared to the discomfort you will feel from the full blown flu. And the flu shot isn't just for you. Its for those around you as well, especially the very young, elderly, and those with co-morbid medical conditions.



BY DR. ERIC YAZEL,  
CLARK COUNTY  
HEALTH OFFICER



**+**  
**KEEP  
CALM  
AND  
GET YOUR  
FLU SHOT**

I try to avoid any fear-mongering but I do think there is a decent likelihood that one of these years in the near future, we will have a more virulent strain that causes a major public health issue. So get your shots early and bring your friends! Last but not least, remember for any communicable illness such as this, universal precautions such as hand washing, staying home when ill, etc. The efficacy of Tamiflu and other flu specific treatments is debatable. Rest, plenty of fluids, and TLC are the best remedies!

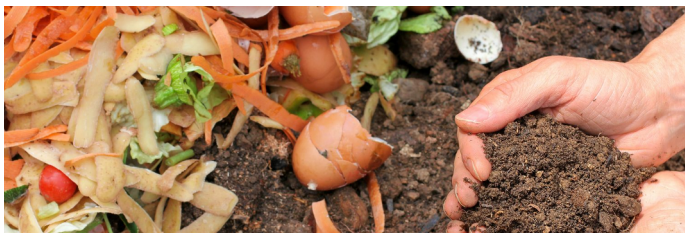
# ENVIRONMENTAL SUSTAINABILITY-COMPOSTING



In 2015, over 39 million tons of food waste was generated. This waste comes from agriculture, food processors, grocery stores, restaurants, and consumers. EPA estimates that more food reaches landfills and incinerators than any other single material in our everyday trash, constituting 22 percent of discarded municipal solid waste.<sup>1</sup>

There are many environmental, economic, and moral issues that arise when you see this bit of data. Not only are we wasting resources and money on food production that never becomes utilized, we are taking up ever-lessening space in our landfills and seeing increased methane production while decomposing materials never return to the soil. Large amounts of unnecessary chemical fertilizers and insecticides are used to produce food that never goes to humans or animals.

For a sustainable future, we must all do our part. One small way to help can be done in every household: composting!



Composting household food waste has numerous benefits:

- reduce waste production, in turn:
  - reducing methane production
  - reducing waste transportation costs/fuel
- return vital nutrients to the soil
- enhances soil water retention in poor soils
- encourages the growth of beneficial fungi and bacteria
- increases crop and garden yields
- reduces the need for chemical fertilizers
- helpful way to get rid of yard waste

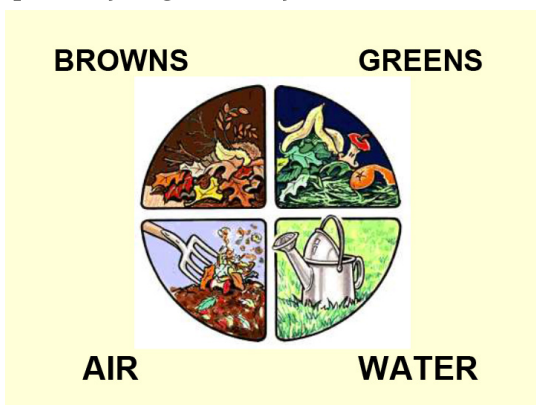
Now I know what you are thinking:

"Composting in the cold Fall?! How do I start?"

Actually, fall is a great time of year to begin! The abundance of dropping leaves will be an excellent addition to your bin.

- Choose a dry shady spot for open piles (no smaller than 3x3 feet). Enclosed compost containers are another option
- Mixing grass clippings, dying annual plants, and dropped leaves are a good way to jump start composting
- Keep pile or bin moist and turn material over often to aerate
- A well-maintained pile should remain at an internal temperature over 110 degrees
- You will want 2 parts green to one part brown materials (adjust to maintain internal temperature)
- Aerobic bacteria and fungi are doing most of the work
- Use that black gold goodness on your yard and garden once ready!

GREENS	BROWNS
<ul style="list-style-type: none"> <li>• Fruit and vegetable scraps</li> <li>• Grass clippings</li> <li>• Bread and grains</li> <li>• Coffee grounds</li> <li>• Hair and fur</li> </ul>	<ul style="list-style-type: none"> <li>• Leaves</li> <li>• Twigs</li> <li>• Shredded newspaper</li> <li>• Cardboard rolls</li> <li>• Clean paper</li> <li>• Fireplace ashes</li> </ul>
<p><b>DO NOT ADD:</b> dairy, meat, fats, bones, oils, pet waste, seafood scraps, plastic, stickers from fruits and vegetables, metals, glass, treated or painted wood</p> <div style="text-align: right;"> </div>	



No backyard? You can also compost indoors! Learn how to start, here:

- <https://www.epa.gov/recycle/how-create-and-maintain-indoor-worm-composting-bin>
- <https://www.urbanorganicgardener.com/indoor-composting/>

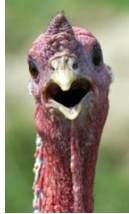
<sup>1</sup> www.epa.gov

## HOLIDAY FOOD SAFETY

It's that time of year for friend and family get-togethers, cooking with one another, and eating, eating, eating! Unfortunately, we often forget about food safety in our own homes.

Can you answer the following questions?

- 1) What is the safe minimum cooking temperature for a turkey?
- 2) What is the safe way to defrost a turkey?
- 3) How long should you keep your leftovers?



