The Dangers of Carbonated Soft Drinks

Facts:
- Enamel is the hardest substance in the body.
- Enamel covers the crown of the teeth and is susceptible to demineralization from acids.

Acids are produced by:

\[ \text{Bacteria} + \text{Sugar} = \text{Acid} \]

This acid removes minerals from the teeth by the process of demineralization. Each acid "attack" in the mouth lasts about 20 minutes after drinking sweetened "soda pop" & starts over again with every drink of the beverage. In addition, the pH of regular & diet carbonated beverages are acidic with ranges for 2.47-3.35. Enamel dissolves at pH of 5.5.

Between 56-58% of school age children consume at least one serving of "soda pop" each day. At least 20% consume a minimum of four of these beverages per day. People who consume 3 or more "soda pops" per day have 62% more dental decay, restorations & tooth loss. To complicate the situation, people consume "soda pop" drink less milk. Milk contains calcium lactate which stimulates remineralization of enamel. This stimulated remineralization repairs the demineralization & erosion induced by carbonated beverages.

How to reduce your risk:
- Only drink carbonated beverages in moderation; no more than 8 ounces per day and consume it with a meal. Do not drink the beverage over an extended periods of time.
- After drinking, swish your mouth out with water to dilute the sugar and neutralize the acid.
- Never drink carbonated beverages, sport drinks or juice before bedtime.
- Read labels to avoid hidden sugars. Many foods contain acids such as "diet soda pop" and can cause erosion of the teeth.
- Drink water instead of sugar-based beverages or diet beverages.
- Brush thoroughly with a fluoride toothpaste approved by the American Dental Association and floss daily.

### Product Table

<table>
<thead>
<tr>
<th>Product</th>
<th>Acid</th>
<th>Sugar* per 12 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pure Water</td>
<td>7.00</td>
<td>0.0</td>
</tr>
<tr>
<td>Barq's</td>
<td>4.61</td>
<td>10.7</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>3.39</td>
<td>0.0</td>
</tr>
<tr>
<td>Mountain Dew</td>
<td>3.22</td>
<td>11.0</td>
</tr>
<tr>
<td>Gatorade</td>
<td>2.95</td>
<td>3.3</td>
</tr>
<tr>
<td>Coke Classic</td>
<td>2.63</td>
<td>9.3</td>
</tr>
<tr>
<td>Pepsi</td>
<td>2.49</td>
<td>9.8</td>
</tr>
<tr>
<td>Sprite</td>
<td>3.42</td>
<td>9.0</td>
</tr>
<tr>
<td>Diet 7-Up</td>
<td>3.67</td>
<td>0.0</td>
</tr>
<tr>
<td>Diet Dr. Pepper</td>
<td>3.41</td>
<td>0.0</td>
</tr>
<tr>
<td>Surge</td>
<td>3.02</td>
<td>10.0</td>
</tr>
<tr>
<td>Gatorade</td>
<td>2.95</td>
<td>3.3</td>
</tr>
<tr>
<td>Hawaiian Fruit Punch</td>
<td>2.82</td>
<td>10.2</td>
</tr>
<tr>
<td>Orange Minute Maid</td>
<td>2.80</td>
<td>11.2</td>
</tr>
<tr>
<td>Dr. Pepper</td>
<td>2.92</td>
<td>9.5</td>
</tr>
<tr>
<td>BATTERY ACID</td>
<td>1.00</td>
<td>0.0</td>
</tr>
</tbody>
</table>

Source: Minnesota Dental Association

The threshold pH for enamel dissolution = 5.5.

