### Emergency Supply List

1. Water, one gallon of water per person per day for at least three days, for drinking and sanitation
2. Food, at least a three-day supply of non-perishable food
3. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
4. Flashlight and extra batteries
5. First aid kit
6. Whistle to signal for help
7. Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
8. Moist towelettes, garbage bags and plastic ties for personal sanitation
9. Wrench or pliers to turn off utilities
10. Can opener for food
11. Local maps
12. Prescription medications and glasses
13. Infant formula and diapers
14. Pet food and extra water for your pet
15. Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
16. Cash or traveler’s checks and change
17. Emergency reference material
18. Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
19. Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
20. Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
21. Fire Extinguisher
22. Matches in a waterproof container
23. Feminine supplies and personal hygiene items
24. Mess kits, paper cups, plates and plastic utensils, paper towels

For more information on how to prepare for an emergency, contact the Allegan County Public Health Department’s Emergency Preparedness section (269)- 673-5411

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Kathy Yonkers-Wright, RDH, BS, MS; Editor
Email: kwright@allegancounty.org
Reducing YOUR RISK of HIV and STDs

STATISTICS:

HIV
- About one million people are infected with HIV in the U.S. Approximately one-quarter do not know they are infected, underscoring the need to expand opportunities for HIV testing.
- Approximately 16,000 people in Michigan are living with HIV/AIDS.
- Michigan health department staff annually perform about 55,000 HIV tests and provide counseling and referral services for about 800 HIV-infected persons and about 400 of their sexual partners and/or needle-sharing partners.

Sexually Transmitted Diseases (STDs)
- One in four Americans contract a STD in their lifetime; more than 15 million are infected each year.
- Michigan rates for Chlamydia, gonorrhea, and syphilis are higher than national rates.
- Local health departments annually process about 40,000 cases of Chlamydia, 17,000 cases of gonorrhea, and 200 cases of infectious syphilis.

WHAT YOU SHOULD KNOW:
- Because there is no cure for HIV/AIDS, infection is a concern for all people. Young women are the fastest growing group of people infected with HIV/AIDS.
- HIV infection is spread through contact with body fluids, including blood, semen, and breast milk.
- With treatment, HIV infected mothers rarely pass the infection on to their babies.
- People with a pre-existing STD have a three-fold to five-fold risk of acquiring HIV/AIDS.
- Diagnosis and treatment targets not only the person diagnosed with HIV or a STD, but also people who may have been exposed to an infection.
- Although treatable, Chlamydia, gonorrhea, and syphilis can have no symptoms, resulting in serious problems such as pelvic inflammatory disease, sterility, and in some cases, premature death.
- The highly confidential nature of HIV Counseling & Testing and STD Testing allows clients to seek treatment and honestly divulge information about their sexual and/or needle-sharing partners, helping to break the chain of transmission.

THE FOLLOWING SERVICES AVAILABLE THROUGH THE ALLEGAN COUNTY HEALTH DEPARTMENT, PERSONAL HEALTH SECTION (269) 673-5411
- Confidential STDs counseling and testing
- Partner counseling
- Referral for follow-up and treatment
- Free Condoms
- HIV testing is ALWAYS FREE!
Nearly half a million children living in the United States have blood lead levels high enough to cause irreversible damage to their health.

More than 20,000 children in Michigan are estimated to have lead poisoning that has not been detected.

The most common source of lead exposure for children is lead-based paint/dust and soil that are contaminated by it, especially in older homes and buildings.

Lead poisoning is usually caused by months or years of exposure to small amounts of lead in the home, work, or day care environment. It can also happen very quickly with exposure to high concentrations.

Lead can affect almost every organ and system in the body. The most sensitive is the central nervous system, particularly in children. Lead also damages kidneys and the reproductive system.

Lead poisoning effects are the same whether lead is breathed or swallowed.

WHAT YOU SHOULD KNOW

Lead is toxic to humans, and people should avoid all exposures to it.

Lead has been removed from many products but it is still found in ammunition, some batteries, and medical and scientific equipment. Since it does not decompose, lead from past products such as old paints remains in the environment.

People who lived, worked, or regularly visited a home (including child care) built before 1950 or built before 1978 while it was being renovated are at risk of lead poisoning.

All children should be screened for lead poisoning at one and two years of age or more often depending on their contact with sources of lead.

Most lead-poisoned children have no symptoms; they may seem healthy or have any of the following signs: Learning and behavior problems, tiredness, headaches, hearing problems, weight loss, hyperactivity, and irritability.

