How To Stay Healthy This Summer!

With summer officially started its time to get out and enjoy this weather! Breathe some fresh air, hike some trails, fish some lakes, and kayak down the Kalamazoo! With these fun times ahead its good to think about your health and well being as well!

Click below to find out
10 Tips For A Healthy Summer

Click to find out more!

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.

Because the majority of rabies cases in people in the United States are contracted from wild animals, people should avoid contact with them — especially bats, skunks, and raccoons.

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

In This Issue

- Staying Healthy - 1
- Beach Sampling – 1
- Rabies- 1
- Recycling Program - 2
- General FAQ’s – 2
- Immunization Information - 3
- Pre-Teen Vaccine Links - 3
- Michigan Recreation! - 4
- Hearing and Vision Screening - 4
Allegan County Scrap Tire Collection:
August 1, 2015 from 9am-12pm.

Allegan County Resource Recovery, in partnership with the SW Michigan Solid Waste Consortium, was awarded a $6,000.00 MDEQ Scrap Tire Grant to host the 4th Annual Allegan County Scrap Tire Collection Event. Residents can drop off up to 7 car size tires and 1 tractor tire (* there may be a $11.25 charge for tractor tires only), at the following locations: 1: Otsego Twp Hall, Salem Township Transfer Station, and the Trowbridge Township Hall. In the past 3 years, these grants have kept over 9 semi trailers of scrap tires out of Allegan County’s Ecosystems and properly recycled.

Please contact Ben Williams if there are questions about this event at 269-686-4559.

Allegan County Recycling Website

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!

MOLD

RECOMMENDED VACCINATIONS

RESTAURANT INSPECTIONS

FLOODING
The question that I was asked most often this month was, “What disease does meningococcal vaccine prevent?” Meningococcal vaccine prevents meningococcal disease, a life-threatening illness. It is caused by bacteria that infect the blood, brain, and spinal cord. It is one of the most serious causes of meningitis. Adolescents and young adults, particularly college freshmen who live in dormitories, are most often affected by meningococcal disease, but persons of any age can become infected. In addition to adolescents and young adults, individuals who travel internationally or have certain medical conditions, may also be at increased risk. The disease is spread person-to-person. It is easily spread in crowded settings. You can catch meningitis from a person who looks healthy. Meningococcal conjugate vaccine (MCV4) is routinely recommended for all 11 and 12 year olds, with a booster second dose at 16 years, and for children over 12 years who have not received the vaccine previously. The meningococcal vaccine may cause pain or tenderness where the shot is given. The vaccine does not have any serious side effects.

One important point that I would like to emphasize: College freshmen who live in residence halls are five times more likely to get a meningococcal infection as compared with college freshmen who live off campus or young adults who don’t attend college. Therefore, first-year college students up through age 21 years of age who are living in residence halls should be vaccinated if they have not received a dose on or
Summer 2015 Vision & Hearing Screening Schedule

Now By Appointment!

Allegan County Health Department 3255 – 122nd Avenue, Suite 200 Allegan, MI 49090

June 16, 2015 Tuesday 1-4
July 7, 2015 Tuesday 1-4
August 4, 2015 Tuesday 1-4
August 11, 2015 Tuesday 1-4
August 18, 2015 Tuesday 1-4
August 27, 2015 Thursday 1-4
September 1, 2015 Tuesday 9-12 & 1-4

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.