



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

December 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- **B. Healthy Coalition**, December 11th, 8:30–9:30 am, BEDHD Hastings
- **Eaton County Oral Health Coalition**, December 14th, 1–2:00 pm, BEDHD Charlotte
- **Barry County Tobacco Reduction Coalition**, December 21st, 12:30–1:30pm, BEDHD Hastings
- **Eaton Rapids Health Alliance**, contact alynch@bedhd.org.

NEED HEALTH COVERAGE FOR 2018?

If you (or a family member) aren't covered for health insurance by an employer and aren't eligible for the Healthy Michigan Plan, Medicaid, or Medicare, you can buy insurance on the Health Insurance Marketplace (<https://www.healthcare.gov/>). For coverage starting January 1, 2018, you must enroll between November 1 and December 15. If you (or a family member) aren't covered by an employer or other plan and meet certain income guidelines, you might qualify for the low-cost Healthy Michigan Plan, MICHild, or Healthy Kids plans. You can enroll for these at any time. To see if you qualify or to enroll in the Healthy Michigan Plan, MICHild, or Healthy Kids, visit <https://www.mibridges.michigan.gov/>, call your county's MDHHS office, or contact BEDHD: (269) 945-9516 (Barry) or (517) 543-2430 (Eaton).

PNEUMOCOCCAL DISEASE—WHAT YOU NEED TO KNOW

Pneumococcal disease is caused by bacteria that can lead to serious infections in the lungs (pneumonia), blood, and brain (meningitis). Such infections can lead to deafness, brain damage, and even death. A 2011 study estimated that pneumococcal disease caused 4 million illnesses and 22,000 deaths per year. The disease can be hard to treat because some bacteria have become resistant to antibiotics. There are 2 vaccines that can prevent pneumococcal disease: PCV13 and PPSV23. Everyone age 65 and older should get both vaccines. People who smoke or have certain health conditions might need these shots before age 65. Contact your healthcare provider for more information or call BEDHD at (517) 541-2630 (Charlotte) or (269) 945-9516 (Hastings) to schedule an immunization appointment.

Eaton Behavioral Health (EBH)

Eaton Behavioral Health (EBH) is a licensed and accredited outpatient substance use and behavioral health disorder treatment provider. It offers affordable, accessible, and effective treatment for addictions and other behavioral health concerns. EBH provides treatment that addresses patients' mental, emotional, physical, spiritual, and social needs. Services include outpatient therapy (group and individual); CHOICES, an early intervention program for adolescents experimenting with substances and their parents; and Women's Specialty Services, an outpatient treatment program that provides special support (such as childcare and transportation for appointments) to women who have dependent children. EBH accepts most major insurance plans, including Medicaid, Medicare, and the Healthy Michigan Plan.

JOIN THE FIGHT AGAINST OPIOID ADDICTION—GET INVOLVED WITH FAN!

Families Against Narcotics (FAN) is a community-based program for those seeking recovery, those in recovery, family members affected by addiction, and community supporters. FAN seeks to change the face of addiction, dispel the stigma of addiction, and educate the community and those affected by addiction. Both Barry and Eaton County have FAN groups. FAN of Southwest Michigan covers Barry County and meets the first and third Thursday of every month at 7 p.m. in Kalamazoo or St. Joseph, and FAN of Eaton County meets the first Thursday of the month at 7 p.m. in Charlotte. For more information, visit <http://www.familiesagainstanarcotics.org/> and select your location.



HAND HYGIENE AND AWARENESS TO COMBAT INFLUENZA

Handwashing and “hand awareness” are important weapons against the flu (and many other illnesses)! December 3–9 is National Handwashing Awareness Week. Use this as an opportunity to check up on your handwashing technique and hand awareness and teach your children about these topics. **Handwashing technique:** To properly wash your hands, wet them; lather and scrub with soap for 20 seconds, ensuring that you get under your fingernails, between your fingers, and your wrists; rinse; and dry using a clean towel or air dry. **Four principles of hand awareness:** 1) Wash your hands when they are dirty and before eating; 2) Do not cough into your hands; 3) Do not sneeze into your hands; and 4) Do not put your fingers in your eyes, nose, or mouth.



CARBON MONOXIDE POISONING PREVENTION

As temperatures cool down and people start warming up their cars and using generators, it’s important to stay safe from carbon monoxide (CO) poisoning. CO is a toxic colorless, odorless gas that can cause poisoning and death. Car and generator exhaust contains CO, so make sure that they are only used outdoors, in an open area. Never heat up your car in a closed garage. Everyone should also have a battery-operated or battery back-up CO detector in their home and check or replace the battery when the time changes each spring and fall. The detector should be placed somewhere where it will wake people up if it goes off. For more information about carbon monoxide and poisoning symptoms, visit <https://www.cdc.gov/co/faqs.htm>.

Contact Us

For more information on items in this newsletter, contact Abigail Lynch, Community Health Promotion Specialist, at (517) 541-2644 or alynch@bedhd.org.

TIME OF SALE OR TRANSFER (TOST) INFORMATION

Recently, there has been a lot of discussion in the Barry-Eaton District about BEDHD’s TOST program. Based on this discussion, BEDHD has identified that there is a need for further community education on TOST to help dispel myths, misinformation, and misunderstandings about the program. BEDHD has prepared a 10-year report and various data reports and maps to show the impact of TOST since its beginning in 2007. Current documents are available at <http://bedhdost.weebly.com/>. If a local government body would like more information or to meet with BEDHD’s Environmental Health Division regarding TOST, please contact Regina Young, Environmental Health Director, at ryoung@bedhd.org or (517) 541-2609 (Eaton) or (269) 798-4103 (Barry).

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

First Aid Are you prepared for a medical emergency? If you see someone get seriously ill or injured and they need to go to the hospital, call 911. If the individual is unconscious or was hurt in a car accident or fall, do not move them. Have someone stay with the individual while someone else watches for the ambulance and takes the ambulance crew to the individual. You should also have a first-aid kit in your home or car for minor injuries—you can buy a pre-made kit at the store or make your own (see the below link for suggested contents). Lastly, consider taking a first-aid, CPR, and/or AED class so that you can always be ready to help individuals in trouble. Contact your local fire department or local American Red Cross chapter to find out what classes are being taught in your area. For more information, visit <http://do1thing.com>.

STOP THE SPREAD OF NOROVIRUS

Norovirus, which can cause severe vomiting and diarrhea, is also called the “stomach bug” and “stomach flu,” and it is most common in the winter months. Norovirus spreads quickly and easily—it is very contagious. To help prevent the spread of norovirus this winter, do the following: practice proper hand hygiene, wash produce and cook seafood thoroughly, don’t make food or care for others if you’re sick, clean and disinfect contaminated surfaces with a bleach solution, and wash laundry thoroughly. For more in-depth information on these steps and for more norovirus facts, visit <http://www.cdc.gov/norovirus/downloads/keyfacts.pdf>.