Lead poisoning can be easily detected by a simple finger-stick blood test.

SERVICES AVAILABLE AT THE ALLEGAN COUNTY HEALTH DEPARTMENT (269) 673-5411

Finger stick blood test and if necessary, referral for follow up blood testing.

Lead dust testing to identify sources of lead poisoning in home.

Assistance in developing a plan to make home safe from lead.

Referral to regional pediatric consultants.
Problems in the mouth can signal trouble in other parts of the body. AIDS and osteoporosis are examples.

- Mouth lesions and other oral conditions may be the first sign of HIV infection, and are used to determine the stage of infection and to follow its progression to AIDS.
- Studies in post-menopausal women suggest that bone loss in the lower jaw may precede the skeletal bone loss seen in osteoporosis.

**Saliva As a Diagnostic Tool**

Saliva, like blood and urine, can be used to detect and measure many compounds in the body. Saliva collection has the advantage of being noninvasive.

- Many medications as well as alcohol, nicotine, cocaine, opiates, and other drugs can be detected and measured in saliva. Hormones and environmental toxins can also be measured in saliva.
- Saliva can be used to detect antibodies against viruses such as HIV and hepatitis A and B, as well as antibodies against bacteria like Helicobacter pylori, which causes peptic ulcers.
- Saliva could potentially replace blood testing for diagnosis and monitoring of diseases such as diabetes, Parkinson’s disease, alcoholic cirrhosis, and many infectious diseases.

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**The Mouth As Source of Infection**

The human mouth is home to millions of microorganisms, most of them harmless. Under certain conditions, however, some can cause oral infections such as tooth decay or gum disease. Oral bacteria may also enter the bloodstream if normal protective barriers in the mouth are breached. This can happen as a result of dental treatment or even tooth brushing and flossing.

In people with healthy immune systems, the influx of oral bacteria into the bloodstream is harmless. If the immune system is weakened by disease or medical treatments, however, oral bacteria can cause infection in other parts of the body. Infective endocarditis and oral complications of cancer treatments are examples.

- Infective endocarditis results when oral bacteria enter the bloodstream and stick to the lining of diseased heart valves.
- Harsh cancer treatments that damage mouth tissues can open the door to debilitating oral infections as well as systemic infections resulting from the spread of oral microorganisms. Besides cancer patients, others at increased risk for general infections caused by oral bacteria include hospitalized patients unable to practice oral hygiene, patients taking medications that reduce saliva flow, and those taking antibiotics that alter the balance of microorganisms in the mouth.

**Oral Infections As Risk Factors**

Recent studies point to associations between oral infections – primarily gum infections – and diabetes; heart disease; stroke; and preterm, low-weight births. To date, there is not enough evidence to conclude that oral infections cause these serious health problems. Research is under way to determine if the associations are causal or coincidental.

- Gum infections have been called “the sixth complication of diabetes,” because people with diabetes are more likely to have periodontal disease. Researchers are exploring a possible two-way connection between the conditions to see if treating gum disease improves diabetic control.
- Recent studies point to an increased risk of heart disease and stroke in people with gum infections; the risk increases with the severity of the oral infection. However, there is not yet enough evidence to establish oral infection as an independent risk factor for heart disease or stroke.
- Some studies have found that mothers of preterm, low birth weight infants tend to have more severe gum disease than mothers of normal birth weight babies. More research is needed to determine if gum infections do indeed contribute to babies being born too soon and too small.

For more information, contact:

**Centers for Disease Control and Prevention**

National Center for Chronic Disease Prevention and Health Promotion
Division of Oral Health, MS F-10
4770 Buford Highway, NE
Atlanta, GA 30341
1-888-CDC-2306
http://www.cdc.gov

**National Institute of Dental and Craniofacial Research**

National Institutes of Health
Building 45, Room 4AS-19
45 Center Drive MSC 6400
Bethesda, MD 20892-6400
http://www.nidcr.nih.gov

STATISTICS:

- Birth defects are the leading cause of death in the first year of life.
- About 120,000 babies (1 in 33) in the U.S. are born each year with birth defects.
- In Michigan, approximately 8,000 babies are born with birth defects every year.
- There are many different types of birth defects. The most common are heart defects, neural tube defects, and oro-facial clefts.
- The cause is unknown in about 70% of birth defects.

