

SPRING/SUMMER 2007
Volume 7, Issue 1

Lafayette County Health Department

Special Interest Articles:

- Public Health
*Flu Pandemic
*Mosquitoes and Ticks...BEWARE!
- Home Care/Hospice
*Program Updates

ANNOUNCEMENTS:

Help us Welcome ...

- New Hospice Nurse, Lona Compton
- New Board of Health Member, Dr. Chris Fortin

Mercury Collection:

MONTH OF SEPT

*Drop off mercury containing items at the Health Dept

Clean Sweep

SAT September 22nd
Laf Co Highway Shop

Medication Collection

Later this Summer...

*LOOK FOR MORE INFO
IN LOCAL NEWSPAPERS

Public Health

Debbie Siegenthaler, RN MSN - Director/Health Officer

The Real Concern of a Flu Pandemic

A pandemic occurs when a contagious illness strikes humans around the world, not just in localized spots. There is much concern regarding a pandemic because it has the potential to greatly disrupt society for a period of time. There have been three pandemics in the last 100 years. Pandemics are unpredictable and it is hard to know when one will occur or what type of flu (i.e. Avian or bird flu) it will be. When a flu pandemic next occurs it will be caused by a new flu virus to which humans will have no protection or immunity against. Symptoms for this flu will be more severe and a far larger percentage of the population may be infected with the virus. The impact on society will be great as schools, daycares and businesses may be closed. If a pandemic were to occur, grocery stores may not have the usual supplies or be open at all depending on trucking routes and employees not reporting to work. People may also be encouraged to stay in their homes and not leave to minimize the exposure to the flu virus. Working hours may also change to try to limit the amount of close contact employees have with each other. A vaccine for a new strain of flu is estimated to take months or years to develop once the new strain of flu is present. It is important to realize that there is no human flu pandemic right now.

Local Health Departments and community partners have worked hard the past five years to plan for the safety and health of County residents in an event such as a flu pandemic. We are more prepared today than we were 5 years ago and we'll continue to prepare. Health Departments have assembled and exercised plans to isolate and quarantine infected people and to dispense medications and vaccine, if available, to residents. Preparedness plans outline what the health department will do to protect residents; however, there are also ways that residents can help us plan for emergencies; for example... If you were told to remain home to contain the spread of flu... would you have enough food and medicine to last for several weeks? Families can help in preparedness efforts by having disaster preparedness kits and making preparations to sustain themselves for many weeks potentially in their home.

A great website to visit is www.flupandemic.gov.

It's mosquito and tick season again ... PROTECT YOURSELF AND YOUR KIDS!



Our Health Department is always working to reduce the potential of human exposure to mosquito-borne diseases such as La Crosse Viral Encephalitis and West Nile Virus. People can play a significant role in prevention efforts by helping to control mosquito breeding habitat. Mosquito vectors for West Nile and La Crosse Viral Encephalitis will readily breed in containers such as unrimmed tires, buckets, tin cans and other artificial containers. These containers prove to be far more productive than the mosquitoes' natural habitat.

La Crosse Viral Encephalitis is a severe disease of the central nervous system affecting people of all ages, with most cases involving children. The virus can produce a high fever, severe headache, drowsiness, vomiting and in 50 percent of the cases, convulsions. Fortunately, few die of the disease but hospital care may be required.

West Nile Virus is a mosquito-borne infection that can cause serious illness. However, most people infected with West Nile virus do not become ill. Symptoms can occur five to 15 days after exposure. About 20% of people infected with the virus have mild to moderate symptoms such as: a fever with headache, body ache, a skin rash and swollen lymph nodes. Far less people become severely ill with symptoms that can include: severe headache, high fever, neck stiffness, disorientation, tremors, coma or paralysis. People over 50 years of age are at increased risk of severe disease. There is no specific treatment for West Nile virus or La Crosse Viral Encephalitis other than to treat symptoms and offer supportive care.

Prevention is key... 1. eliminate breeding sources 2. take precautions to avoid mosquito bites

Ticks and Lyme Disease: We also want to remind residents to routinely check for ticks after being outdoors. Prompt checking for and removal of ticks before they become embedded can prevent transmission of Lyme Disease. Deer ticks are the most common carrier of Lyme Disease in Wisconsin. The highest density of deer ticks in WI is in the western half of the state. Deer ticks are among the first ticks to become active in the spring & remain active (in various stages of the life cycle) until the first snow falls in the fall. Prevention of Lyme Disease involves protecting yourself from exposure to ticks before they have the chance to transmit Lyme Disease.

The following suggestions are offered to protect yourself and your family from Lyme Disease...

- 1) Conduct thorough tick checks on yourself, your children & your pets after spending time outdoors. Ticks do not fly or jump onto their hosts. They wait atop grasses & other vegetation until an animal brushes against them. Then they cling to the skin, fur, or clothing.
*Remove any ticks you find as soon as possible.
- 2) Wear light colored clothing. This may not deter ticks, but it makes them easier to see.
- 3) Tuck pants into boots or socks; wear long-sleeved shirts, buttoned at the cuff.
- 4) Apply tick/insect repellent to pants, socks & shoes. Products containing 30% DEET or permethrin are very effective in repelling deer ticks. If you use these types of products, be sure to follow the manufacturer's directions on the label.
- 5) Walk in the center of mowed trails to avoid brushing up against vegetation.
- 6) Fogging/spraying an area with insecticides are not practical means of tick control. Mowing grass around your home may make the area unattractive to ticks, decreasing their numbers in the area.

