Spring Time Transformation!

Winter is finally looking to be on its way out which makes a great time to strive for a healthier you! One thing 2014 did to all of us, was make us older. It's time to transform your achy aging body into a healthy active one!

Here are 7 steps to help defy your age inside and out!

Let the Transformation Begin

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7 Allegan County Beaches will received weekly sampling starting after Memorial Day and ending on Labor Day. This sampling looks for total coliform bacteria in the water to determine the safety to bathers.

When rain falls to the ground, the water does not stop moving. Some of it flows along the land surface to streams or lakes, some is used by plants, some evaporates and returns to the atmosphere, and some seeps into the ground much like a glass of water poured onto a pile of sand.

To learn more about the Allegan County Health Department click on the links above to our Facebook and Twitter!
Through our everyday routines, we are constantly using recyclable products. Curbside and Drop-Site Recycling are the most common and easiest forms of recycling to do. This type of recycling is a great way to recycle the following: paper, water bottles, milk jugs, cardboard, etc.

Links below offer more information about the Allegan County Recycling Program as a whole, as well as events coming up this May in Wayland and Hamilton!

**RECYCLING HOME PAGE**

Free Recycling Event in Wayland May 2, 2015

<table>
<thead>
<tr>
<th><strong>DO</strong></th>
<th><strong>DON'T</strong></th>
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</thead>
<tbody>
<tr>
<td>1. Rinse all containers.</td>
<td>1. Place items with any food or original material in recycling container.</td>
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<tr>
<td>2. Remove caps off all containers.</td>
<td>2. No Styrofoam (#6 symbol) of any kind in curbside or drop-off site recycling.</td>
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<tr>
<td>3. Break down cardboard boxes.</td>
<td>3. No Hazardous Waste containers in recycling. (Engine oil, pesticide containers, etc.)</td>
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<tr>
<td>4. Check for recycling symbol and number on plastic.</td>
<td>4. Place any large plastic items in recycling. (Plastic lawn chairs, five gallon bucket, etc.)</td>
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<td>5. Place materials to the curb the night before pick-up if you have</td>
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<td>a curbside collection service.</td>
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**Health Department FAQ's**

The boxes below are filled with links to additional information on topics pertinent to the health of you, your family, and the environment.

Click a topic of interest to find out more!
Measles exposures have been reported at Super Bowl activities, Theme Parks and on mass transit systems in various locations, all of which could bring cases back to Allegan County. As measles activity continues to be seen nationally, Allegan County residents need to be aware of the situation and ensure that we are protected from measles.

Symptoms of Measles

- Prodromal fever, conjunctivitis (watery, red eyes), coryza (runny nose), cough
- Koplik spots - small spots with white or bluish-white centers in the mouth
- Fever increases in stepwise fashion to 101F (38.3C) or higher.
- Red blotchy rash appears on the 3rd – 7th day
- Rash begins on the face, then becomes generalized, lasts 4-7 days

Transmission

Measles is highly contagious via airborne respiratory droplets from coughing/sneezing. The incubation time from exposure to symptoms is usually 10-12 days.

Complications of Measles

Measles can be a dangerous illness for all age groups, however, children under 5 years of age and adults over 20 years of age are more likely to suffer from complications of the infection. Complications include ear infections, permanent hearing loss, pneumonia, encephalitis (swelling of the brain) and death (1-2 in 1000 infections).

Vaccination

Today vaccination is the single most effective, safest way to prevent getting the measles. Evidence of immunity is described below, if you fit into a category listed below, you may be protected against measles, however, that decision should be made by your doctor.

Evidence of Immunity against measles includes at least one of the following:

- Written documentation of adequate vaccination
- One or more doses of a measles-containing vaccine administered on or after the first birthday for preschool-age children and adults not at high risk
- Two doses of measles-containing vaccine for school-age children and adults at high risk, including college students, healthcare personnel, and international travelers
- Laboratory evidence of immunity
- Laboratory confirmation of measles
- Birth in the United States before 1957 (Even if patient reports no history of infection)

If you are unsure about your vaccination status, contact your Primary Health Care Provider.
Pneumococcal disease is an infection caused by Streptococcus pneumoniae bacteria. Pneumococcal bacteria spread from person-to-person through coughing and sneezing. People sometimes have the pneumococcal bacteria in their nose and throat without feeling sick, but can still spread it to other people.

