What is the Healthy Lifestyles Program?
This program embodies the self-determination model, and its ultimate goal is to give participants the skills they need to:
⇒ Evaluate their current life situations;
⇒ Identify areas they would like to improve and
⇒ Make positive changes in those areas.

The steps to achieving the program goals are laid out in four workshop sessions. In sessions one and two, participants define, “healthy lifestyles” and identify values that are important to them. In session three, participants learn about the components of a healthy lifestyle and identify the areas that they would like to change in order to move towards a healthier lifestyle. In session four, participants learn how to make positive changes in these areas using a goal-planning process.

In the Healthy Lifestyles Program, what is the five areas of a healthy lifestyle?
The five areas are defined as, Emotional Health”, “Social Health”, “Physical Health”, “Spiritual Health/Living One’s Values”, and “Health through Meaningful Activities”.

These areas, or components, of a healthy lifestyles are embodied in a Healthy Lifestyles Wheel, a learning tool used in the program. The Wheel is based on current social and psychological research as well as participant input during the program curriculum design phase.

A Healthy Lifestyles Workshop can be conducted over the course of two consecutive days or broke out to four evening sessions. The format of this program’s curriculum allows facilitators to conduct the workshop in any format or schedule that best meets the trainers and the participant’s needs.

Monthly support meetings are important to the overall success of each participant achieving his or her self-determined goals. These support groups provide participants with educational opportunities, a forum to discuss their goals, and a chance to meet with the friends they made during the workshop.

The focus of this program is to help participants (1) understand and examine their personal values, choices, and health; (2) gain knowledge about the five components of a healthy lifestyle; and (3) develop and follow a self-determined healthy lifestyle game plan.

To sponsor or participate in one of these life changing workshops, contact Kathy Yonkers-Wright, RDH, MS at 269-686-4523 or email kwright@allegancounty.org

Healthy Lifestyles Wheel

- Emotional Health
- Physical Health
- Health through Meaningful Activities
- Social Health
- Connecting With Others
- Spiritual/Living Your Values
- Self-Care
What Is Foodborne Illness?

Foodborne illness often presents itself, as flu-like symptoms such as nausea, vomiting, diarrhea, or fever, so many people may not recognize bacteria or other pathogens in food cause the illness. Thousands of types of bacteria are naturally present in our environment. Not all bacteria cause disease in humans. For example, some bacteria are used beneficially in making cheese and yogurt.

Bacteria that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. Millions of cases of foodborne illness occur each year. Most cases of foodborne illness can be prevented. Proper cooking or processing of food destroys bacteria.

Age and physical condition place some persons at higher risk than others, no matter what type of bacteria is implicated. Very young children, pregnant women, the elderly and people with compromised immune systems are at greatest risk from any pathogen. Some persons may become ill after ingesting only a few harmful bacteria; others may remain symptom free after ingesting thousands.

How Bacteria Get in Food

Bacteria may be present on products when you purchase them. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood, and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts, and melons. Foods, including safely cooked, ready-to-eat foods, can become cross-contaminated with bacteria transferred from raw products, meat juices or other contaminated products, or from food handlers with poor personal hygiene.

The "Danger Zone"

Bacteria multiply rapidly between 40 °F and 140 °F. To keep food out of this "Danger Zone," keep cold food cold and hot food hot.

- Store food in the refrigerator (40 °F or below) or freezer (0 °F or below).
- Cook food to a safe minimum internal temperature.
- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork to 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach a safe minimum internal temperature of 165 °F.
- Maintain hot cooked food at 140 °F or above.
- When reheating cooked food, reheat to 165 °F.

In Case of Suspected Foodborne Illness

Follow these general guidelines:

1. **Preserve the evidence.** If a portion of the suspect food is available, wrap it securely, mark "DANGER" and freeze it. Save all the packaging materials, such as cans or cartons. Write down the food type, the date, other identifying marks on the package, the time consumed, and when the onset of symptoms occurred. Save any identical unopened products.
2. **Seek treatment as necessary.** If the victim is in an "at risk" group, seek medical care immediately. Likewise, if symptoms persist or are severe (such as bloody diarrhea, excessive nausea and vomiting, or high temperature), call your doctor.
3. **Call the local health department** if the suspect food was served at a large gathering, from a restaurant or other food service facility, or if it is a commercial product.