WHAT YOU SHOULD KNOW:

- Plan your pregnancy by (1) seeing your health care provider before you get pregnant; (2) getting medical conditions, like obesity, diabetes, or seizures under control before you get pregnant; and (3) taking a vitamin with 400 micrograms of folic acid daily before and during pregnancy.
- Take care of yourself by getting plenty of rest, exercising moderately, eating a well-balanced diet, avoiding contact with chemicals that may harm an unborn baby, avoiding tobacco, alcohol, and street drugs, and talking with your health care provider before taking any over-the-counter drugs.
- If you are planning to get pregnant or you are already pregnant, one of the most important things you can do is see your health care provider. Prenatal care can help to find some problems early in pregnancy so that they can be monitored or treated before birth. Some problems might be avoided with prenatal care.

Preventing birth defects, and their human and financial costs, is a major goal of Health Departments. Health Departments offer many services to women to prevent birth defects.

RESOURCES:

- Allegan County Health Department (269) 673-5411
- Children’s Special Health Care Services/ Maternal & Infant Health Program
- Michigan Department of Community Health/Children’s Special Health Care Services
  [www.michigan.gov/mdch/0,1607,7-132-2942_4911_35698-15087---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_35698-15087---,00.html)
- March of Dimes [www.marchofdimes.com](http://www.marchofdimes.com)
- Family Phone Line (800) 359-3722
- Women, Infants, & Children (WIC) Nutrition Program
  [www.michigan.gov/mdch/0,1607,7-132-2942_4910_6329---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4910_6329---,00.html)
STATISTICS:

- Breast cancer ranks 3rd among cancer deaths in women in Michigan (after lung and colon cancer) and 2nd in the nation (after lung cancer).

- It is the most frequently diagnosed cancer among Michigan women.

- In 2003, 6,837 women in Michigan were newly diagnosed with breast cancer.

- During 2004, 1,417 Michigan women died of the disease.

- In 2006, the American Cancer Society estimates that 7,070 Michigan women will be diagnosed with breast cancer and 1,360 women in the state will die of the disease.

- Death rates associated with breast cancer have decreased in Michigan, falling from 3.5 deaths per 10,000 women in the late 1980s to 2.4 deaths per 10,000 women in 2004. These rates are similar to the national rates.

SERVICES AVAILABLE: FAMILY PLANNING of ALLEGAN COUNTY (269) 686-4560

Michigan's Breast and Cervical Cancer Control Program (BCCCP) provides free breast and cervical cancer screening and diagnostic services to underserved women across the state. Since the program began in 1991, over 114,000 women have been screened through the BCCCP with nearly 1,900 breast cancers diagnosed.

To be eligible for the program, a woman must:

⇒ Have an income ≤ 250% of the federal poverty level
⇒ Be uninsured or underinsured
⇒ Be age 40 - 64 for breast/cervical cancer screening and for diagnostic follow-up of breast/cervical abnormalities OR
⇒ Be age 18 - 39, have been identified with a cervical abnormality through the Title X/Family Planning Program, and referred to the BCCCP for cervical cancer diagnostic follow-up

Call (800) 922-6266 or visit www.michigancancer.org/bcccp for program eligibility requirements* or participating BCCCP providers.

* If you cannot afford a mammogram and you do not meet the above criteria, call (269) 686-4560 regarding “Mary’s Gift” and their reduce cost or free mammograms program.
VISION FACTS:
- The rate at which visual impairments occur in individuals under the age of 18 is 12.2 per 1,000. Severe visual impairments (legally or totally blind) occur at a rate of 0.06 per 1,000.
- There are approximately three million children residing in the state of Michigan. Over one million of these children will need eye care by the time they reach high school graduation age. Some 10,000 of these children are entering school each year with inadequate vision.
- Children usually do not know that they see differently. Early identification of an eye problem is important. Conditions like amblyopia, or lazy eye, can be prevented if detected and treated during pre-school years.

HEARING FACTS:
- Hearing loss can vary greatly among children and can be caused by many things. In the United States, 1 to 3 children per 1,000 are born with hearing loss each year.
- Most children also experience mild, temporary hearing loss when fluid gets in the middle ear from allergies or colds. Sometimes because of an ear infection, fluid stays in the middle ears, which can sometimes cause hearing loss and delays in your child’s speech. Some children have permanent hearing loss. This can be from mild (they do not hear as well as you do) to complete (where they cannot hear anything at all).

