

# For the Health of It

October 1, 2020

## Clark County Health Department

### NOTABLE NEWS

VOLUME 3  
ISSUE 4

#### CONGRATULATIONS!

Douglas J. Bentfield has been hired as Clark County Health Department's new Administrator as of August 17, 2020. Doug has served many important roles in the department since he was hired as an Environmental Health Specialist on December 21, 2000. Some of Doug's achievements include, but are not limited to, becoming nationally credentialed as a Registered Environmental Health Specialist/ Registered Sanitarian (REHS/RS), which is the gold standard in recognizing those who are uniquely equipped to handle the wide breadth of environmental health issues, and in 2007 received the prestigious Environmental Health Specialist of the Year award from the Indiana Environmental Health Association.

Before his current management position, he was promoted to Assistant Supervisor and then Supervisor of the Environmental Public Health & Food Safety Section of the department. Doug has excelled in all his roles at the Clark County Health Department. Over the years, Doug has provided a considerable amount of training for staff and is regarded as a mentor by many of the employees. He strives to better the health of Clark County residents and has been instrumental in the addition of new programs and initiatives within the department to better serve the community. These additional programs include PulsePoint, AED Program, Syringe Services Program, Safe Sleep Program, Adult/Infant/Child CPR initiative, Stop the Bleed, Everbridge (a critical event management software system), secured grants to improve the Lead Poisoning Prevention Program, secured grants to improve the Vector Control Program by adding the capability to provide ULV spraying for adult mosquito management, and so much more.

Doug, thank you for all you have done and continue to do for Clark County. Best of luck in your new role as the Clark County Health Department Administrator.

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## ADDITIONAL CONGRATULATIONS!

I wanted to take a moment to thank all of the staff at the Clark County Health Department, our community partners, and the community at large for their support during the COVID-19 response. As we continue to navigate through this uncertain time of COVID-19 be assured our department is devoting all its resources and efforts to heighten the public health and well-being of the community.

In addition, I wanted to recognize one of our longtime staff members, Drew Roudenbush. He has recently been appointed to the Environmental Supervisor position at CCHD. Drew has been a dedicated health professional in Clark County for nearly 10 years. He came to our department as an intern from Indiana University Bloomington and after completion of his degree program he was hired as an Environmental Health Specialist. While sharing a cramped office at our old location he and I developed a great work partnership and friendship. He helped to build on our existing public health programs and he was instrumental in developing new and innovative programs that still champion the community today.

His dedication to public health and the community is resolute. Congratulations Drew, I know you are up for the challenge and I look forward to our continued public health collaborations going forward!

~Doug Bentfield



## COVID-19 TESTING

Since the ISDH Optum Serve COVID-19 testing site at the Clarksville Community Center opened May 13th, 2020 through September 15th, 2020, **15,123** tests have been completed. The ISDH Optum Serve COVID-19 testing site contract is a month to month contract and we recently learned that the contract had been extended thru the end of October. In addition to the ISDH Optum Serve testing site at the Clarksville Community Center, Life Spring Health System and Clark Memorial Health are partnering with us to offer additional testing opportunities throughout Clark County. This is an initiative of the Indiana Department of Health to stand up additional COVID-19 testing in the local communities. Stay tuned for more information on dates, times and locations for those test sites coming in mid-October. For a listing of ALL COVID-19 testing opportunities available to the general public, check out this website:

<https://www.coronavirus.in.gov/2524.htm>. Click on the county, and then click on each location for more information. Additionally, many primary care physicians are testing established patients for COVID-19.

# SEASONAL TIPS

## WINTER DRIVING SAFETY

READY YOUR VEHICLE FOR WINTER WEATHER



- ▶ Get a tune up. Make sure everything in your car is working properly.
- ▶ Check your tires. Low temperatures can affect your tire pressure and increase the risk of flat tires or accidents.
- ▶ Top off your fluids. Nothing is worse than that road salt smear on the highway when you run out of window cleaner!
- ▶ Use the right tires; better quality, winter tires may be desirable for certain areas and drivers.
- ▶ Keep warm clothes in your car. You never know when you may be stuck in your vehicle.
- ▶ Keep flashlights, road flares, snacks, and tire changing tools in your vehicle. Be ready for anything!
- ▶ Develop good winter driving skills: increase the distance between your vehicle and the ones in front of you. Accelerate and brake slowly to avoid slipping on wet or icy roads.

For more safety tips:

<https://www.safekids.org/holiday-safety-tips>

# HOLIDAY SAFETY

The next few months provide days for family and fun, but can also lead to injuries!

Let's keep kids safe!