Sugar was measured in teaspoons.
Lead is a highly toxic metal that at one time was an ingredient in many household products, including lead-based paints manufactured before 1978. The primary source of lead exposure among U.S. children is the lead-based paint and lead-contaminated dust and soil found in and around old, deteriorating buildings. Today, childhood lead poisoning is considered the most preventable environmental disease of young children, yet an estimated 310,000 U.S. children have elevated blood lead levels. A simple blood test can prevent a lifetime spoiled by the irreversible damage caused by lead poisoning. While the national goal of the U.S. Department of Health and Human Services is to eliminate childhood lead poisoning in the United States by 2010 by implementing these goals:

• To raise awareness about this serious health issue;
• To emphasize the importance of screening the highest risk children younger than 6 years of age, preferably screening them by 1 to 2 years of age;
• To highlight existing childhood lead poisoning prevention partnering efforts and to increase the establishment of new efforts; and
• To urge people to take steps to reduce their possible exposure to lead.

Background: 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 childcare) 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.

Certain ZIP codes in Allegan County have been determined to present the highest risk for childhood lead poisoning due to one of more of the following:
• 12% (or greater) incidence of lead poisoning among children ages 12 to 36 months; or
• 27% (or greater) pre-1950 housing.

Having a high ranking for the combination of percentage of pre-1950 housing, and number of children under age six, and percentage of children under age six in poverty.

These ZIP codes are 49010, 49056, 49070, 49078, 49080, 49090, 49328, 49344, 49348, 49408, 49419, 49423, 49450, and 49453.
What is the criteria for testing a child for lead poisoning?

- **Medicaid**: All Medicaid-enrolled children (test at 12 months & 24 months of age or between 36 & 72 months if not previously tested) regardless of their location in Allegan County, MUST be tested. No exceptions or waivers exist.

- **Geography**: All non-Medicaid-enrolled children living within specific high risk ZIP codes should be tested.

- **Questionnaire**: If the answer is "Yes" or "Don't Know" to any of the exposure questions, that child should be tested.

  - Does the child live in (or often visit) a house built before 1950?
  - Does the child live in (or often visit) a house built before 1978 and has been remodelled within the last year?
  - Does the child have a brother or sister (or playmate) with lead poisoning?
  - Does the child live with an adult whose job or hobby involves lead?
  - Does the child's family use any home remedies or cultural practices that may contain/use lead?

What can at risks residents do?

- Get children especially in those ZIP codes tested for lead! The damage caused by lead poisoning can be prevented if caught in time.

- Pregnant women may also need testing. Lead in a mother's body is extremely dangerous to the unborn baby. Dust your house often with damp cloth. Keep cribs & high chairs away from dusty places such as windowsills.

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.

### Early Symptoms of Lead Poisoning

- Fatigue
- Headaches
- Irritability
- Metallic Taste
- Uneasy Stomach
- Poor Appetite
- Weight Loss
- Reproductive Problems

### Later Symptoms of Lead Poisoning

- Memory Problems
- Nausea
- Kidney Problems
- Weight Loss
- Constipation
- Weak Wrists or Ankles

Images source: http://www.kdheks.gov/ables/faq.html
Babies are born with their primary (first) set of teeth formed underneath the gums. These teeth do not usually start to come into the mouth until the child is six to eight months old. By age three, all 20 primary teeth should be in the mouth. A child’s primary (first) set of teeth is very important. These teeth help a child eat and speak. They hold space for the permanent teeth.

Around the age of six, a child’s mouth will begin to grow to make space for the permanent teeth. Each baby tooth will be replaced by a permanent tooth. The permanent teeth begin to come into the mouth between the age of five and six and will continue to about age twenty one.

It is important for children to develop good oral health habits at an early age. Practicing healthy habits can prevent or reduce tooth decay (cavities) in infants and children.

Recommendations: The American Academy of Pediatric Dentistry (AAPD) recommends that infants see the dentist for their first dental exam within 6 months of getting his/her first tooth or by their first birthday. After the initial dental visit, regular visits, based on the child’s oral health needs, are recommended. Adapted from the Health Resources and Services Administration’s (HRSA) Maternal and Child Health Bureau (MCHB) Bright Futures project and Bright Futures Guidelines, the following will provide a key resource for families to find practical, developmentally appropriate oral health information as their child grows.

Birth to 6 months of age: It is important to care for your child’s teeth and dental (oral) health from birth. Practicing healthy habits can prevent or reduce tooth decay (cavities) in infants and children.

