Welcome to the Allegan County Health Headline!

The Health Headline is a quarterly interactive newsletter developed by the Allegan County Health Department to better inform our citizens about current topics dealing with personal and environmental health. Partnering with our social media sites, such as Facebook and Twitter, our goal is to reach and educate as many members of our great community as we can. Try clicking one of the many links throughout this newsletter to take advantage of web pages filled with more information on current health topics!

www.AlleganCounty.org

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Click to find out more!

To learn more about the Allegan County Health Department click on the links to our Facebook and Twitter!

With Ticks being in season make sure you keep your family and pets protected. Click the link above to find out how!

Michigan has over 11,000 Lakes, Rivers, and Streams to fish from! Learn how to eat fish safe! Click on the link above.
You see the guy selling BBQ in the parking lot, food vendors at local events, or non-profit organizations selling food for a fundraiser, but is it legal? Most of the time a license is required in these instances in order to ensure proper sanitation and food handling procedures are being followed. Click below to find out more about food licensing or more importantly the exemptions from the law.

**Food Licensing FAQ’s**

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**EPA’s Revised Total Coliform Rules**

The Revised Total Coliform Rule establishes a maximum contaminant level (MCL) for E. coli and uses E. coli and total coliforms to initiate a “find and fix” approach to address fecal contamination that could enter into the distribution system. It requires public water systems (PWSs) to perform assessments to identify sanitary defects and subsequently take action to correct them. To find out more about this rule and how it may effect sampling requirements of your business, click the link below!

**Revised Total Coliform Rules**

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**Health Department FAQ's**

The boxes below are filled with links to additional information on topics pertinent to your health and environment.

Click a topic of interest to find out more!

- **BLACK MOLD**
- **RESTAURANT INSPECTIONS**
- **HYDRAULIC FRACTURING**
When your child is between 4 – 6 years of age, he/she should visit the doctor once a year for Well Child Visits. It is recommended that you always bring your child's immunization record to the visit with you. In most doctors' offices, recommended immunizations are given after a physical exam and after a discussion with the child's parents.

All Allegan County children need to be immunized to prevent outbreaks of disease in school settings and other places where children work and play closely together. As you help your child get ready to begin preschool or Kindergarten in September, you will want to make sure he/she is fully vaccinated. Most children 4 – 6 years of age will need to receive the following vaccines:

- DTaP vaccine: protects against diphtheria, tetanus, and pertussis (whooping cough)
- IPV vaccine: protects against polio
- MMR vaccine: protects against measles, mumps, and rubella
- Var vaccine: protects against varicella (chickenpox)
- LAIV or IIV vaccine: protects against influenza (flu)

Some combination vaccines (examples are DTaP-IPV and MMRV) are available. Using combination vaccines can reduce the number of injections. But, if the combination vaccines are not available, remember that it is important that children receive all of these vaccines to keep them protected from serious diseases.

- Booster doses of DTaP and IPV boost immunity and help children maintain the best protection against vaccine-preventable diseases.
- Second doses of MMR and Var ensure that children who did not get immunity from the first dose of MMR and Var are protected.
- Annual influenza vaccine is important because viruses that cause influenza change over time.

Children should receive influenza vaccine every year for the best protection against influenza. Some children 6 months through 8 years of age require two doses of influenza vaccine. Children in this age group who are getting vaccinated for the first time, as well as some children who have been vaccinated previously, will need two doses. For children who will need two doses of influenza vaccine, the first dose should be given as early as possible. For other children, it is good practice to get them vaccinated soon after influenza vaccine becomes available.

If your child missed an immunization for any reason, now is a good time for your child to “catch-up” with the recommended childhood immunization schedule. Also, if your child has a chronic health problem, he/she may need additional immunizations that are not routinely recommended for all children to receive.

Before the visit to the doctor's office, be honest with your child. Explain to your child that the immunizations may hurt, but it will not be for long. Explain that the vaccines will keep him/her healthy. Reassure your child that it is alright to cry if it hurts and that it will be over quickly. If your child has had a negative experience previously, be sure to discuss that experience with your child's doctor before it is time for immunizations to be given.

After the immunizations, comfort your child. It may help if you bring a favorite toy, book, or blanket. You can administer a non-aspirin pain reliever as directed by the doctor or nurse. You can use a cold compress on the area where the shot was given. If you have any reason for concern, call the doctor's office.

The VFC Program provides free vaccines to children whose parents need help paying for them. For more information, you can call the Immunization Program at the Allegan County Health Department at 269-673-5526 or click the respective links below!
Safe Beach Practices

- Do not swallow lake water and avoid getting water in your mouth.
- Wash your hands with soap and water before eating.
- Take your kids on bathroom breaks and be sure young children wear clean swim diapers.
- Do not swim when you are sick. You can spread germs in the water and make other people sick.
- Do not swim in water that appears murky, smells foul or looks polluted in any way. This may occur after a large rain event.
- Avoid swimming immediately after heavy rainfall.
- Do not feed gulls.
- Vigorously towel off after coming out of the water.
- Shower when you return home.

For more information contact the Allegan County Health Department at: 269-673-5411

For current sampling results of Lake Michigan Public Beaches in Allegan County Click Here!