2007 FREE SUMMER BREAK VISION & HEARING SCHEDULE

<table>
<thead>
<tr>
<th>Monday, 9 – 12 &amp; 1 – 4</th>
<th>Tuesday, July 10 (9 – 12)</th>
<th>Wednesday, NO VISION &amp; HEARING CLINIC</th>
<th>Thursday, June 28 (1-4)</th>
<th>Friday, Out-Reach Clinics</th>
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<tr>
<td>At ACHD</td>
<td>July 24 (9-12)</td>
<td>At ACHD</td>
<td>July 12 (1-4)</td>
<td>Dorr TWP Hall:</td>
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<td>August 14 (9 – 12)</td>
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<td>July 26 (1-4)</td>
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<td>August 30 (1-4)</td>
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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.
FACTS:

⇒ Approximately 14-15 million households in the U.S. rely on a private, household well for drinking water each year and more than 90,000 new wells each year.

⇒ Michigan has more households (1.12 million) served by private wells than any other state, with approximately 25,000 domestic wells drilled per year.

⇒ Microorganisms and chemicals can get into wells and contaminate them in different ways. Some microorganisms and chemicals occur naturally, like arsenic, lead, and cadmium. Other contaminants come from human and animal waste resulting from polluted storm water runoff, agricultural runoff, flooded sewers, or individual septic systems that are not working properly.

WHAT YOU SHOULD KNOW:

⇒ EPA rules that protect public drinking water systems do not apply to privately owned wells. If you are a private well owner, it is up to you to make sure that your well water is safe to drink.

⇒ Contaminated water does not necessarily taste, smell, or look any different from safe drinking water.

⇒ The only way to know if your well water is contaminated is to test it.

⇒ You should test your well annually for mechanical problems and every two to three years for harmful chemicals. In addition, you should test your well if there are known problems with well water in your area, you have experienced problems near your well (i.e., flooding, land disturbances, and nearby waste disposal sites), and/or you have replaced or repaired any part of your well system.

⇒ Michigan Department of Environmental Quality (DEQ) has primary enforcement authority in Michigan for the Federal Safe Drinking Water Act under the legislative authority of the Michigan Safe Drinking Water Act. DEQ has regulatory oversight for all public water supplies, including approximately 1,500 community water supplies and 11,000 non-community water supplies.

ALLEGAN COUNTY HEALTH DEPARTMENT’S SERVICES AVAILABLE:

⇒ Drinking water test kits to assess the quality of your drinking water, whether you use water from a public system or private well

⇒ Consultation to improve drinking water quality if testing identifies a problem.

Contact: Allegan County Health Department, Environmental Health Section
1-269-673-5411

RESOURCES:

Michigan Department of Environmental Quality (DEQ)
1-800-292-4706  www.michigan.gov/deq

U.S Environmental Protection Agency (EPA)
http://www.epa.gov/
Safe Drinking Water Hotline (800) 426-4791
Mission: To improve Maternal and Infant health and well-being by providing nursing, psychosocial and nutritional services.

Support Services may be for you:
If you are pregnant and enrolled in Medicaid
If you are a pregnant teen who has Medicaid or non-Medicaid
If you are a new mother with Medicaid

During home visits we can assist with:
Health information for you and your baby
Learning healthier ways to eat
Someone to talk to about being pregnant, about your baby, or other concerns
Learning about being a parent

Other ways we can help:
Help getting clothes for you and your baby
Referrals to other services such as WIC, Family Planning, Immunization Clinics, STD Clinics
Travel monies available for health care appointments

Allegan County Disease Incidence Quarterly Report: January–March 2007

<table>
<thead>
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<th>Event Name</th>
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<th>February 2007</th>
<th>March 2007</th>
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<tr>
<td>Chicken Pox</td>
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FREE HIV Informational Open House & Testing Clinic
National HIV Testing Day June 27, 2007

Everyone should know their HIV status—do you know yours?

*HIV Information       *Educational Handouts
*Learn Your HIV Risk    *Talk to Trained Counselors
*Take a Self-Risk Quiz  *Receive HIV Testing

TWO LOCATIONS:
Allegan County Health & Human Services Building Dr. Nicole Boxer
3255 122nd Avenue, Suite 200 2993 Blue Star Highway
Allegan, MI Douglas, MI
10:00 am– 4:00 pm 6:00 pm– 9:00 pm

No Appointment necessary, however this FREE testing will be held on a first come—first served basis and it is recommended that you arrive early.

Co-Sponsored by:
Allegan County Health Department (269) 673-5411
Family Planning of Allegan County (269) 686-4560

Source: www.hivtest.org