For More Information, whom can I contact?

Contact the Allegan County Health Department at (269) 673-5411. In addition, you can seek information on the Center for Disease Control and Prevention (CDC) website: [http://www.cdc.gov](http://www.cdc.gov), The Partnership for Food Safety Education website: [http://www.fightbac.org](http://www.fightbac.org) and through USDA Food Safety at [http://www.fsis.usda.gov](http://www.fsis.usda.gov)

<table>
<thead>
<tr>
<th>Bacteria</th>
<th>Found</th>
<th>Transmission</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campylobacter jejuni</td>
<td>intestinal tracts of animals and birds, raw milk, untreated water, and sewage sludge.</td>
<td>Contaminated water, raw milk, and raw or undercooked meat, poultry, or shellfish.</td>
<td>Fever, headache and muscle pain followed by diarrhea (sometimes bloody), abdominal pain, and nausea that appear 2 to 5 days after eating; may last 7 to 10 days.</td>
</tr>
<tr>
<td>Clostridium Botulinum</td>
<td>Widely distributed in nature; soil, water, plants, and intestinal tracts of animals and fish. Grows only in little or no oxygen.</td>
<td>Bacteria produce a toxin that causes illness. Improperly canned foods, garlic in oil, vacuum-packed and tightly wrapped food.</td>
<td>Toxin affects the nervous system. Symptoms usually appear 18 to 36 hours, but can sometimes appear as few as 4 hours or as many as 8 days after eating; double vision, droopy eyelids, trouble speaking and swallowing, and difficulty breathing. Fatal in 3 to 10 days if not treated.</td>
</tr>
<tr>
<td>Clostridium perfringens</td>
<td>Soil, dust, sewage, and intestinal tracts of animals and humans. Grows only in little or no oxygen.</td>
<td>Called &quot;the cafeteria germ&quot; because many outbreaks result from food left for long periods in steam tables or at room temperature. Bacteria destroyed by cooking, but some toxin-producing spores may survive.</td>
<td>Diarrhea and gas pains may appear 8 to 24 hours after eating; usually last about 1 day, but less severe symptoms may persist for 1 to 2 weeks.</td>
</tr>
<tr>
<td>Escherichia coli O157:H7</td>
<td>Intestinal tracts of some mammals, raw milk, unchlorinated water; one of several strains of E. coli that can cause human illness.</td>
<td>Contaminated water, raw milk, raw or rare ground beef, unpasteurized apple juice or cider, uncooked fruits and vegetables; person-to-person.</td>
<td>Diarrhea or bloody diarrhea, abdominal cramps, nausea, and malaise; can begin 2 to 5 days after food is eaten, lasting about 8 days. Some, especially the very young, have developed hemolytic-uremic syndrome (HUS) that causes acute kidney failure.</td>
</tr>
<tr>
<td>Listeria monocytogenes</td>
<td>Intestinal tracts of humans and animals, milk, soil, leaf vegetables; can grow slowly at refrigeration temperatures.</td>
<td>Ready-to-eat foods such as hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meat and poultry, soft cheeses and unpasteurized milk.</td>
<td>Fever, chills, headache, backache, sometimes upset stomach, abdominal pain and diarrhea; may take up to 3 weeks to become ill; may later develop more serious illness in at-risk patients (pregnant women and newborns, older adults, and people with weakened immune systems).</td>
</tr>
<tr>
<td>Salmonella (over 2300 types)</td>
<td>Intestinal tracts and feces of animals; Salmonella Enteritidis in eggs.</td>
<td>Raw or undercooked eggs, poultry, and meat; raw milk and dairy products; seafood, and food handlers.</td>
<td>Stomach pain, diarrhea, nausea, chills, fever, and headache usually appear 8 to 72 hours after eating; may last 1 to 2 days.</td>
</tr>
<tr>
<td>Shigella (over 30 types)</td>
<td>Human intestinal tract rarely found in other animals.</td>
<td>Person-to-person by fecal-oral route; fecal contamination of food and water. Most outbreaks result from food, especially salads, prepared and handled by workers using poor personal hygiene.</td>
<td>Disease referred to as &quot;shigellosis&quot; or bacillary dysentery. Diarrhea containing blood and mucus, fever, abdominal cramps, chills, and vomiting; 12 to 50 hours from ingestion of bacteria; can last a few days to 2 weeks.</td>
</tr>
<tr>
<td>Staphylococcus aureus</td>
<td>On humans (skin, infected cuts, pimples, noses, and throats).</td>
<td>Person-to-person through food from improper food handling. Multiply rapidly at room temperature to produce a toxin that causes illness.</td>
<td>Severe nausea, abdominal cramps, vomiting, and diarrhea occur 1 to 6 hours after eating; recovery within 2 to 3 days -- longer if severe dehydration occurs.</td>
</tr>
</tbody>
</table>

