



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

JUNE 2017

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, June 12<sup>th</sup>, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, June 27<sup>th</sup>, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, June 15<sup>th</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, June 28<sup>th</sup>, 12:00–1:00pm, Grand Ledge City Hall
- Eaton County Oral Health Coalition, contact [lwegner@bedhd.org](mailto:lwegner@bedhd.org)

### NATIONAL HEALTHY HOMES MONTH

For the second consecutive June, the U.S. Department of Housing and Urban Development's Office of Lead Hazard Control and Healthy Homes and its partners are observing National Healthy Homes Month (NHHM). This year's theme of NHHM, "Just What the Doctor Ordered," highlights the vital role that pediatricians and the health community play in healthy homes education. There is a strong connection between health care and health risks such as asthma and lead poisoning. Materials, including an NHHM Planning Guide and social media messages, are available at <http://bit.ly/2rPPHRz> to promote NHHM and the eight "Principles of a Healthy Home."



### PROJECT FRESH KICK-OFF

Project Fresh will be kicking off for WIC participants in Eaton County on June 8 and in Barry County on June 9! Project Fresh is a partnership between BEDHD and local farmers that gives participants a \$25 coupon booklet to use to buy fresh produce at local farmers markets this summer. To get the booklet, WIC participants should call the WIC office (Eaton County: [517] 541-2630; Barry County: [269] 945-9516) to make an appointment—booklets are first-come, first-served.

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### ***Medicaid-Insured Persons Qualify for Many BEDHD Services***

*The health department offers many services that Medicaid insurance covers. These services include vaccinations for children, vaccinations for adults (except influenza), substance abuse and addiction recovery counseling and programs, referrals to breast and cervical cancer screening programs, sexually-transmitted disease testing, and dental services through MCDC (My Community Dental Centers). Have questions about Medicaid or our services? Call us at (517) 543-2430 (Eaton County) OR (269) 945-9516 (Barry County) for more information.*

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### **PROTECT YOURSELF AGAINST SHINGLES!**

Shingles is a disease caused by reactivation of the chickenpox virus. Common symptoms of shingles includes a rash, usually along a nerve path, and severe pain. Sometimes the pain can last for months and disrupt daily life. About 1 in 3 people in the United States will get shingles in their lifetime. The best way to prevent shingles and its serious complications is to get vaccinated with the Zoster (shingles) vaccine. The vaccine is recommended for all adults older than 60. You can still get a shingles shot even if you have had shingles before. The Zoster vaccine is available at the health department if you:

- Have NO insurance coverage for the shingles vaccine
- Have insurance coverage (call the health department to see if we accept and bill your insurance plan)
- Do NOT have Medicare Part D

Please call (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County) to make an appointment.



## 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](mailto:alynch@bedhd.org).

## BEDHD IS LAUNCHING A SERIES OF SUN SAFETY WEBINARS!

Coming soon, recreational facilities, child care centers, and businesses with outdoor workers will have access to webinars with the most updated practices for staying sun safe! Each archived webinar will include information about sun-safety best practices and resources to educate child care center staff and parents, outdoor workers, and recreational facility staff and visitors. Follow BEDHD on Facebook to see when the webinars are released, and look for them and other resources at BEDHD's skin cancer prevention website: <http://bit.ly/2qkkmFy>. Contact Lauren Cibor at [lcibor@bedhd.org](mailto:lcibor@bedhd.org) or (517) 541-2624 (Eaton) or (269) 945-9516 ext. 2624 (Barry) for more info.

## FREE HEARING AND VISION TESTING

BEDHD is hosting free hearing and vision clinics in June and July! All preschool and school-age kids are welcome by appointment only. Call the clinic at (517) 541-2630 (Eaton) or (269) 945-9516 (Barry) to schedule your appointment today! Clinics are at the health department from 8:30am to 12:00 pm on the following dates:

- **Barry County** (Hastings office): Thursday, June 15, and Thursday, July 13
- **Eaton County** (Charlotte office): Friday, June 16, and Friday, July 14

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Unique Family Needs.** Every person and family is different, so everyone needs to prepare for disasters differently. Know the unique needs you and your family have. Some people might need to include diapers, medications, or pet food in their emergency kits. Pet owners should have a plan in case an emergency prevents them from getting home to care for their pets. If you or a family member has a disability or accessibility issues, plan ahead for transportation and sheltering in an emergency: contact local paratransport services before a disaster to see what services they might continue to offer in an emergency, or arrange for someone to pick you up in case you need to evacuate. For more information about preparing for an emergency, visit <http://do1thing.com>.

## PROTECT YOURSELF AGAINST TICK- AND MOSQUITO-BORNE ILLNESS

With the outdoor activities that come with spring weather also come ticks and mosquitoes. While many tick and mosquito bites are just irritations, sometimes those bites can be more serious. Residents should know how to protect themselves from illnesses spread by infected ticks (especially Lyme disease) and mosquitoes (especially West Nile virus). For more information on these diseases and how to protect yourself from ticks and mosquitoes, as well as how to submit ticks for Lyme disease testing, visit <http://bit.ly/1JgfHf9>.

## BAT SEASON IS HERE



Bats are starting to come out of hibernation, and while they are valuable to our environment, bats can also carry rabies. Bats have very small teeth, and a bite from one may not be felt. Any direct contact with a bat means a possible exposure to rabies. If you think you may have been exposed to a bat, capture the bat. **DO NOT LET THE BAT GO.** If you find a bat in the same room as a person who may not know if contact has occurred, such as a sleeping person, a child, or someone who is mentally disabled or intoxicated, you should also capture the bat. For information on how to safely capture a bat in your home and when you should contact BEDHD, read "FAQs about Bats and Rabies" at <http://bit.ly/2pxit8n> and view a video on how to capture bats at <http://bit.ly/2o9j2F1>.

## VACCINATE BEFORE YOU GRADUATE

As teens prepare to graduate from high school, it's a great time to make sure they have all the vaccines they need before leaving for college or entering the workforce. Teens should be up to date on all childhood vaccines, including Tdap, and they should also receive the Meningococcal (meningitis) and HPV vaccines. For more information, see [this easy-to-read flyer](#), or contact BEDHD at (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County). BEDHD offers all childhood vaccines by appointment.