Answers:

- 1) The internal temperature of the innermost part of the breast, wing, and thigh should be at least 165 degrees Fahrenheit.
- 2) There are three ways to thaw your turkey safely — in the refrigerator (24 hours for each 4-5 lb turkey), securely wrapped and placed in cold water (30 minutes per lb, change water often), or in the microwave oven.
- 3) Cooled quickly and stored properly in the refrigerator, foods can be kept up to 4 days. Ensure you reheat leftovers to 165 degrees Fahrenheit.

## FOOD SAFETY TIPS

- Do not rinse raw meats before cooking in order to prevent the spread of bacteria
- Wash food contact surfaces after preparing each food item
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites
- As good as it looks, don't eat raw cookie dough, as it may contain raw eggs
- Don't taste or eat food that looks or smells questionable:

**When it doubt, throw it out!**

**WASH HANDS,  
UTENSILS, AND SINKS  
THAT TOUCH RAW  
MEAT AND JUICES  
WITH  
SOAP AND WATER!**



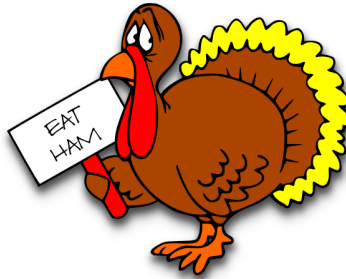
## MORE INFORMATION AND RESOURCES

When the Holiday is upon you and you have a question you need answered by an expert right away, your best source is the U.S. Department of Agriculture Meat and Poultry Hotline at 1-888- MPHOTLINE (1-888-674-6854), or email your question to [mphotline.fsis@usda.gov](mailto:mphotline.fsis@usda.gov). You can also ask a food safety question at [AskKaren.gov](http://AskKaren.gov).

Be informed on food borne illness and all of the practices that can help keep your family safe. Remember that pregnant women, young children, older adults, and people with weakened immune systems are at higher risk for developing serious food borne illness. Stay informed on all of the practices that can help keep your family safe:

[www.FightBac.org](http://www.FightBac.org)

[www.FoodSafety.gov](http://www.FoodSafety.gov)



**Thermy™** "IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

**Temperature Rules!**  
... for cooking foods at home.

**Safe Minimum Internal Temperatures**

<b>145 °F</b>	Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)
<b>160 °F</b>	Ground beef, pork, veal & lamb Pork chops, ribs & roasts Egg dishes
<b>165 °F</b>	Ground chicken & turkey Chicken & turkey—whole bird, breasts, legs, thighs & wings Stuffing & casseroles Leftovers

**FSIS**

# MENTAL HEALTH: BRAINGAMES



## VI 12

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

HOLIDAY  
 FAMILY  
 FALL  
 AUTUMN  
 SNOW  
 PUMPKIN  
 COMPOST  
 EUTROPHICATION  
 BIODEGRADABLE  
 RUNOFF



Five doctors can see five patients in five minutes. How many doctors will be needed to see 50 patients in 50 minutes?



**Answer:**

5 doctors see 5 patients in 5 minutes. When we multiply by 10, we get that the same 5 doctors can see 50 patients in 50 minutes.

## SCIENCE SPOTLIGHT

### Impacts of household waste compost formed in public garbage dump on the organo-mineral status and productivity of a sandy soil

Chemical fertilizers can be expensive, and runoff from agricultural as well as urban areas has led to water pollution around the world. Alternative methods of food production should be explored to lessen environmental impacts of chemical over-use.

A recent study released in the peer-reviewed publication International Journal of Engineering and Applied Sciences (IJEAS) demonstrated how household waste composting can be used to increase garden yields which, in turn, could reduce negative impacts of chemical fertilizers.

Naturally forming compost from public garbage dumps was used on a lettuce farm. Compost use increased the fertility of the soil by adding necessary nutrients and minerals, and had positive effects on lettuce yield. The study also concluded that the addition of compost positively changed nutrient diffusion and water retention rates of the soil.

This data gives excellent support to the idea of household composting. It has been estimated that About 150,000 tons of food is tossed out in US households each day. Let's put that food to good use! See our article on household composting in this issue of the Newsletter.

Zro FGB, Guéi AM, Nangah YK and Yao-Kouamé A: 2018. Impacts of household waste compost formed in public garbage dump on the organomineral status and productivity of a sandy soil. International Journal of Engineering and Applied Sciences, Volume 5,.

[https://www.ijeas.org/download\\_data/IJEAS0502003.pdf](https://www.ijeas.org/download_data/IJEAS0502003.pdf)

#### 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

### OCTOBER 1

The 1st and 3rd Monday of each month. FREE 20 minute info and training session on Narcan. Receive a free Naloxone kit. 12:15 PM.

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

### OCTOBER 6

iRun harvest 5k. 7:00 AM - 1:00 PM. 800 8th street New Albany

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

### OCT. 13, NOV. 10

Women's Self Defense Course. FREE.

Full Moon Martial Arts. 1430 Cedar Street, Clarksville. 1:00 PM to 3:00 PM. Call 812-288-9886 for information.

### OCTOBER 20

Clark Fest 5K Run for the Kids, Clarksville. Gateway Park at 8:00 AM.

[www.clarkfest.org/5k-runwalk.html](http://www.clarkfest.org/5k-runwalk.html)

### OCT. 17, NOV. 21, DEC. 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

### NOVEMBER 2

Stand Down for Homeless Veterans. FREE Health testing, food, haircuts, hygiene help as well as job and housing information available. CASI 1613 E 8th St Jeffersonville. 10:00 AM-2:00 PM

### NOVEMBER 17

Lost Someone to Suicide? Reach Out day of healing and support. Life Springs Community Room 404 Spring St. Jeffersonville. 10:00 AM to 2:00 PM. Call 812-280-2080 for more info.

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

Clark County Health Department