The mouthparts of a tick are shaped like tiny barbs. **The best way to remove a tick** is to grasp it with a tweezers as close to the skin as possible, and gently, but firmly, pull it straight out. Then wash the bite area and your hands with soap and water and apply an antiseptic to the bite site. If tweezers are not available, grasp the tick with a piece of tissue. Do not twist or jerk the tick because the head may remain embedded, which can lead to general infection at the bite site. If the head or mouthparts do break off, consult your doctor.

REMEMBER if you spend time outdoors, be sure to check yourself, your family, and your pets for ticks.

Call the Lafayette County Health Department at (608) 776-4895 if you have any questions



Home Care & Hospice

Kristie Lueck RN, BSN

Lafayette County Home Care News

The home care program has been very busy, caring for a wide variety of clients. We are VERY happy to report the results of a recent State Survey/Audit where our program received only one citation. This comes on the heels of our last "deficiency-free" survey three years ago. To achieve results like this speaks to the high quality program we have carried out by tremendously qualified and caring staff. Over the next month, we will be updating policies related to infection control and reviewing them with staff. This will be a good refresher, enhance the quality of service and will correct the citation we received.

We are pleased to announce the addition of Lona Compton, RN, to our home care and hospice staff in April. Lona lives in Hazel Green and is a wonderful addition, full of smiles and compassion. Lona is bright and ambitious which have allowed a smooth transition into home care and hospice. We feel lucky to have Lona as a part of our family☺

Lafayette County Hospice News

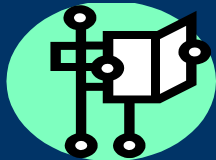
Memorial Quilts

The hospice program provides opportunity for family members of patients we have served to honor their loved one by decorating a quilt square in a way befitting the person. When several squares are gathered, hospice volunteers sew them together with coordinating fabric into a memorial quilt. So far the program has three completed quilts, and a few squares for a fourth. The hospice plans to display the quilts around the county. The three completed quilts have been shown in Benton during April, and are currently being displayed in Shullsburg, at the banks. The dates for the next displays will be published in the Republican Journal.

Grief Support Group

Losses through death, as well as other losses in life, can be easier to bear when experiences are shared with others. In order to assist area residents with loss, Lafayette County Hospice is offering a Grief Support Group. The group is open to the public and free of charge. Each session will consist of a short presentation about an aspect of the grief experience by the facilitators, followed by time for interaction by participants. Light refreshments will be provided.

The Grief Support Group will meet on Monday evenings May 21 through July 2, 2007, from 7:00 to 8:30 p.m. The group will not meet on Memorial Day, May 28. The location will be the conference room of the Woodford State Bank on Highway 81 in Argyle. Pre-registration is not necessary; anyone having questions may call Kristie Lueck, RN, at Lafayette County Hospice, at (608) 776-4895.



2007 HEALTH DAY SCHEDULE

THE NURSES WILL BE AVAILABLE TO DO HEALTH SCREENING, BLOOD PRESSURE, IMMUNIZATIONS, CHOLESTEROL SCREENING, FOOT CARE (BY APPOINTMENT ONLY) AND HEALTH COUNSELING.

CHARGES ARE AS FOLLOWS:

\$10.00 immunization registration fee/donation

\$18.00 foot care

\$18.00 cholesterol

\$ 6.00 blood sugar

\$ 6.00 hemoglobin

\$ 5.00 blood pressure (suggested donation)

Clinic Sites & Times:

ARGYLE EMS BUILDING	9:00 to 12 noon	BLANCHARDVILLE SR. APT.	1:00 to 2:00 pm
BELMONT COMMUNITY BLDG.	10:30 to 12 noon	DARLINGTON HEALTH DEPT.	8:30 to 12 noon
BENTON SENIOR APT.	8:30 to 10:00 am	SHULLSBURG SENIOR APT.	9:00 to 12 noon

Clinic Dates:

Tuesday, June 5	Shullsburg	Tuesday, Oct 2	Shullsburg
Tuesday, June 12	Argyle/Blanchardville	Tuesday, Oct 9	Argyle/Blanchardville
Tuesday, June 19	Benton/Belmont	Tuesday, Oct 16	Benton/Belmont
Tuesday, June 26	Darlington	Tuesday, Oct 23	Darlington

Tuesday, August 7	Shullsburg
Tuesday, August 14	Argyle/Blanchardville
Tuesday, August 21	Benton/Belmont
Tuesday, August 28	Darlington

* LATE OCT/EARLY NOV -- BIG Kick-off Flu clinic, TBA

NOV HEALTH DAYS ARE FLU CLINICS ONLY

Tuesday, Nov 6	Shullsburg
Tuesday, Nov 13	Argyle/Blanchardville
Tuesday, Nov 20	Benton/Belmont
Tuesday, Nov 27	South Wayne/Gratiot (site and time TBA)

* Flu shots will also be given each Tues and Thur afternoon (1-4pm) in the month of Nov at the LCHD in D'ton

Tuesday, Dec 4	Shullsburg
Tuesday, Dec 11	Argyle/Blanchardville
Tuesday, Dec 18	Benton/Belmont
Wednesday, Dec 26	Darlington