⇒ Always clean your infant’s gums after feeding:
⇒ Cradle your baby with one arm
⇒ Wrap a moistened washcloth around the index finger of your free hand. Gently massage the gum tissues
⇒ Do not put your baby to bed with a bottle, prop it in their mouth or allow your baby to feed “at will”.
⇒ Infants normally begin teething between four and six months of age. His/her gums may be red and swollen and saliva flow may increase. To ease these symptoms, give your infant a clean teething ring or cold wet washcloth. Cold temperatures are soothing, so you may want to chill the teething ring.
⇒ Remember, dental decay is an infectious transmissible disease. Avoid testing the temperature of the bottle with your mouth, sharing utensils (e.g. spoons), or cleaning a pacifier or a bottle nipple by putting it in your mouth. These practices can help stop the transmission of bacteria that cause tooth decay (cavities).

6-12 months of age: Between the ages of six to eight months, your baby will get his/her first tooth. It is important to care for his/her teeth right from the start. Practicing healthy habits can prevent or reduce tooth decay (cavities) in infants and children.

⇒ Continue to clean your infant’s gums after feeding. Once a tooth comes in, start to use a child’s soft bristled toothbrush, with no toothpaste, in addition to massaging the gum tissues.
⇒ To relieve the symptoms of teething, give your infant a clean teething ring or cold wet washcloth. Cold temperatures are soothing, so you may want to chill the teething ring.
⇒ Begin to wean your baby from the bottle as your infant begins to eat more solid foods and drinks from a cup. Gradually, begin to offer a cup for water or juice. By age 12 to 14 months, most children can drink from a cup. Promote healthy habits now by limiting the frequency and amount of sweetened beverages and foods you give your child. Do not allow your baby to walk around with his/her bottle.
⇒ Be familiar with the normal appearance of your child’s gums and teeth. Regularly, lift your child’s lips to check for suspicious small white or brown spots on his/her teeth. If you see these white or brown spots, which may indicate dental decay (cavities), schedule an appointment with your dentist right away.
⇒ Schedule your child’s first dental appointment. Your child should have an exam by a dentist before his/her first birthday or within 6 months after the first tooth comes in.
⇒ If your drinking water is not fluoridated, talk to your pediatrician about infant fluoride supplements.
⇒ Continue to take steps to avoid passing decay causing germs to your child.

18 months to age 5: By 30 months of age, all of the primary (first) teeth should have come into the mouth. By age 3, most toddlers should have stopped using the pacifier and/or sucking his/her thumb.

⇒ At age 2, begin brushing with a pea-sized amount (small smear) of fluoridated toothpaste. Teach your child to spit out the toothpaste. Observe to insure that your child does not swallow the toothpaste.
⇒ Begin to teach your child how to brush his/her teeth. Generally, children will need help with brushing until they have the hand coordination to clean their own teeth effectively. Children should be able to brush unassisted by the age of six or seven.
⇒ Continue to regularly lift your child’s lip to check for suspicious small white or brown spots on his/her teeth. If you see these white or brown spots, which may indicate dental decay (cavities), schedule an appointment with your dentist right away.
⇒ Bring your child to his/her dentist for a regular checkup.
⇒ Talk with your dental professional, if your child is over age 3 and regularly sucks a pacifier or fingers or a thumb.
If your clients are having a hard time paying for medications that can help them quit smoking, there are programs that may be able to help.

**Medicaid**
Michigan ENROLLS is a free program that will help callers find out if they qualify for health care coverage through the Michigan Department of Community Health. There are many types of health care programs available to assist families, single adults, children, seniors and the disabled. Benefits vary based on income and other factors. Most Medicaid programs (except some ABW/County Health Plans) cover the nicotine patch and nicotine gum. For more information, call 1-888-367-6557 or see their web site at http://www.michigan.gov/mdch/0,1607,7-132-2943_4860--,-00.html

**Medicare**
The Michigan Medicare Medicaid Assistance Program is a free program to help people understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals. They can also help callers to enroll in Medicare savings programs and can help find resources for prescription drug assistance. For assistance call 1-800-803-7174 or see their web site at http://www.mymmap.org.

