



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization. To help keep our community safe, The Barry-Eaton District Health Department is proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and pneumonia. Keeping children up-to-date on their vaccines is important for their protection. Before children reach two years old, the Advisory Committee on Immunization Practices (ACIP) recommends vaccines to prevent 14 infectious diseases. Each recommended vaccine dose is scheduled based on the age the body's immune system will respond the best and the need to protect infants and children at the earliest age possible. The vaccines are tested to be sure they are safe and effective for children to receive at the recommended ages.

ARE KIDS FALLING BEHIND?

According to March 2019 data, only 58.7% of Michigan children 19 through 35 months of age were up-to-date with the recommended vaccines. In Eaton County, 75.6% of children aged 3 months old were up-to-date on vaccines. At 7 months, this number dropped to 60.7%, and by 24 months only 48.6% were up-to-date on vaccines. In Barry County, 85.4% of children aged 3 months old were up-to-date on vaccines. At 7 months 55.6% were up-to-date, and at 24 months this number dropped to 49% being up-to-date on vaccines. For more information about when your child needs to be vaccinated, talk to your healthcare provider, contact the health department, or visit <https://bit.ly/2O2SHtG>.

The Barry-Eaton District Health Department offers weekly vaccination clinics for residents. Clinics are held Tuesdays in at each clinic location. All recommended childhood vaccines are available at the immunizations clinic. To make an appointment for you or your child to be vaccinated, call (269) 789-4133 in Barry County or (517) 541-2630 in Eaton County.

PROTECT YOURSELF FROM RABIES THIS FALL

September 28 is World Rabies Day; a global health observance that started in 2007 to raise awareness about rabies and bring together partners to enhance prevention and control efforts worldwide. According to the Centers for Disease Control and Prevention (CDC), rabies in humans is rare in the United States. There are usually only one or two human cases per year. The most common source of human rabies in the United States is from bats. If you or someone you know may have been exposed to a bat, contact BEDHD and capture the bat so that it can be tested for rabies. To safely capture a bat follow these step:



- Find a small container like a box or a large can, and a piece of cardboard large enough to cover the opening in the container. Punch small air holes in the cardboard.
- Put on leather work gloves.
- When the bat lands, approach it slowly and place the container over it. Slide the cardboard under the container to trap the bat inside.
- If there's any question about contact between the bat and people or pets, save the bat for testing. Tape the cardboard to the container, securing the bat inside and then contact your health department to have the bat tested for rabies.
- If there's been no contact between the bat and people or pets, carefully hold the cardboard over the container and take the bat outdoors. Release it away from people and pets.

For more information on bat exposures and how to safely capture a bat, visit <https://bit.ly/2KmyeKq> or call BEDHD at (269) 789-4133 in Barry County or (517) 541-2630 in Eaton County.

AUGUST IS NATIONAL BREASTFEEDING AWARENESS MONTH

The Barry-Eaton District Health Department is proud to recognize National Breastfeeding Month and raise awareness of the importance of breastfeeding support to mothers and babies. Breastfeeding gives babies a healthy start in life. But it's not just good for babies—it's good for moms, too! Breastfeeding can help you recover more quickly from childbirth, reduce your risk of certain types of breast and ovarian cancer, and may also help you lose weight after childbirth. Babies who are breastfed have a lower risk of developing certain infections and diseases, such as:



- Asthma
- Lower respiratory infections,
- Childhood obesity,
- Eczema,
- Type 2 diabetes,
- Childhood leukemia, or
- Sudden Infant Death Syndrome (SIDS).

The American Academy of Pediatrics recommends breastmilk as the sole source of nutrition for your baby for at least the first 6 months of their life. The health department is dedicated to supporting a mother's breastfeeding journey by providing resources for breastfeeding mothers through programs such as Women, Infants, and Children (WIC) and the Baby Café. WIC is a free program for low-income pregnant and breastfeeding women that provides a variety of support services, including breast pumps, peer support, and dietary guidance. The WIC program helps moms' breastfeed successfully by offering nutritious foods, nutrition education and breastfeeding counseling. We recognize that breastfeeding may not be the best choice for a mom or baby which is why we provide WIC services to clients regardless of if they are breastfeeding.

The Barry County Baby Café is a place for local, breastfeeding mothers and breastfeeding supporters to meet and mingle. It is free of cost, and no registration is required. In addition to support from local, knowledgeable mothers, an International Board Certified Lactation Consultant (IBCLC) or multiple Certified Lactation Counselors (CLCs) and nurses are available to provide expert advice at each meeting. The Barry County Baby Café meets every Thursday from 10am-12pm on the second floor of the Hastings Public Library, and the Capital Area Baby Café meets every Wednesday from 10am-12pm at the Pennway Church of God. We are proud to offer Baby Café and WIC services to help mothers be successful in their breastfeeding journey! For more information on breastfeeding support, visit <https://bit.ly/2JLRzqb>.

SEPTEMBER IS NATIONAL SEXUAL HEALTH AWARENESS MONTH



The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease or dysfunction. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. Many components

make up sexual health. These include, but are not limited to, reproductive health, sexually transmitted diseases (STDs), healthy pregnancy, and LGBT health. More information about these topics can be found at <https://bit.ly/2uZ2XHy>.

One way to protect sexually health is to prevent the transmission of STDs. In recent years the rates of STDs, specifically chlamydia and gonorrhea, have increased greatly. According to the CDC, gonorrhea diagnoses increased 67% overall, and chlamydia cases increased 45% among 15- to 24-year-old females. This concerning data highlights the importance of practicing healthy sexual behaviors to protect sexual health. The Barry-Eaton District Health Department offers several services that assist you in caring for your sexual health such as providing low-cost STD and HIV testing, and access to free condoms via the Wear One program. For more information about these services visit barryeatonhealth.org.

UPCOMING EVENTS

- Hearing & Vision Clinic – August 6th at BEDHD Eaton, August 7th at BEDHD Barry
- Project Resource Connect – August 8th, 9:00am-2:00pm, First Baptist Church, Charlotte
- LAVC Herofest – August 16th, 10:00am-1:00pm, Cooley Law School Stadium, The View Lounge
- Marijuana Education Lunch and Learn for – September 13th, 10:00am-1:30pm, Barry Community Enrichment Center, Hastings
- Barry County Hazardous Waste Disposal – September 21st, 9:00am-1:00pm, Barry County Fairgrounds