An Ounce of Prevention: Wash Your Hands

The most important thing that you can do to keep from getting sick is to wash your hands. By frequently washing your hands you wash away “germs” (a general term for microbes like viruses and bacteria that has the capability to cause infections) that you have picked up from other people, or from contaminated surfaces, or from animals and animal waste.

What happens if you do not wash your hands frequently? You pick up germs from other sources and then you infect yourself when you

- Touch your eyes
- Or your nose
- Or your mouth.

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the "cold or flu virus". You can also spread germs directly to others or onto surfaces that other people touch. And before you know it, everybody around you is getting sick. The important thing to remember is that, in addition to "colds", some pretty serious diseases -- like hepatitis A, meningitis, & infectious diarrhea -- can easily be prevented if people make a habit of washing their hands.

When should you wash your hands?

You should wash your hands often. Probably more often than you do now because you cannot see germs with the naked eye or smell them, so you do not really know where they are hiding. It is especially important to wash your hands

- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty, and
- More frequently when someone in your home is sick.

What is the correct way to wash your hands?

- First wet your hands and apply liquid or clean bar soap. Liquid soap in disposable containers is best. If using reusable containers, they should be washed & dried before refilling. If using a bar of soap, be sure to set it on a rack that allows water to drain or use small bars that can be changed frequently.
- Next rub your hands vigorously together and scrub all surfaces.
- Continue for 10 - 15 seconds or about the length of a little tune such as "Happy Birthday". It is the soap combined with the scrubbing action that helps dislodge & remove germs.
- Rinse well and dry your hands.

It is estimated that one out of three people do not wash their hands after using the restroom. So these tips are important when you are out in public. Washing your hands regularly can certainly save a lot on medical bills. Because it costs less than a penny, you could say that this penny’s worth of prevention can save you a visit to your healthcare provider.

The Center for Disease Control and Prevention cites five common household scenarios in which disease-causing germs can be transmitted by contaminated hands.

- Hands to food: germs are transmitted from unclean hands to food, usually by an infected food preparer who did not hand-wash after using the toilet. The germs are then passed to those who eat the food.
- Infected infant to hands to other children: during diaper changing, germs are passed from an infant with diarrhea to the hands of a parent; if the parent does not immediately wash his or her hands before handling another child, the germs that cause diarrhea are passed to the second child.
- Food to hands to food: germs are transmitted from raw, uncooked foods, such as chicken, to hands; the germs are then transferred to other foods, such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.
- Nose, mouth, or eyes to hands to others: germs that cause colds, eye infections, and other illnesses can spread to the hands by sneezing, coughing, or rubbing the eyes and then can be transferred to other family members or friends.
- Food to hands to infants: germs from uncooked foods are transferred to hands & then to infants. If a parent handling raw chicken, for example, does not wash his or her hands before tending to an infant, they could transfer germs such as salmonella from the food to the infant.

Handwashing can prevent the transfer of germs in all five of these scenarios. CDC recommends vigorous scrubbing with warm, soapy water for at least 15 seconds or when you cannot wash your hands use a hand sanitizer that contains >60% alcohol.

Adapted from http://www.cdc.gov/

Teaching Tools:
- Glitterbug by Brevis; Glitterbug is a product that helps teach handwashing. http://www.brevis.com
- Glo Germ; Glo Germ is another product that helps teach handwashing. http://www.glogerm.com/
Keeping Food Safe during an Emergency
Did you know that a flood, fire, national disaster, or the loss of power from high winds, snow, or ice could jeopardize the safety of your food? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness. This fact sheet will help you make the right decisions for keeping your food safe for you and your family during an emergency.

ABCD’s of Keeping Food Safe in an Emergency
Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 0 °F. This may be difficult when the power is out. Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half-full) if the door remains closed.

Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

Be prepared for an emergency... by having items on hand that do not require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water, and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula for infants and pet food.

Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency. Consider what you can do ahead of time to store your food safely in an emergency.

If you live in a location that could be affected by a flood, plan your food storage on shelves that will be safely out of the way of contaminated water.

Coolers are a great help for keeping food cold if the power will be out for more than 4 hours—have a couple on hand along with frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Digital, dial, or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer.

The refrigerator temperature should be 40 °F or below; the freezer, 0 °F or lower. If you are not sure a particular food is cold enough, take its temperature with a food thermometer.

Source: http://www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp

How to report possible food poisoning:

ReportFoodPoisoning.com is a website for people who believe they have food poisoning that helps them prepare and submit a report to their local health department (LHD).

Reporting your illness, either by ReportFoodPoisoning.com or directly to the health department, allows your health department to identify outbreaks and prevent others from becoming sick.

For More Information, whom can I contact?

Contact the Allegan County Health Department at (269) 673-5411.
**Michigan Disease Surveillance System (MDSS)... Information for Healthcare Providers**

**What is MDSS?**
- MDSS is a web-based communicable disease reporting system developed for the state of Michigan.
- Developed to national data standards.
- Facilitates coordination among local, State & federal Public Health Agencies.
- Provides for the secure transfer, maintenance & analysis of communicable disease surveillance information.
- Promotes participation from a variety of stakeholders including public health, health care providers, & medical laboratories.

**Why should you use MDSS?**
- Fulfills physician reporting requirements under the Michigan Communicable Disease Rules (PA 368, MCL 333.5111).
- Singles point-of-access for reporting ALL communicable diseases.
- Communicable disease reports are automatically routed to the correct local health department for follow-up.
- No need to know health department telephone or facsimile numbers.
- Physicians will have access to ALL case follow-up information for cases they report through MDSS.

**Who should I contact for more information?**
- MDSS & Communicable Disease Reporting (including HIPAA considerations):
  [http://www.michigan.gov/mdss](http://www.michigan.gov/mdss)
- Email:
  MDCH_MDSS@michigan.gov
- Or contact Cindy Stiles, RN at Allegan County Health Department 269-686-4524

---

**PRESS RELEASE: Michigan Volunteer Database Initiative**

The Michigan Department of Community Health, Office of Public Health Preparedness and the Bureau of Epidemiology, in collaboration with the Department of Information Technology, have sponsored development of an Internet-based volunteer registry system that conforms to the Health Resources Service Administration (HRSA) Emergency System for Advanced Registration of Volunteer Health Professionals (ESAR-VHP) national standards and definitions. The volunteer registry system is intended to be part of a national structure in the sense that states will build systems to national standards and definitions, which can be shared and utilized across state lines. The Michigan initiative will be referred to as "MI Volunteer Registry." Call Don Haneckow at 269-686-4580 for information on how to enroll!

MI Volunteer Registry is designed primarily for health professionals with all skill levels and experiences. Initial recruitment and registry will focus on physicians, nurses, behavioral health professionals and ancillary professionals. Operators of retail food establishments, food processing plants, food distribution firms, as well as food industry association officials and regulatory officials will also benefit. In addition, other persons are encouraged to register as well.

The purpose of this system is to provide a secure, electronic environment for volunteers to indicate their volunteer interests and contact information. In the event of an accidental, natural or intentional public health emergency, or other public or health care disaster, the registry functions as the central location for volunteer information. The information can be queried and appropriate volunteers contacted by e-mail or text pager (if appropriate). The registry will also be a place where health volunteers and the food industry can access important topical information regarding specific events, exercises and drills, or general knowledge and training. Support to develop and create the MI Volunteer Registry comes from the Bioterrorism Preparedness and Response Program Cooperative Agreements with the Health Resources and Services Administration (HRSA) and the U.S. Centers for Disease Control and Prevention (CDC).

Source: [http://www.michigan.gov/mdch/0,1607,7-132-2945_21919_38882-131619--,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2945_21919_38882-131619--,00.html)
Children's Special Health Care Services (CSHCS) is a program within the Michigan Department of Community Health. It is for children and some adults with special health care needs and their families.

CSHCS helps persons with chronic health problems by providing:

- **Coverage and referral** for specialty services based on the person’s health problems.
- **Family centered services** to support you in your primary role as caretaker of your child.
- **Community based services** to help you care for your child at home/maintain normal routines.
- **Culturally competent services** which demonstrate awareness of cultural differences.
- **Coordinated services** to pull together the services of many different providers who work within different agencies.