## Emergency rooms see a spike in hand injuries due to pumpkin carving

- Use a pumpkin carving kit
- Carve in a well lit, clutter-free area
- Avoid Candles in pumpkins, use glow sticks or battery operated flickering lights
- Have a first aid kit ready in case of injury

## Be safe during trick or treating

- Walk on sidewalks; don't cut through yards or in between cars on the street
- Add something reflective or a glow stick to children's costumes
- Only approach well lit houses and always have children supervised by at least 1 adult
- Have an adult inspect all of the candy to make sure it is safe to eat when you get home

## Decorating

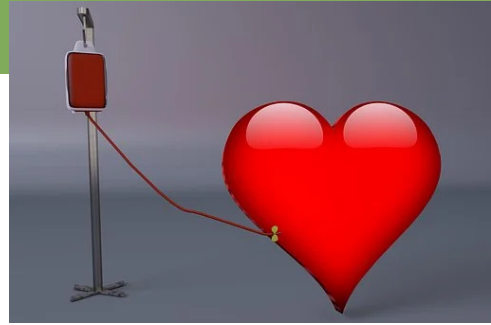
- Hang breakable ornaments high on the tree or place on a tall shelf
- Keep harmful plants out of reach. Know what is toxic to kids and pets
- Keep items with small button batteries (eg. musical cards) out of reach from young children
- Make sure all candles are blown out before leaving a room



## Cooking

- Keep hot foods and liquids away from small children
- Create a 'kid-free zone' in the kitchen
- Teach older kids how to cook safely
- Don't let kids lick the bowl of anything raw (that goes for you and that cake batter, too!)
- Check your smoke detector and batteries to ensure that it works

# STARVE A VAMPIRE, DONATE BLOOD. SAVE A LIFE!



Ghouls, goblins and vampires, oh my! Halloween is right around the corner but there's nothing to fear; none of these creatures actually exist! Or do they? Nah, but this month we will be hosting our own kind of 'vampires' at CCHD! They won't be consuming any blood but they will be collecting it for the American Red Cross. On October 20th we will be hosting our very first blood drive! With all the recent talk on convalescent plasma being used for COVID 19 treatment, you may be interested in donating. If you haven't donated before, don't worry. There isn't anything spooky about it. In actuality, it's quite simple and deeply gratifying!

If you've already donated blood, you know how the process works. Your phlebotomist may have even shared some of the interesting facts about the red stuff during the process of donating. If you are new to blood donation or if you just want to know more, here are some very interesting facts about blood and blood donations.



There are 8 main types of blood in the human population with some more rare variations in the mix. Compare this to 11 main types in cows with nearly 800 variations! Of these 8 main human blood types there is O (about 37% of the population), A (34%), B (10%), A- (6%), O- (6%), AB (4%), B- (2%), and AB- (1%).

Because of these different types, there is a matter of compatibility to be factored. Blood type O can donate to types O, A, B & AB. Type A- can donate to types A, A-, AB & AB-. Type B- can donate to B, B-, AB & AB-. Type A to A & AB. Type B to B, AB. Type AB- to AB, AB-. Type AB can only donate to other type AB people but they are the universal recipients and can accept blood from any donor. Type O- is actually considered the universal donor

and can donate to any of the other blood types; however, this type is rare with only 6% of the population containing it, making it highly sought after because of its wide compatibility. In actuality, the rarest blood type is whatever isn't on the shelf when it is needed by a patient. Can you imagine a patient having to pass up on a long awaited organ transplant because the compatible blood needed for transfusion is not available? Winter and summer holidays are times when blood donations fall into great shortage.

When donating blood, you are actually also donating blood components such as plasma (55% of whole blood – pale yellow in color) and platelets. 45% of the blood is red and white blood cells and platelets (blood clotting component). It is the plasma that is being used for convalescent plasma treatment of COVID 19. Convalescent plasma is plasma that is taken from a person who has recovered from a disease, which now contains antibodies from that disease. It is transfused into a person who is still battling the disease. Since at this time there is no cure or vaccine available to the public for COVID 19, convalescent plasma therapy is being used in some cases to help lessen the severity or decrease the length of time of the disease.

With blood components such as platelets and plasma, the compatibility is different than whole blood. Types A and A- can donate to types A, A-, O & O-. Types B and B- can donate to B, B-, O & O-. Types O and O- can donate to only O & O-. In regards to platelet and plasma donations, types AB and AB- become the universal donors and can donate to all types. This type of blood is also rare and in short supply. O types are the universal recipients of platelets and plasma.

