



LUCÉ-MACKINAC-ALGER-SCHOOLCRAFT DISTRICT HEALTH DEPARTMENT PUBLIC HEALTH UPDATE JUNE 2010

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Department

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National Headache Awareness Week June 6-12

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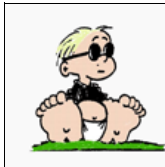
We forget 80 percent of what
we learn everyday.

Info Source: Funny2.com

MARK YOUR CALENDARS
June 1-7, 2010 is National Sun Safety Week

The Facts About Getting Too Much Sun

It's a fact: Overexposure to the sun can result in skin cancer later in life. What are your family's risks from exposure to powerful UV rays? Consider these facts and statistics.



The Dangers of UV Exposure

- You can sunburn even on a cloudy day.
- On average, children get 3 times more exposure than adults.
- Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.
- Depletion of Earth's ozone continues to increase your exposure to UV rays.

Skin Cancer

- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- More than 1.2 million new cases of skin cancer are diagnosed each year in the US.
- Melanoma, the deadliest form of skin cancer, kills one person every hour.
- One blistering sunburn can double a child's lifetime risk of developing skin cancer.

Info Source <http://www.sunsafetyalliance.org>

Allergy and Headaches



- The relationship between allergies and headache continues to be controversial. Many patients with migraine headache attribute their reactions to certain foods as being an allergic condition. In most cases this is not correct. The vast majority of foods that play a role in migraine contain vasoactive or neuroactive amino acids such as tyramine, dopamine, phenylethylamine or monosodium glutamate that can trigger a migraine. This is not an allergic reaction.
- The sensitive nervous system of patients with migraine may allow them to have attacks provoked by certain specific smells or lighting situations. When a true allergy exists to a compound in the air, the nasal or respiratory tissues react because of the white blood cells or inflammation involved in allergy. This causes chemicals to be released that lead to the nasal congestion, drainage and sneezing which we typically relate to hay fever.
- Studies of migraine patients to evaluate for abnormalities of that portion of the immune system and white blood cells responsible for infection have not found evidence of a relationship between allergy and migraine. However, people with migraine are at higher risk of also suffering from allergies and asthma. One common factor is the role of inflammation in each of these disorders.
- There are some individuals who have respiratory or seasonal allergies that contribute to or cause headaches arising from their nasal passages or sinuses. Examination and diagnostic tests can isolate and specifically help to resolve these problems for most patients.
- At times migraine and other headache patients may get headaches related to allergic problems. The allergic reaction may provoke an increase in their normal headaches or migraines.
- Some migraine sufferers will experience nasal congestion or sinus type symptoms as part of their migraine attack. These headaches should not be confused with "sinus headache" or "sinus infection" but diagnosed and treated as migraine.

Info Source: www.headaches.org

June is Home Safety Month

Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year.*

The Home Safety Council dedicates the month of June - Home Safety Month - to educate and empower both families and businesses to take actions that will make homes safe. "We hope to bring attention to the serious problem of preventable home injuries and its leading causes: slips and falls, poisonings and fires and burns. "Just a few simple steps can dramatically reduce the dangers in most homes and may even make a lifesaving difference." Throughout Home Safety Month, the Home Safety Council encourages the public to consider their home's danger areas and take some simple steps to minimize their risk from potential injuries, or even death.

Prevent Poisonings



Lock poisons, cleaners, medications and all dangerous items in a place where children can't reach them.

Keep all cleaners in their original containers. Do not mix them together.

Use medications carefully. Follow the directions. Use child resistant lids.

Install carbon monoxide detectors near sleeping areas.

Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area.

Prevent Fires & Burns



Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.

Stay by the stove when cooking, especially when you are frying food.

Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.

If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.

Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

Prevent Choking and Suffocation



Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins latex balloons and hard round foods, such as peanuts and hard candy out of children's reach.

Place children to bed on their backs. Don't put pillows, comforters or toys in the crib.

Clip the loops in window cords and place them up high where children can't get them.

Read the labels on all toys, especially if they have small parts. Be sure that your child is old enough to play with them.

Info Source: <http://www.homesafetycouncil.org>

National Ask Day Is June 21, 2010



Held annually on the first day of summer, a time of year when children play more often in other homes, ASK (Asking Saves Kids) Day reminds parents about the importance of the asking if there are guns in the homes where their children play. By **ASKing**, parents ensure that their most precious resource, their children, are kept safe.

In America, nearly 1.7 million children live in a home with a loaded, unlocked gun, and a staggering 40 percent of homes with children have a gun.