When pneumococcal bacteria spread from the nose and throat to ears or sinuses, it generally causes mild illness. When the bacteria spread into other parts of the body, it leads to severe health problems such as infections of the lungs (pneumonia), blood (bacteremia), and lining of the brain and spinal cord (meningitis). These illnesses can lead to disability like deafness, brain damage, or loss of arms or legs. These illnesses can also be life-threatening.

- Pneumococcal pneumonia kills about 1 out of 20 adults who get it.
- Pneumococcal bacteremia kills about 1 out of 5 people who get it.
- Pneumococcal meningitis kills about 3 out of 10 people who get it.

“Thousands of older adults die and many more are hospitalized from pneumococcal disease every year, but many adults aren’t aware that there are vaccines that can prevent it,” said Dr. Anne Schuchat, assistant surgeon general and director of CDC’s National Center for Immunization and Respiratory Diseases.

Since the 1980s, older adults have been recommended to get the pneumococcal polysaccharide vaccine (PPSV23, Pneumovax®23), which protects against blood infections and certain other pneumococcal infections. CDC now recommends that adults 65 years or older also receive the pneumococcal conjugate vaccine (PCV13, Prevnar13®), which provides added protection against pneumonia caused by pneumococcal bacteria. Getting both vaccines offers the best protection we have available against pneumococcal disease. However, the two vaccines should not be given at the same time.

People with certain health conditions or who are taking medications that weaken the body’s immune system are at increased risk for complications from pneumococcal disease. This is why CDC recommends that these adults (19 years or older) get pneumococcal vaccination as well.

Medicare Part B covers the cost of two recommended doses of pneumococcal vaccine (when administered at least 12 months apart). Most private health insurance plans cover pneumococcal vaccines. Check with your insurance provider for details on whether there is any cost to you and for a list of in-network vaccine providers.

Talk with your healthcare professional about which vaccines are recommended to protect you.

FOR MORE INFORMATION VISIT: [www.cdc.gov/features/adult-pneumococcal/](http://www.cdc.gov/features/adult-pneumococcal/)

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### VISION & HEARING SCREENING SCHEDULE

**NOW BY APPOINTMENT!**

**ALLEGAN COUNTY HEALTH DEPARTMENT 3255 – 122ND AVENUE, SUITE 200 ALLEGAN, MI 49090**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>March 3, 2015</td>
<td>Tuesday</td>
<td>1-4</td>
</tr>
<tr>
<td>April 6, 2015</td>
<td>Monday</td>
<td>(9–12 and 1–4)</td>
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<tr>
<td>April 7, 2015</td>
<td>Tuesday</td>
<td>(9–12 and 1–4)</td>
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<tr>
<td>April 8, 2015</td>
<td>Wednesday</td>
<td>(9–12 and 1–4)</td>
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<td>April 9, 2015</td>
<td>Thursday</td>
<td>9-12</td>
</tr>
<tr>
<td>May 5, 2015</td>
<td>Tuesday</td>
<td>1-4</td>
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**NOTE:** Please contact 269-673-5411 for appointments

VISION SCREENING IS REQUIRED FOR KINDERGARTEN ENTRY

THE VISION SCREENING MAY BE COMPLETED BY: Allegan County Health Department: 269-673-5411

The following Health Departments, also have free vision/hearing screening clinics available by appointment only:

- Kent County: 616-632-7047
- Ottawa County: 616-396-5266
- Kalamazoo County: 269-373-5008
- Barry County: 517-541-2604
- Optometrist/Ophthalmologist, Family Physician, Pediatrician

If there are any questions regarding any of the Hearing & Vision clinics please contact Allegan County Health Department at 269-673-5411.