**WHO IS ELIGIBLE FOR CSHCS?** Several factors decide whether a person is eligible for CSHCS:

- **Residency:** Must be a Michigan resident
- **Citizenship:** Must be a US citizen or documented non-citizen admitted for permanent residence or a non-citizen legally admitted migrant farm worker (i.e. seasonal agricultural worker).
- **Age:** Children must have a qualifying medical condition and be 20 years old or under. Person 21 and older with cystic fibrosis or certain hereditary blood coagulation disorders commonly known as hemophilia may also qualify.
- **Qualifying Medical condition:** A MDCH medical consultant reviews each case to determine eligibility. Severity and chronicity of the person’s condition as well as the need for treatment by a specialist are factors considered. More than 2,500 diagnoses are potentially eligible.

**For more information:**
Call Marilyn Weber, Allegan County Health Department at 269-673-5440

**CSHCS Transition Issues:**

- **Medical Transition**- When a client with both CSHCS and Medicaid is leaving CSHCS at age 21, a client may have to enroll in a Medicaid Health Plan (MHP). Clients and families may need the local health department staff to help with this process.

**Other Transition Issues are:**

- Health care coverage for those not eligible for Medicaid
- Social Security Benefits
- Employment
- Education
- Access to community resources as an adult

  **If any questions about CSHCS Transition Issues, please contact:**
  Marilyn Weber, Allegan County Health Department at 269-673-5440
HOW SERIOUS ARE PERIODONTAL DISEASES?

**Tooth Loss** The ultimate outcome of uncontrolled periodontal disease is tooth loss. As the destructive factors cause the breakdown of bone and connective tissue, there remains no anchor for the teeth.

**Halitosis** A much less severe but nevertheless distressing problem caused by periodontal diseases is halitosis (bad breath), although coatings on the tongue may contribute more to bad breath than even periodontal disease.

**Cardiovascular Disease & Stroke** Some studies have reported a one & a half- to four-fold increased risk for cardiovascular disease in people with periodontal disease. (The four-fold risk was in men with extensive periodontal disease, bleeding from every tooth.) In one study, 85% of “heart attack” patients had periodontal disease compared to 29% of people without any cardiovascular problems. Periodontal disease has also been associated with stroke. In addition, high cholesterol blood levels have been associated with both chronic periodontal disease & coronary artery disease. Recent evidence is pointing to the inflammatory response as the common element. This is an over-reaction of the immune system that causes injury to tissues in the body. A common link between patients with both cardiac conditions & periodontal diseases may be elevated levels of C-reactive protein (CRP), a marker for the inflammatory response. Some experts believe, then, that immune factors causing this response are released into the blood stream during periodontal diseases & cause injury in the arteries supplying blood to the heart. Other evidence suggests that the bacteria itself, particularly *P. gingivalis*, may play a direct role in arterial injury. However, treating & eliminating periodontitis does not appear to have any effect on preventing cardiovascular disease. Some experts believe that there is not any actual causal relationship, but that common factors induce inflammation & damage resulting in diseases in the blood vessels & in the periodontium. Studies in 2000 & 2001 suggest that the only significant association between periodontal diseases & cardiovascular disease is a socioeconomic one. In the 2000 study, for example, patients who had both conditions were more likely to be poor, African American, older, & overweight. They were also more likely to have other risk factors for cardiovascular disease, including smoking & diabetes.

**Effect on Diabetes Mellitus** Diabetes is not only a risk factor for periodontal diseases, but periodontal diseases may exacerbate or even cause diabetes. Some evidence has suggested that the bacteria causing periodontal diseases may enter the blood stream & activate cytokines, the damaging factors in the immune system, which then may even destroy cells in the pancreas, where insulin is produced. One study found that treating periodontal diseases reduced the need for insulin in some people with diabetes.

**Effect on Respiratory Disease** Bacteria that reproduce in the mouth can also be carried into the airways of the throat and lungs, increasing the risks for respiratory diseases & worsening chronic lung conditions, such as emphysema.