**Michigan Tobacco Quitline**
The Michigan Tobacco Quitline offers free one-on-one telephone sessions to those trying to quit smoking. Any Michigan resident without access to a quitline through their insurance company may use this line. Uninsured callers who pass a brief medical screening may be eligible for free nicotine patches. Call 1-800-480-7848 for more information.

**Partnership for Prescription Assistance**
This program will work with the caller and determine which pharmaceutical programs the caller is eligible for. Call 1-800-477-2669 or see their web site at www.pparx.org.

**Connection to Care**
This Pfizer program can help people obtain low cost or free Chantix, Nicotrol Inhaler and/or Nicotrol Nasal Spray. The caller will need to fill out a short application form and obtain their physician's signature before returning the form to Pfizer.

Medications will be shipped to the physician's office for the patient to pick up. Call 1-866-776-3700 or see their web site at www.pfizerhelpfulanswers.com.

**Bridges to Access**
This is a program of GlaxoSmithKline and can help people obtain Zyban or Buproprion SR. Applicants will need to fill out a short form and get a signature from their health care provider.

Applications must be submitted by a health care provider/advocate. Upon approval, free or discounted medications can be picked up at a local pharmacy. Call 1-866-728-4368 or go to www.bridgestoaccess.com for more information.

**Together RX**
This is a savings program available to people without prescription insurance. Call 1-800-444-4106 or see the web site at www.togetherrxaccess.com to see eligibility guidelines and to apply.

**Your Area Agency on Aging**
These organizations assist people aged 60 or older. They can provide information and assist Michigan residents in accessing services.

To find your local office, call the Area Agencies on Aging Association of Michigan at 1-517-886-1305 or see their web site at http://www.mi-seniors.org/.

![Break the habit!](image)
American Heart Association has new online CPR/AED, First Aid and BLS e-learning courses available on, [http://onlineaha.org/](http://onlineaha.org/).

How the online course works: To complete the selected Online AHA Course and receive a Course Completion Card, participants must:

Part 1. Complete the online, cognitive portion of the selected course. Participants can complete this portion either at the workplace or anywhere with internet access. Participants complete a series of modules that cover all required topics in the selected AHA Course. As with the classroom-based AHA-CPR Course, following each section of the online course, students complete a series of review questions. When participants have finished all modules, a certificate of completion will be available for them to print. The certificate is required to complete Part 2 & 3.

Part 2 & 3. Complete the hands-on online skills practice session with an American Heart Association Instructor. Upon successful completion of the skills practice session and passing of the skill evaluations, the participant will earn an AHA Course Completion Card. Contact Kathy Yonkers-Wright, RDH, MS, AHA Instructor by telephoning: 1-269-686-4523 or by email kwright@allegancounty.org to find out information on the skill practice sessions and skill evaluations and the fees (there are two fees, one for the online course and the other for the practice sessions).

About BLS HCP Online part 1 The Basic Life Support for Healthcare Provider Online Part 1 Course offers a flexible training option either for busy healthcare professionals or professional rescuers who would like to renew their healthcare provider card or for the first-time user who would like to earn a certification in BLS level CPR. The complete course is delivered in three parts. Part 1 delivers the cognitive learning through Web-based, self-paced modules. Parts 2 and 3 require students to meet with an American Heart Association Instructor to complete a hands-on skills practice session and a skills test. Upon successful completion of all three parts, participants receive their healthcare provider course completion card.

Overview of the BLS Online Course:

Audience: Anyone needing Healthcare Provider CPR certification especially those professional requiring this certification for licensure.

This course teaches:
- Online modules covering adult, child and infant CPR sequences;
- Demonstrate psychomotor skills with an AHA BLS Instructor
- Receive AHA BLS for Healthcare Provider Certification

Duration: 1-2 hours online, 30 min. skills session with an AHA Instructor.

