

# For the Health of It

## Clark County Health Department

October 1, 2023

### NOTABLE NEWS

#### WHAT TO EXPECT IN 2024

VOLUME 6  
ISSUE 4

Well, we are at it again! The dedicated team at CCHD has been busy doing the daily work of public health in Clark County throughout 2023 while simultaneously planning for a significant investment of state funding in 2024! Some of you may have read or heard news that Governor Holcomb worked with the state legislature to evaluate and address the insufficient funding of public health in the State of Indiana.

Your Clark County Health Department was front and center on state committees developing core services and key performance indicators that each health department should be implementing for their community. The goal is to obtain a statewide standard. This was truly an honor for our department as the southern part of the state is often overlooked when it comes to vital input.

What are we talking about? Let's start with the core services. Almost every community member knows that health departments inspect restaurants, they provide immunizations, issue birth certificates, and mitigate trash complaints. But we do so much more!

The diagram below lists the expectations of each health department should they join the Health First Indiana Program. For an in-depth understanding of each of the services visit:

<https://www.in.gov/health/directory/office-of-the-commissioner/gphc/>

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Food protection



Pest/vector control and abatement



Public/semipublic pool inspection and testing



Residential onsite sewage system permitting and inspections



Orders for decontamination of property used to illegally manufacture controlled substances



Sanitary inspection and surveys of public buildings



Sanitary operation of tattoo parlors and body piercing facilities



Sanitary operation of facilities where eyelash extensions are performed



Where does CCHD stand with this list of vital community needs? Proudly, we say we are well positioned for the challenge. The items highlighted are programs that CCHD currently provides at some level. The two services that will require the most significant investment of funding include chronic disease management and referrals. As you can imagine, we already have a plan.

We are formulating community partnerships to reduce the infant mortality rate in our community by providing funding for prenatal care for those with limited access. Investments in a digital referral program will allow us to establish a county wide web-based system where providers can enlist, and community partners can link patients to providers. That includes medical, substance use treatment, food insecurity, hospital follow-up care, and mental health; the potential is endless. CCHD will invest in a mobile clinic where blood pressure, glucose, and cholesterol screenings will be provided at no charge. Best of all, we will be traveling throughout all the county. We will provide car seats, pack-in-plays, and bicycle helmets for struggling families needing a safe environment for their children. The mobile integrated health program will be expanded to include follow-up care for senior citizens struggling with self-care and medication management, those struggling with substance use disorder, wound care, and eventually telehealth for the those with transportation disparities. The ideas are endless and the programs implemented will be evidence based.

This is the current plan. Do you have an idea??? Let's hear about it. Email us at [clarkhealth@clarkcounty.in.gov](mailto:clarkhealth@clarkcounty.in.gov)! Let's work together to make what already is an amazing place to call home just that much better.

Team CCHD

## MOSQUITO CONTROL



The prevention of mosquito borne diseases is a high priority for the Clark County Health Department. We take a multi-pronged approach to our mosquito control program which includes surveillance, treatment, and education. Surveillance consists of setting multiple traps throughout the county each week during the mosquito season. Traps are pulled twice a week so the contents can be identified and sent to the State's entomology laboratory. At the lab, samples will be tested for West Nile Virus, Eastern Equine Encephalitis, St. Louis Encephalitis, and La Crosse Encephalitis. So far in 2023 we have collected 5621 mosquitoes in 104 traps. Of these, we have had 4 samples in Clark County test positive for West Nile Virus.

When a sample tests positive for West Nile Virus, a press release is sent out to inform the public of steps they can take to prevent mosquito bites such as eliminating mosquito breeding areas around their property and wearing an EPA approved insect repellent. The Clark County Health Department will then apply a larvicide to standing water near the trap site area. We also will apply an adulticide within a half mile radius to the affected site. Adulticide is applied via an ultra-low volume machine which is mounted to a pickup truck. Application is performed at night when pollinators are less active which will make them less affected by the product. If you are interested in having a mosquito trap set in your yard, please contact the Clark County Health Department.

## CCHD PROGRAM

The Clark County Health Department offers Stop the Bleed and NARCAN Training Classes. For more information, contact:

Jo Polk, Public Health Emergency Preparedness Coordinator  
812-282-7521 ext 209



**Would YOU know what to do in case of a traumatic bleeding event?**

Average time to bleed out	Average time for 1st responders to arrive	Trauma-related deaths worldwide due to bleeding
3 to 5 MINUTES	7 to 10 MINUTES	40%

**Fill the gap and learn how to stop traumatic bleeding  
In less than an hour, you can be prepared to save someone's life**

## REVISITING:

# WINTER DRIVING SAFETY

REALLY 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.

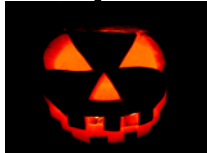
For more safety tips:

<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





# AWARENESS DAYS

There are so many different ways to express generosity on Giving Tuesday and every day! It's a simple idea: whether it is making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give. <https://www.givingtuesday.org>

NOVEMBER 28TH  
IS GIVING  
TUESDAY!