**Effect on Pregnancy** The bacterial infections that cause moderate to severe periodontal disease in pregnant women may also increase the risk of premature delivery & low birth weight infants. Research indicates that the bacteria from periodontal diseases may trigger the same factors in the immune system as genital & urinary tract infections do. These biologic substances called prostaglandins & tumor necrosis factor produce inflammation in the cervix & uterus that can cause premature dilation & contractions. Some experts recommend that women have a periodontal examination before becoming pregnant or as soon as possible thereafter. Because women with diabetes are at higher risk for periodontal disease, it is particularly important for diabetics to see a licensed dental care professional early in pregnancy.

Reprinted with permission: http://www.umm.edu

**News Flash*: Periodontal Disease Linked to Pancreatic Cancer!**

- "Dr. Michaud and colleagues noted that among the men in the (health professionals) study with periodontal disease, levels of C-reactive protein were 30% higher compared with men with no periodontal disease, lending credence to the idea that inflammation could play a role in carcinogenesis."
- "The investigators hypothesized that systemic inflammation may play a key role in the pathogenesis of pancreatic cancer, an idea supported by the finding that people with periodontal disease have elevated levels of inflammatory markers in serum, most notably C-reactive protein."
- Study indicates a linkage between periodontal diseases to pancreatic cancer! "Men with periodontitis and tooth loss, or both, had an overall 64% greater risk of cancer of the pancreas than men with good oral health, showed data from Health Professionals Follow-Up Study."

* Source: http://www.medpagetoday.com/PrimaryCare/DentalHealth/tb/4865
2007 FREE SPRING BREAK VISION & HEARING SCHEDULE
ALLEGAN COUNTY HEALTH DEPARTMENT
3255 – 122ND AVENUE, SUITE 200
ALLEGAN, MI 49010

Monday, April 2  Tuesday, April 3  Wednesday, April 4  Thursday, April 5  Friday, April 6
9 - 12  1 - 4  NO VISION & HEARING CLINIC  1 - 4  9 - 12

ALL VISION & HEARING CLINICS AT THE ALLEGAN COUNTY HEALTH DEPARTMENT ON A WALK-IN BASIS

Per Public Health Code Section 9307, Act 368 of 1978 and Act 399 of 1996:
VISION SCREENING IS REQUIRED FOR KINDERGARTEN ENTRY

If your child has had an eye examination at least 12 months or an eye screening at least once after the age of three prior to Kindergarten/Pre-school entry, they do not have to have their eyes re-tested. A written statement of the examination can be presented to the school from your eye care professional.

Allegan County Health Department will offer additional Vision/Hearing clinics during the summer months in addition to the first Monday of each month.

Allegan County Disease Incidence Quarterly Report: October-December 2006

<table>
<thead>
<tr>
<th>Event Name</th>
<th>October 2006</th>
<th>November 2006</th>
<th>December 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giardiasis</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lyme Disease</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Hepatitis B Acute</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Hepatitis B-Chron</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Hep C Chronic</td>
<td>1</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Meningitis-Viral</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Salmonellosis</td>
<td>0</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Campylobacter</td>
<td>1</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Histoplasmosis</td>
<td>0</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Chicken Pox</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Listeriosis</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Coccidioidomycosis</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Streptococcus pne, inv</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Pertussis</td>
<td>0</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>TB Active</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TB Preventative</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>STDs-</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chlamydia</td>
<td>22</td>
<td>9</td>
<td>22</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>1</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Syphilis</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>HIV</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Residents that are adults 19 through 64 years of age qualify to participate in these free vaccination clinics. There will be a $15.00 vaccine administration fee per injection for an individual with the ability to pay. No one will be denied vaccination because of the lack of the ability to pay. Healthcare workers, emergency responders, farm workers and adults having close contact with an infant should get the Tdap vaccine. Please bring your immunization records to the clinic, if you have them.

The Tdap vaccine can protect adults against three serious diseases:

- Tetanus (lockjaw) causes painful tightening of the muscles, usually all over the body. Tetanus leads to death in up to 2 out of 10 times!

- Diphtheria causes a thick covering in the back of the throat. It can lead to breathing problems, paralysis, heart failure, and even death.

- Pertussis (whooping cough) causes severe coughing episodes, vomiting, and disturbed sleep. 5 in 100 adults with pertussis are hospitalized or have complications.

Walk-in Clinics will be held at the Allegan County Health Department on April 10th from 8:30 am–11:30 am and April 12th from 1:30 pm–4:30 pm. Call 269-673-5411 for further information.