Renew your certification every two years.

First-time certification or renewal.

Overview of Heartsaver® First Aid Online part 1:

For anyone needing basic first aid training.

This course teaches:
- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies

Duration: 1-2 hours online, 30 min. skills session with an AHA Instructor.
Heartsaver® CPR & AED Online part 1:
Basic training in CPR & AED use.
This course teaches:
• Adult/child CPR with mask
• Adult/child choking
• Adult/child AED use
• Optional modules in infant CPR and choking
Duration: 2 hours online, 30 min. skills session with an AHA Instructor.
Renew your certification every two years.

Heartsaver® First Aid Online, CPR & AED part 1
Comprehensive safety training for the workplace.
This course teaches:
• First aid basics
• Medical emergencies
• Adult/child CPR with mask
• Adult/child choking
• Adult/child AED use
Duration: 2.5 hours online, 45 min. skills session with an AHA Instructor.
Renew your certification every two years.

Heartsaver® Bloodborne Pathogens:
This course is for anyone with a reasonable chance for occupational exposure to blood or blood-containing materials.
This course teaches:
• What bloodborne pathogens are and how they are spread
• Protection from exposure and how to act if exposed
• How to clean up after exposure
• How to tell or report any exposure
Duration: 1 hour, site-specific instruction varies.

Why E-Learning?
Training in Bloodborne Pathogens, First Aid, CPR and AED will enable employees and designated first responders to provide appropriate rescuer action in the event of a workplace emergency. Online courses provide training that is convenient and flexible for working professionals, employers and employees.

Online Bloodborne Pathogens, First Aid, CPR, and AED training is ideal in workplace settings such as:
• Industries & Companies
• Healthcare & Fitness
• Safety & Security
• Education & Transportation
• Hospitality & Food Services
• Childcare & Senior Care

Three Easy Steps:
1. Register and complete the online course.
2. Find and attend a skills practice and testing session at your local training center. Skills session sold separately.
3. Receive your AHA course completion card.

Whether you are seeking to update your professional skills, or want to be prepared for a medical emergency, eLearning makes vital information easily accessible. Learn what you need to know, at your pace and at your convenience.

For more information, contact Kathy Yonkers-Wright, RDH, MS, AHA Instructor by telephoning: 1-269-686-4523 or by email kwright@allegancounty.org to find out information on the skill practice sessions and skill evaluations and the fee schedule.
Power Up for Healthy Hawks was the theme at the health fair held with two days of Parent-Teacher Conferences at Fennville Middle School. The cold and blustery days could not stop over one hundred participants from attending the Health Fair. A combination of eight healthcare agencies and service providers participated in this health fair.

Fennville Middle School resides in a small rural agriculture community, which is similar to other rural communities with high risk factors for obesity, hypertension, diabetes, and cancer. After analyzing the main health and nutrition concerns among population, the event focused on preventing frequent reported nutritional related diseases such as diabetes, obesity, tooth decay, and cardiovascular diseases (high blood pressure and coronary heart disease). In addition, the event focused on the prevention of psychological issues such as tobacco and drug addiction and teen specific depression in relation to grief. The consequence of this extra focus area was to create an awareness of healthy strategies and programs to express emotions and prevent addictions.

**Vegetable Taste Testing:** The school’s Cafeteria staff turned the school’s cafeteria into a display of Steamfresh vegetables donated by Birds Eyes Foods, Inc. Taste tests are effective way to motivate students about making better food choices such as increasing vegetables intake in their daily diet. Reportedly, only 17% of schoolchildren eat the recommended serving of vegetables each day. Many children think they do not like vegetables because of lack of exposure to a variety of produce or the way the vegetables are prepared.

To assist students make better food choices by adding vegetables to their daily diets, the tasting section offered as many varieties of vegetables. Various steamed (not overcooked) vegetables (Broccoli, Brussels sprouts, Cauliflower, Corn, Green Beans and Peas) were available to taste in the lunch cafeteria to promote students and their family members to consume more vegetables. The participants were encouraged to taste test the different vegetables and complete checklists noting if any of those vegetables were new to them, and if they liked them, and if they will eat them again.