NOVEMBER  
13TH IS  
WORLD  
KINDNESS  
DAY



## 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make  
kindness  
the norm.

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

# ONE HEALTH: MELIOIDOSIS



Melioidosis is a rare disease caused by *Burkholderia pseudomallei*. Typically found in more tropical areas, it has now been identified in soil samples from the Gulf of Mississippi. Being found in the United States for the first time, the pathogen was likely present as far back as 2020. Two individuals have tested positive for Melioidosis in this area. The illness is hard to diagnose (deemed 'the great mimicker') and can affect humans and animals. Although rare, it can have a case fatality rate of 10-50%.

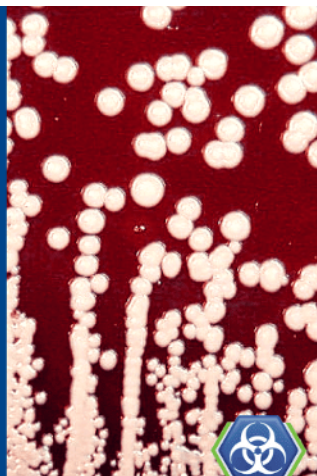
Typically only a concern for travelers, the presence of *B. pseudomallei* in US soils brings to light our connection to, and effects on the environment. Climate change can alter what was once an uninhabitable land for a particular organism, allowing it to thrive. Plants and animals are adjusting their habitats, bringing with them new diseases. Melioidosis cases have been directly linked to weather changes, including increased rainfall and wind velocity (Merritt and Inglis 2017).

Adopting a one health approach to the surveillance and monitoring of *B. pseudomallei* is called for, bringing together veterinarians, climate researchers, epidemiologists, and ecologists, among other specialists, in order to prepare ourselves for this and other potential pathogens.

## MELIOIDOSIS

The causative agent of Melioidosis, *Burkholderia pseudomallei*, is considered a high-priority potential biological threat agent; its close relative *B. mallei* was used as a bioweapon during World War I.

There is no approved vaccine, and treatment with antibiotics is lengthy and difficult because of the bacterium's inherent antibiotic resistance.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684260/>

<https://www.cdc.gov/melioidosis/index.html>

[https://journals.lww.com/co-infectious-diseases/fulltext/2022/06000/drivers\\_of\\_melioidosis\\_endemicity\\_\\_epidemiological.4.aspx](https://journals.lww.com/co-infectious-diseases/fulltext/2022/06000/drivers_of_melioidosis_endemicity__epidemiological.4.aspx)



# MENTAL HEALTH: BRAINGAMES

## WORDSEARCH

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

ZOONOTIC  
 RABIES  
 HISTOPLASMOSIS  
 PARASITE  
 FOMITE  
 GIARDIA  
 TRANSMISSION  
 PATHOGEN  
 ANTHRAX  
 INFLUENZA

## BRAINTEASER



Which number should replace the question mark to form accurate equations, knowing that three numbers are shown per row (i.e. two of the numbers form a two-digit number)?

$(7 + 5) \times 2 = 24$   
 $(0 + 8) \times 2 = 16$   
 $(1 + 9) \times 2 = 20$   
 $(3 + 2) \times 2 = 10$

## A review of microplastic pollution in commercial fish for human consumption

Today microplastics (MPs) have received worldwide attention as an emerging environmental pollution which is one of the four major global environmental threat and health hazard to human as well. Unfortunately, MPs have been founded in the all environments and media include air, water resources, sediments, and soil. It should not be forgotten MPs have also been detected in food and processing products like tuna. MPs can be ingested by marine organisms such as zooplankton, fish and birds. Accumulation and distribution of MPs by commercially important aquatic organisms is expected to lead to greater exposure risk for human populations with possible adverse effects over time. The aim of this work was to review the published literature regarding the contamination of commercial fish muscle for human consumption. Furthermore, a short revision of the environmental contamination and human health effects by MPs are included. We also estimated human daily intake considering the worldwide contamination of commercial fish muscle ranged from 0.016 items/g muscle of fish to 6.06 items/g muscle of fish. MPs have been found in 56.5% of the commercial fish samples analysed here. As fish is used in human food table across the word, they constitute a long-term exposure route for all humans and raise the concern about the potential public health risk.

<https://www.degruyter.com/document/doi/10.1515/reveh-2021-0103/html>

**Makhdoumi, Pouran, Hossini, Hooshyar and Pirsaeheb, Meghdad. "A review of microplastic pollution in commercial fish for human consumption" *Reviews on Environmental Health*, vol. 38, no. 1, 2023, pp. 97-109. <https://doi.org/10.1515/reveh-2021-0103>**

### Administration/Vital Records/Environmental

1201 Wall Street Jeffersonville IN 47130

Phone 812-282-7521

### 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**