Blood Type	Can donate RBC's to
<b>O</b>	<b>O, A, B, AB</b>
<b>O-</b>	<b>EVERYONE</b>
<b>A</b>	<b>A, AB</b>
<b>A-</b>	<b>A, A-, AB, AB-</b>
<b>B</b>	<b>B, AB</b>
<b>B-</b>	<b>B, B-, AB, AB-</b>
<b>AB</b>	<b>AB</b>
<b>AB-</b>	<b>AB, AB-</b>



# STARVE A VAMPIRE, DONATE BLOOD. SAVE A LIFE!

Currently there is no substitute or artificial blood product and this is why your donation is so important. The process of donating the blood takes about 10 minutes and takes about an hour from signing in to leaving. When you donate whole blood (the most widely donated product) your blood is actually separated into the 3 different products in a lab centrifuge. This means that with each blood donation, you are potentially saving 3 lives! In the US, someone needs about every 2 seconds. The average blood transfusion takes about 3 pints. Each human on average has about 10 pints of blood (newborns have about 1 cup). Your donation will be approximately 1 pint. On average about 4 million Americans need a blood transfusion each year.

After donating your blood, it is taken to a lab and 11+ tests are conducted to identify any possible diseases. Currently, the Red Cross is also testing blood donations for COVID 19 antibodies. These donors have the possibility of donating convalescent plasma used in therapy. After the blood is tested it is separated into its 3 main components. The red cells can be stored for 42 days but because the need is so great, it doesn't get stored long. Platelets can be stored for less time, about 5 days. Plasma can be frozen and stored for up to a year.

After you donate, you get to sit and relax and enjoy snacks until you're ready to be on your way. The fluid lost from your donation is replenished within hours. Your bone marrow will replace the red blood cells in about 4 weeks. It takes 8 weeks for your body to replace the iron lost during the donation. You're able to donate whole blood every 56 days with the Red Cross.

After your blood is tested, separated and shipped to various locations around the country, it goes to hospitals where it is transfused into patients who desperately need it for reasons such as trauma, surgery, cancer, or people who suffer from various diseases. It is important to note, blood or plasma that comes from people who have been paid will not be used for transfusions and instead is likely used for pharmaceuticals. This is why all Red Cross donors are volunteers. And while our blood donor volunteers are enjoying refreshments, if they haven't already done so, they can download the Red Cross blood donor app to their phone. With this tool, you can actually track your individual donation and find out where it went in the country and what it was used for. The app will also tell you what your blood type is if you don't already know that. Currently it will also inform you if you have the COVID 19 antibodies. The app also makes it easy to find future donation locations and helps you schedule your next much appreciated donation. Some donors will give each time they are eligible and actually donate dozens of gallons over their lifetime, saving hundreds of lives.

Go to [redcrossblood.org](http://redcrossblood.org) or the Red Cross blood donor app and type our sponsor code CCH to sign up for our October 20th blood drive today! See our ad on page 11. You can save lives and enjoy some great food and giveaways from our wonderful partners Parnell's Chicago Eatery and Culvers that day, too! Giving a pint and an hour of your day will give a lifetime to someone in desperate need. We hope to see you there! And don't worry, our 'vampires' won't scare and will provide you with the best care!



# The Not So Great Divide

BY DR. ERIC  
YAZEL,  
CLARK COUNTY  
HEALTH OFFICER



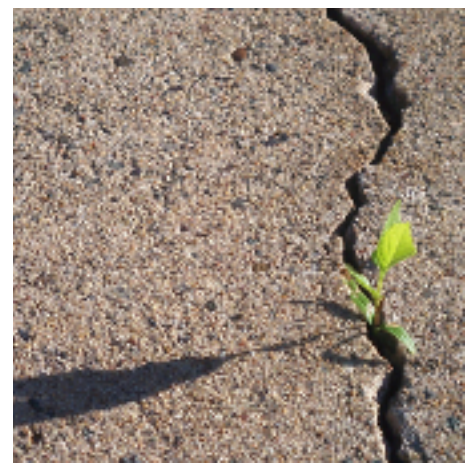
If there is one thing everyone can agree on these days is our population is as polarized as it's ever been in recent memory. And while I definitely know my lane (public health and as far away from politics as possible) sometimes that intersection is unavoidable. And the reality is good mental and physical health for us as individuals equals good public health. This year has been tough for everyone, increased stress levels, economic hardship, cancelled public events, constant ideologic debates, and social isolation. Developing resilience, coping skills, maintaining good healthy eating habits, and getting regular exercise are all essential to our mental and physical health.