On Monday, June 21, 2010, organizations and individuals around the country will celebrate National ASK (Asking Saves Kids) Day.

Parents ask all sorts of questions to protect their children when they go play at the home of a friend, neighbor or caregiver. But there is one important question that more than half of parents say it never even occurred to them to ask: "Is there a gun in your home?"

If the answer is no, that is one less thing to worry about. If the answer is yes, parents are urged to ensure that the guns are stored locked and separate from ammunition, preferably in a gun safe.

Call 1-866-SPEAK-UP to report a weapon threat at school.

- If you know about a student carrying a weapon at school, or talking about bringing a weapon to school...
- If you hear someone threatening violence with a weapon...
- If you know about someone's plans to hurt anyone at school...
- Don't ignore it. Don't assume it's a joke. No threat is a joke.
- Don't try to solve the problem yourself.
- Call **1-866-SPEAK-UP** to anonymously report the threat.

Info Source: <http://www.paxusa.org>

When Thunder Roars, Go Indoors!
Lightning Safety Week: June 20-26, 2010

What is a Safe Shelter?

A house or other substantial building offers the best protection from lightning. In assessing the safety provided by a particular structure, it is more important to consider what happens if the structure gets struck by lightning, rather than whether the structure will be hit by lightning. For a shelter to provide protection from lightning, it must contain a mechanism for conducting the electrical current from the point of contact to the ground. These mechanisms may be on the outside of the structure, may be contained within the walls of the structure, or may be a combination of the two. On the outside, lightning can travel along the outer shell of the building or may follow metal gutters and downspouts to the ground. Inside a structure, lightning can follow conductors such as the electrical wiring, plumbing, and telephone lines to the ground.



Avoid Unsafe Shelters!

Unless specifically designed to be lightning safe, small structures do little, if anything, to protect occupants from lightning. Many small open shelters on athletic fields, golf courses, parks, roadside picnic areas, schoolyards and elsewhere are designed to protect people from rain and sun, but not lightning. A shelter that does not contain plumbing or wiring throughout, or some other mechanism for grounding from the roof to ground is not safe. Small wooden, vinyl, or metal sheds offer little or no protection from lightning and should be avoided during thunderstorms.

How Lightning Enters a House or Building

There are three main ways lightning enters homes and buildings: (1) a direct strike, (2) through wires or pipes that extend outside the structure, and (3) through the ground. Regardless of the method of entrance, once in a structure, the lightning can travel through the electrical, phone, plumbing, and radio/television reception systems. Lightning can also travel through any metal wires or bars in concrete walls or flooring.

Stay Safe While Inside

Phone use is the leading cause of indoor lightning injuries in the United States. Lightning can travel long distances in both phone and electrical wires, particularly in rural areas. Stay away from windows and doors as these can provide the path for a direct strike to enter a home. Do not lie on the concrete floor of a garage as it likely contains a wire mesh. In general, basements are a safe place to go during thunderstorms. However, there are some things to keep in mind. Avoid contact with concrete walls which may contain metal reinforcing bars. Avoid washers and dryers since they not only have contacts with the plumbing and electrical systems, but also contain an electrical path to the outside through the dryer vent.

