

February 2010

Special points of interest:

- **People 65 years and older should get vaccinated against H1N1 influenza.**
- **February is Heart Month—Learn what you can do to decrease your risk of heart attack and stroke.**

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Public Health News

H1N1 Vaccinations for Individuals Over Age 65

We have had several questions from community members on whether or not people over the age of 65 should take the H1N1 influenza vaccine.

The answer to that question is **YES**. At the beginning of the H1N1 outbreak, the Center for Disease Control (CDC) recommendations were to begin giving the limited supply of vaccine to those who were at highest risk of complications from the H1N1 virus.

They felt that H1N1 was not affecting people 65 years and older in the same way that

seasonal flu usually does.

Most people who have gotten sick from this new virus have been younger. Even though people over the age of 65 are less likely to become infected with this virus, those people over 65 years that do become infected are at greater risk of having serious complications from their illness. There have been severe infections and deaths in every age group, including older people.

People 65 years and older are now encouraged to seek vaccination against 2009 H1N1

influenza. It is not too late to get vaccinated for H1N1 or for seasonal flu. If you are interested in getting vaccinated, please call the Health Department at 660-882-2626 to set up an appointment.



For more information visit our website: coopercountypublichealth.com and click on our widget to flu.gov

February is American Heart Month

The American Heart Association's "Go Red for Women" campaign is encouraging all of us to know our risk factors for heart disease.

Conditions that place us at higher risk for developing heart disease and stroke include:

- High blood cholesterol and triglycerides
- Diabetes

- **Overweight and Obesity**
During the month of February, we encourage you to learn your risk of heart attack and stroke by taking the "Go Red Heart Check Up" at:

www.goredforwomen.org

They also have patient information sheets available to learn more about heart disease and how to reduce your risk. Visit:

www.goredforwomen.org/resources

and select "Patient Information Sheets" under the Health Tools Section. Remember to get your annual check-ups and know your numbers.

If you do not have access to a computer, contact Kim at Cooper County Public Health Center, (660) 882-2626. She will be happy to assist you with copies of information sheets or answer any questions that you may have.



Immunizations help to prevent the spread of communicable diseases.



Have fun outdoors—But be Safe. Protect yourself from frostbite.

New Vaccine Mandates for Daycares and Schools in 2010

Additional childhood immunizations for all children attending public, private and parochial schools and daycares caring for 10 or more children will be required. The new requirements are available online at:

<http://www.dhss.mo.gov/Immunizations/WhatsNew..html>

Beginning July 2010,

- all children in daycare settings caring for 10 or more children will be required to show evidence of age appropriate immunizations for **pneumococcal disease**.

Beginning with the 2010-11 school year,

- All children entering kindergarten will be required to show evidence of the second dose of Varicella (chickenpox) vaccine.
- 8th grade students will be required to show evidence of one booster dose of **Tdap**, a pertussis containing tetanus booster. Td will no longer be sufficient for the school age booster. The booster must contain the pertussis component. All students beyond the 9th grade are strongly encouraged to be fully immunized against pertussis.

As a Vaccine For Children (VFC) program provider, Cooper County Public Health Center will work with our schools and daycares to ensure compliance with these new rules. If you have any questions or need assistance please call us at 660-882-2626.

Cold Temperatures and the Risk of Frostbite

We have had a very cold winter and the temperatures for the next few weeks do not look to be improving. Please remember to dress your children warmly for school and while standing at the bus stop. Frost bite often affects the ears, nose, fingers and toes. Signs of frostbite include: pale or waxy skin, numbness, tingling, aching in the affected body part and reduced blood flow. Below are a few tips from the Department of Health and Senior Services to help prevent frostbite:

- Wear something on your head. Fifty percent of all body heat is lost through the head, so wearing a hat will keep the body warmer.
- Protect the ears and face. Wear a scarf to protect your lungs from cold air. It will also protect your ears and face.
- Boots should be waterproof
- Several layers of clothing are better than a single heavy layer. The space between layers works as insulation to help keep you warmer.

If frostbite is detected, seek medical care. If immediate medical care is not available, do the following:

- Move to a warm dry area.
- Remove wet or tight fitting clothes.
- Avoid walking on frostbitten toes or feet
- Gently place affected area in warm water—do not use water any hotter than 105°F
- DO NOT use a heating pad, heat lamp or stove, fireplace or radiator for warming. DO NOT RUB! This can cause more damage
- If normal sensations haven't returned in 30 minutes, seek immediate medical attention.

For more information visit DHSS website at: <https://www.dhss.mo.gov/> - Avoiding Frostbite.



Public Health
Prevent. Promote. Protect.

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**We're on the
Web!**



Cooper County Public Health Center WIC Program

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Women, Infants, & Children (WIC) Program Days for March

The WIC program is a part-time program at Cooper County Public Health Center. Dates scheduled in March are as follows:

Certification Days

- March 2
- March 3
- March 10
- March 17

Plan on bringing any children that are on the program with you on certification and recertification days.

Nutrition Education Days

- March 9
- March 16

The WIC Make-Up Day for those who miss their scheduled certification day or nutrition education day will be held on March 22, 2010.

All participants must call Dorothy Draffen to schedule an appointment or to reschedule missed appointments. Dorothy is in the clinic on Monday through Wednesday from 9:00 a.m. to 5:00 p.m. You may speak to any staff member to cancel an appointment. You may reach us at 660-882-2626.