Make sure you are getting plenty of electronic-free time. Schedule it into your day when possible. When you do go for your news and social media checks, limit it. 15 min, 30 min, and then put it away till the end of the day. Trust me, you will survive in the world without every 15 min updates from your favorite media person or you neighbor's postings. We get a barrage from all sides of news sources. Control that. If you know a certain show or person tends to get under your skin, don't watch. With travel down, sports minimized, events cancelled, we all have some extra free time. Use that time wisely. Make some positive dietary changes, go for a walk on these beautiful fall days, or find some other positive outlet for your stress.



Last but not least, we all encounter those who have different opinions and values than we do. And that is okay. Instead of being on the defensive, learn from them, learn about them. Be respectful. One caveat, make sure you chose someone who has the same goals of learning about you and your opinions in a respectful manner. Otherwise, you may find yourself in a situation that lends itself to one of my favorite quotes: if you spend too much time arguing with an idiot, pretty soon no one will be able to tell who is who.

***Be smart. Make good decisions. Be well.***



## AWARENESS DAYS

Fun fact: The first nylon bristle toothbrush, as we know it, was invented in 1938; however, various tooth cleaning instruments and powders have been found to be used as far back as 3000-5000 BC!

Dental hygienists have been around since the early 1900's, so we have known for quite a while about the relationship between dental health and overall health. October is the month to focus on complete oral health and celebrate the hard-working dental hygienists!

OCTOBER IS  
NATIONAL DENTAL  
HYGIENE  
MONTH!

### HOW TO OBSERVE NATIONAL DENTAL HYGIENE MONTH

- Floss Every Day
- Brush Twice a Day for Two Minutes
- Rinse with Mouthwash

### FOR MORE INFO

<https://nationaltoday.com/national-dental-hygiene-month/>

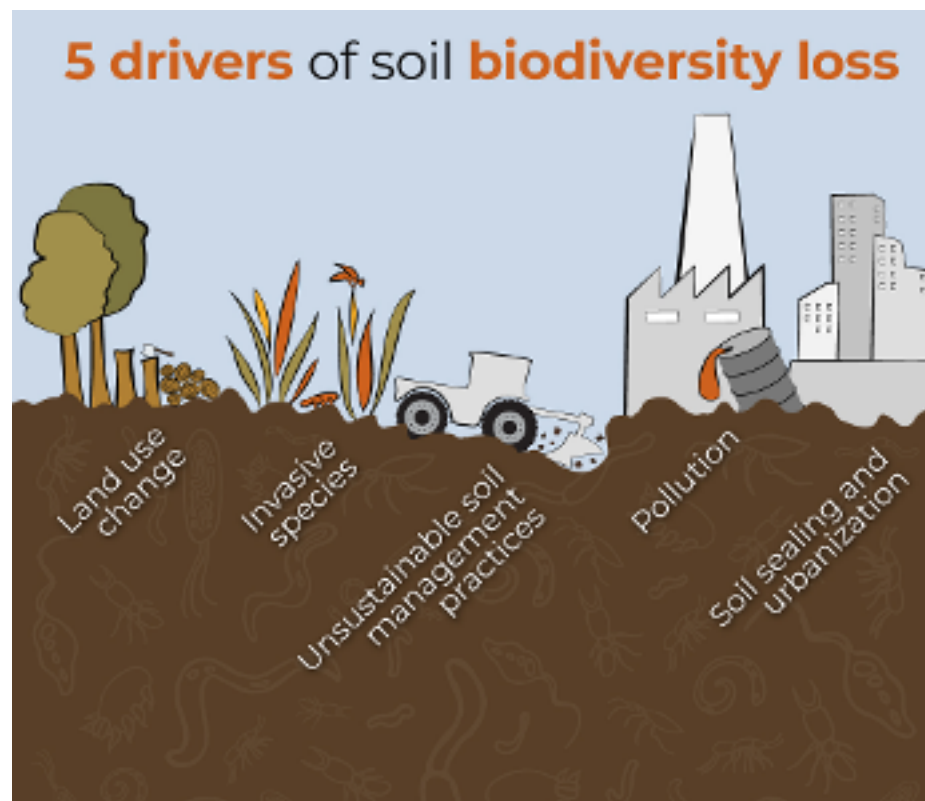


DECEMBER  
5TH IS  
WORLD SOIL  
DAY

World Soil Day 2020 (#WorldSoilDay) and its campaign "Keep soil alive, Protect soil biodiversity" aims to raise awareness of the importance of maintaining healthy ecosystems and human well-being by addressing the growing challenges in soil management, fighting soil biodiversity loss, increasing soil awareness and encouraging governments, organizations, communities and individuals around the world to commit to proactively improving soil health.