Remember Your Pets

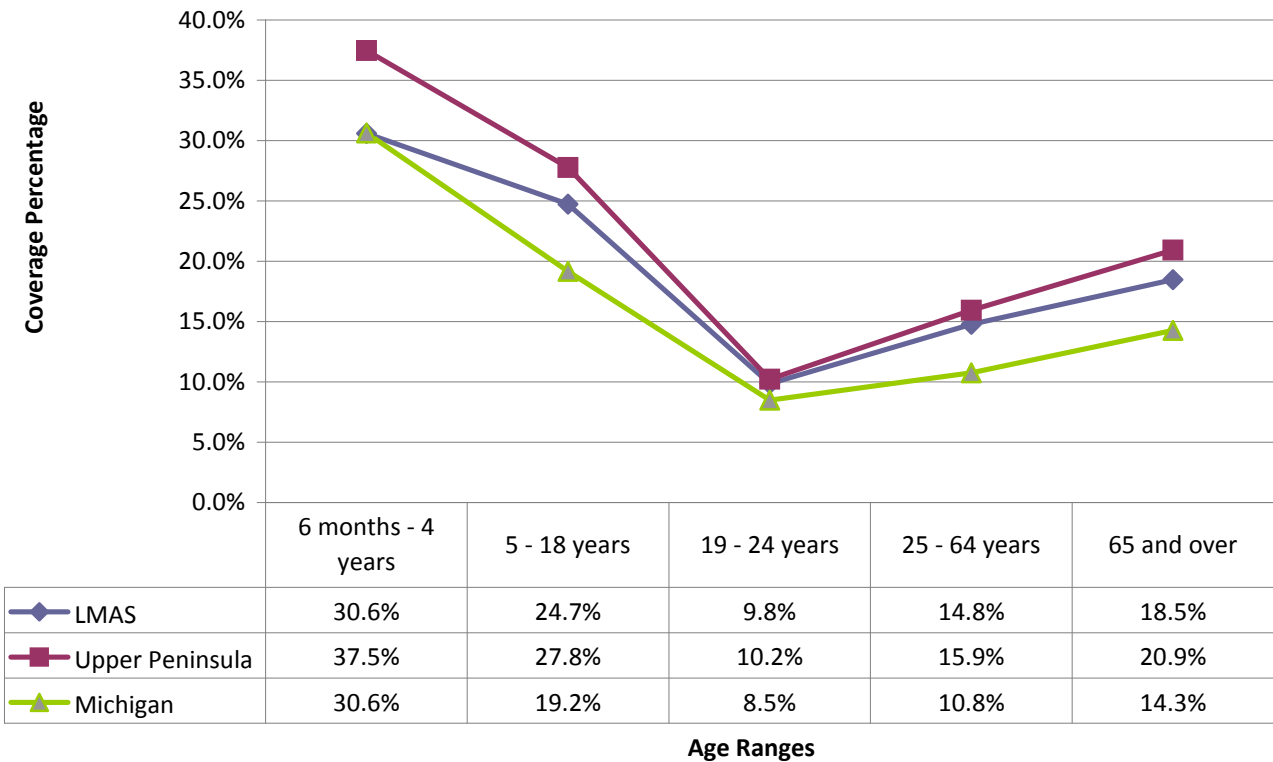
You may want to consider the safety of your family pets during thunderstorms. Dog houses are not lightning-safe. Dogs that are chained to trees or chained to wire runners can easily fall victim to a lightning strike.

Protect Your Personal Property

Lightning also causes significant damage to personal property each year. In addition to direct strikes, lightning generates electrical surges that can damage electronic equipment some distance from the actual strike. Typical surge protectors will NOT protect equipment from a lightning strike. To the extent possible, unplug any appliances or electronic equipment from all conductors **well before** a thunderstorm threatens. This includes not only the electrical system, but also the reception system. If you plan to be away from your home when thunderstorms are possible, be sure to unplug unneeded equipment before you leave. Do not unplug equipment during a thunderstorm as there is a risk you could be struck.

Info Source: <http://www.lightningsafety.noaa.gov>

Comparison LHD H1N1 Coverage: LMAS-UP-Michigan



In early May, 2010 widespread outbreaks of pandemic influenza A (H1N1) 2009 were reported in India and Jamaica. Regional outbreaks were reported in eight Central and South American countries. Local levels of activity were reported in Chile, Singapore and the U.S.



In Michigan, all reported influenza types, including 2009 H1N1, were notably lower than the levels reported at the same time last year, which is attributable to the first H1N1 pandemic wave that was being seen at this time last year. The current low levels in Michigan and few new cases are resulting in part from disease resistance acquired through vaccinations or from having had the illness.

Vaccination coverage ranged from less than 10% to nearly 40% depending on age group. The chart above shows vaccination coverage for five different age groups in the LMAS District Health Department area, the Upper Peninsula and Michigan as a whole. From the chart we can see that LMAS coverage was greater than the state average and slightly less than the U.P. average. The highest coverage was for the 6 months to 4 years age group, while the lowest was for those in the college age group.

On May 17, 2010 the Centers for Disease Control and Prevention (CDC) updated its flu guidance for the summer camp season. Based on sporadic activity, officials expect to see less flu at summer camps this year, though the CDC says vaccination, especially for high-risk people, is the best way to prevent camp-related outbreaks. Antivirals are recommended only for high-risk patients who have been exposed to flu, and the CDC said camps should maintain hand hygiene and other cleaning measures.

In the U.S., there are about 70 million unused doses of H1N1 vaccine. LMAS also has a plentiful supply and is offering vaccine at no cost to recipients - you can get yours by calling any one of our four offices for an appointment. In addition, during May and June, LMAS is offering numerous free clinics during scheduled local community events for your convenience. Employers, call us to schedule a clinic at your work site.

Info Source: LMAS District Health Department