



Allegan County Public Health Newsletter

Public Health Updates

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SMOKE FREE LAWS IN MICHIGAN MODIFIED!

“Meet me on the Patio... to smoke or not to smoke.”

On December 10 2009, the Michigan Legislature passed a monumental smokefree law which banned smoking in all workplaces, including restaurants. The law went into effect on May 1, 2010 and brought about many questions for interpretation, allowable smoking locations, and questionable loss of business for restaurants. But, it also brought about positive change, a healthy attitude among business owners, very few complaints by community residents, and satisfied patrons who continue to visit their favorite local eating spots because they are smokefree. One thing the law made clear is that a workplace, including restaurants, are defined as a site employing at least one person. The law also made clear that smoking is NOT allowed in any outdoor area such as patios or rooftops during periods where food, beverage, or both are prepared, served, or provided to patrons.

On August 19, 2013, Michigan Department of Agriculture and Rural Development (MDARD) released guidance to clarify this part of the law to local health departments. The guidance indicated that smoking may be allowed in outdoor areas such as patios or rooftops during periods when food, beverages, or both are NOT prepared, served or provided to patrons. Service includes, but is not limited to delivering or retrieving food, beverages, glassware, and/or tableware. Patrons may take food, beverages, or both onto patios and rooftops during periods when there is NO FOOD or BEVERAGE preparation or service by employees.

The law continues to protect workers in the food service industry, which was its intended purpose. However, this new interpretive guidance leaves room for restaurant owners to allow smoking in places they hadn't before and allows patrons a location to smoke, if they choose. It also calls for an education to their restaurant staff about defining food and beverage preparation outdoor areas. Restaurant owners still have the ability to ban smoking altogether at their establishment, including all outdoor areas.

To be clear, the law hasn't change, but the interpretation as defined by MDARD has. However, the Allegan County Health Department continues to maintain that all workplaces will be smokefree for the protection of employees. Individuals who have questions or wishing to file a complaint about restaurants can contact us at 269-673-5411. Individuals who have questions or wishing to file a complaint about other businesses can contact the Michigan Department of Community Health.

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- Did you know that Allegan County has a Community Action Team that wants to bring healthy back to our community. Do you feel passionate about a certain issue that you feel would increase the wellbeing of our community email ajoynes@allegancounty.org and she will provide you with the next meeting date and location.





Preparing for school means gathering supplies and back packs. It's also the perfect time to make sure children are up to date on their vaccines. Getting all of the recommended vaccines is one of the most important things parents can do to protect their children's health. Don't wait – make their back-to-school appointments for vaccination now. <http://www.cdc.gov/features/catchupimmunizations/>



Vaccines aren't just for kids. Adults need vaccines, too. We all need protection from the serious, and sometimes deadly, diseases that can be prevented by vaccines. Ask your doctor, pharmacist, or other healthcare professional which vaccines are recommended for you.

<http://www.cdc.gov/Features/adultimmunizations/>

Emergency Preparedness in September: Be Informed about Outdoor Warning Sirens and Storm Watches and Warnings

☑ **Warning Sirens** Your community may have outdoor warning sirens (also called tornado sirens) to warn you in an emergency. These sirens are meant to let people who are outside know they should go indoors. When you hear the outdoor warning sirens sound in your area it is not safe for you to be outdoors. You should take cover inside a sturdy building and get more information from television, radio, internet, or by contacting a friend or family member. Some communities have other ways of warning residents. They may call by phone, or send text messages or emails with emergency information. Talk to family members about what to do when emergency information is given.

☑ **Storm Warnings versus a Storm Watch** No matter what the actual weather you are dealing is, here is the basic rule of thumb:

- WATCH essentially means a “chance” this condition will happen and usually covers a large geographical area for a lengthy time period.
- WARNING means the weather is already occurring or is likely to occur and to take proper protective measures. Warnings are usually issued for much smaller geographical areas and usually for shorter more definite time periods. For more tips about planning for an emergency visit do1thing.com.





WORKING TOWARDS A HEALTHIER YOU!

Did you know that your mental wellbeing can impact your physical health? Most people do not know how connected the two are.

Your emotional state can often cause a significant physical response (as demonstrated by the "fight or flight" response that is triggered by a perceived threat). Where you are at emotionally can also have a significant impact on your overall physical health. This phenomenon—sometimes called the "mind/body connection"—can be particularly acute when you are anxious or upset. Experiencing extreme stress over a period of time, for example, might trigger a physical response—or cascade of responses—that could lead to the development of high blood pressure or stomach problems, for example.



Click on the link to learn more about mental wellbeing and how it impacts your physical health. <http://www.foh.hhs.gov/calendar/august.html>

Don't forget the Healthier You Michigan's 4 x 4 plan to wellness!



Visit the website below to sign up for free emails, recipes, and tips towards becoming healthier. Let's make Michigan's obesity and overweight rates drop. **Allegan County's overweight/obesity rate is currently at 69%!!**

www.michigan.gov/mihealthiertomorrow or

www.facebook.com/mihealthiertomorrow

Sign up now to a healthier you and Michigan!!



COMMUNICABLE DISEASE UPDATE!

Human H3N2v Influenza Case Linked to Contact with Pigs at Fair

Pigs can be infected with their own influenza viruses (called swine influenza) that are usually different from human flu viruses. While rare, influenza can spread from pigs to people and from people to pigs. When people get swine flu viruses, it's usually after contact with pigs. This has happened in different settings, including fairs. This virus – called H3N2v – may spread more easily from pigs to humans than is usual for swine flu viruses.

CDC Recommendations For People with High

- Anyone who is at [high risk of serious flu complications](#) planning to attend a fair where pigs will be present should avoid pigs and swine barns at the fair.
- People who are at high risk of serious flu complications include children younger than 5 years, people 65 years and older, pregnant women, and people with certain long-term health conditions (like asthma and other lung disease, diabetes, heart disease, weakened immune systems, and neurological or neurodevelopmental conditions).

CDC Recommendations for People Not at High Risk:

- Do not take food or drink into pig areas; do not eat, drink or put anything in your mouth in pig areas.
- Do not take toys, pacifiers, cups, baby bottles, strollers, or similar items into pig areas.
- Avoid close contact with pigs that look or act ill.
- Take protective measures if you must come in contact with pigs that are known or suspected to be sick. This includes minimizing contact with pigs and wearing personal protective equipment like protective clothing and gloves and masks that cover your mouth and nose when contact is required.
- Wash your hands often with soap and running water before and after exposure to pigs. If soap and water are not available, use an alcohol-based hand rub.
- To further reduce the risk of infection, minimize contact with pigs in the pig barn and arenas.

Watch your pig (if you have one) for illness. Call a veterinarian if you suspect illness.

People who develop flu symptoms should call a health care provider. Tell them about any exposure to pigs or swine barns you've had recently. Seasonal flu vaccine will not protect against H3N2v, but prescription influenza antiviral drugs can treat H3N2v illness in people.