For more info:

<http://www.fao.org/world-soil-day/en/>





## COMPASSION FATIGUE

Our segment on pet health related to public health is going to take a bit of a turn this quarter. COVID-19 has impacted us all in many ways, but it has also affected the animal rescue community. Animal rescue is a broad term that refers to any effort that helps save different kinds of animals from cruelty, abuse, neglect and/or homelessness. The lack of veterinary resources and high volume spay/neuter clinics has led to an increase in the number of puppies and kittens needing rescue, the need for resources, and an increase in the strain on foster homes, rescue volunteers, and shelter finances. Adoption rates have dropped as well.

With more animals needing care, people have stepped up and taken on more than usual, and have been unable to help as they normally would. These changes, along with the stress caused by the pandemic, has led to an increase in compassion fatigue. Compassion fatigue is a concept defined by the emotional, physical and mental distress caused by caring for others-whether human or animal. Symptoms of compassion fatigue can include substance abuse, depression, ignoring self-care, apathy, isolation, and nightmares and can lead to incredible stress, self-blame, and trauma. This can have detrimental effects on one's personal and work life.

Animal welfare advocates dislike when people tell them "You can't save them all". That statement realistically may be true; however, the focus should be more on "Saving one animal won't change the world, but it will change the world for that one animal." Shelters and rescuers need to understand their limits and stand by them. They need support from their community, and family. Animal welfare advocates need to voice their feelings and experiences, recognize when compassion fatigue may be taking hold. And always, ALWAYS wins.



How can you help? Reach out to your local rescues and shelters. Find out what they need. Many have Amazon wish lists allowing donors to easily spend as much or as little as they like and ship the needed items directly to the facility or, often, the volunteer's home. If you have not already, consider volunteering at a shelter, bring a child along and help teach the next generation compassion for all. Considered fostering? What better time than now, when we are all spending more time at home. MOST importantly, as the host of the Price as Right has been saying for decades, "help prevent pet overpopulation, spay & neuter your pets." Reach out to those local organizations to find out how you can help. Send a simple card thanking them for their work to this end. Keep in mind, these local resources can also direct you to low cost spay, neuter and pet health clinics, to include those who may trap, neuter and release feral cat populations in neighborhoods.

The human-animal bond is a mutually beneficial and dynamic relationship between people and animals that is influenced by behaviors essential to the health and well being of both. This includes, among other things, emotional, psychological, and physical interactions of people, animals, and the environment.

For more information on compassion fatigue:

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

[www.petfinder.com/pro/for-shelters/compassion-fatigue/](http://www.petfinder.com/pro/for-shelters/compassion-fatigue/)

[www.animalsheltering.org/topics/compassion-fatigue](http://www.animalsheltering.org/topics/compassion-fatigue)





# MENTAL HEALTH: BRAINGAMES

## WORDSEARCH

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

SUKKOT  
 CHRISTMAS  
 HALLOWEEN  
 SAMHAIN  
 DUSSEHRA  
 THANKSGIVING  
 HANUKKAH  
 MAWLID  
 YULE  
 KWANZAA

### Questions:

1. Imagine you are all alone, in a sinking rowboat, surrounded by sharks. How would you survive?
2. Two fathers and two sons go fishing. Each catches and keeps one fish. So, why did they bring home only 3 fish?
3. What gets sharper the more you use it?

### BRAINTEASER

- Answers :
1. Stop imagining.
  2. The fishermen were a grandfather, his son, and his grandson: 3 people.
  3. Your brain, silly! That's why we do these questions :-)

# SCIENCE SPOTLIGHT

## Change in Donor Characteristics and Antibodies to SARS-CoV-2 in Donated Blood in the US, June-August 2020

"The coronavirus disease 2019 (COVID-19) pandemic has challenged the adequacy of the blood supply. To attract new donors and support the collection of convalescent plasma, many blood collection organizations have implemented and publicized routine testing of donations for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) antibodies. We examined whether testing of donations for SARS-CoV-2 antibodies was associated with changes in donor characteristics and reactivity of donated blood." ...

"This study found that, after the introduction of antibody testing, the proportion of first-time donors increased, and donations from younger and racial and ethnic minority donors were more likely to be reactive. In addition, reactivity rates increased with time. This increase may be due to donors with higher rates of prior exposure donating to obtain antibody test results, particularly first-time donors, but may also reflect increased exposure in the general population or increased recognition of the need for convalescent plasma."

<https://jamanetwork.com/journals/jama/fullarticle/2770771>

Dodd RY, Xu M, Stramer SL. Change in Donor Characteristics and Antibodies to SARS-CoV-2 in Donated Blood in the US, June-August 2020. *JAMA*. Published online September 14, 2020. doi:10.1001/jama.2020.18598



### 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**