This interactive event was possible by a grant from the O’Leary Foundation of Allegan County. The foundation support programs in human services, education and health care initiatives.

**Results**

Participants reported that Brussels sprouts (52%), Cauliflower (19%), Broccoli (8%), Green Beans (8%), Peas (7%) and Corn (6%) as new vegetables.

Given that Brussel Sprouts (52%) and Cauliflower (19%) was reported as new vegetables, it was interesting that a majority reported they would eat them if offered steamed with little preparation.
Scavenger Hunt:

Activity-oriented health fairs inspire more learning than a passive look-and-see health fair. Participant agencies prepared hands-on teaching activities in their booths. Often it can be difficult to motivate students to participate in a health fair.

One of the biggest challenges identified in the planning phase, was how to get the youth to actively inquire about the booths and keeping them going booth-to-booth.

A strategy to overcome these challenges was to have a health fair scavenger hunt. These booths taught at least one important point about their subject. The school's gymnasium was transformed into a scavenger hunt for health information.

Each participant received a scavenger hunt's questionnaire that required him or her to visit each health station to receive the answers. This encouraged information exchanges on key aspects of healthy choices. Examples of healthy lifestyle practices include increased physical activity, restrictions on television watching or playing video games, and avoiding food with a high fat and simple sugar content.

These lifestyle changes need to be implemented as early in life as possible.

Tracey Della Vecchia, DDS demonstrated to the participants how to floss and brush their teeth. She went on to discuss how often teeth should be brushed and flossed and how poor diet influenced dental diseases. Participants received a packet of information, including a new toothbrush and floss.

MSUE presenters headed by Jane Hart, FNP Regional Coordinator, SW FCS Extension Educator, Allegan County stressed there are hidden sugars in carbonated beverages and other foods and the important of the food pyramid.

The Power Up for Healthy Hawks Partners are Birds Eye Foods Inc., Allegan County Health Department, Fennville Public School, Michigan State University Extension-Consumer Science Section, Wings of Hope Hospice, Dentistry of Douglas & Saugatuck, P.C., Lakeshore Smiles, Allegan County Community Mental Health Services, Family Planning and Women's Health Of Allegan County, American Heart Association, and Spartan Foods, Inc and Meijer’s Healthy Living.
Epi Corner:

HIV infection and other STDs are linked not only by common behaviors, but also by biological mechanisms. STDs increase both HIV infectiousness and susceptibility.

Strong STD prevention, testing, and treatment that the Allegan County Health Department offer play a vital role in preventing sexual transmission of HIV. Furthermore, STD trends can offer important insights into where the HIV epidemic may grow, making STD surveillance data helpful in forecasting where HIV rates are likely to increase.

Source: http://www.cdc.gov/std/hiv/STDFact-

<table>
<thead>
<tr>
<th>2006-2008 Triennial Allegan County Communicable Diseases Count</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Event Name</strong></td>
</tr>
<tr>
<td>----------------</td>
</tr>
<tr>
<td>Giardiasis</td>
</tr>
<tr>
<td>Lyme Disease</td>
</tr>
<tr>
<td>Hepatitis A</td>
</tr>
<tr>
<td>Hepatitis B Acute</td>
</tr>
<tr>
<td>Hepatitis B-Chron</td>
</tr>
<tr>
<td>Hep C Chronic</td>
</tr>
<tr>
<td>Meningitis-Viral</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
</tr>
<tr>
<td>Salmonellosis</td>
</tr>
<tr>
<td>Campylobacter</td>
</tr>
<tr>
<td>Histoplasmosis</td>
</tr>
<tr>
<td>Chicken Pox</td>
</tr>
<tr>
<td>Shigellosis</td>
</tr>
<tr>
<td>Meningococcal</td>
</tr>
</tbody>
</table>