



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

September 2018

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, September 10<sup>th</sup>, 8:30–9:30am, BEDHD Hastings
- Barry County Tobacco Reduction Coalition, September 30<sup>th</sup>, 12:30–1:30om, BEDHD Hastings
- Eaton Rapids Health Alliance, September 25<sup>th</sup>, 3:30-5pm, ERMC, Eaton Rapids
- Eaton Oral Health Coalition, September 6<sup>th</sup>, 1-2pm, BEDHD, Charlotte

### SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Suicidal thoughts, much like mental health conditions, can affect anyone, regardless of age, gender, or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate other serious issues. Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly. While suicide prevention is important to address year-round, National Suicide Prevention Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life. If you or someone you know is in an emergency, you can call the Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately. For more information visit <https://bit.ly/2vcup6M>.



### BATS AND RABIES

So far this year, Michigan has had 56 confirmed cases of rabid bats, two of those being in Eaton County. During this time of year, bats are more active; this can increase the chance of a person or pet being bitten or scratched by a potentially rabid bat. Bats have small teeth and bites are often not felt; if someone has any contact with a bat or if a bat is found in the same room as someone who may not have been aware that contact has occurred (like a child or a sleeping, intoxicated, or mentally disabled person), that person is at risk for exposure to rabies. If you think you or someone in your family has been exposed to a bat, do not let the bat go. It is important that the bat be brought in to the health department for testing, which can help ensure that you and your family were not exposed to rabies. For more information on how to trap a bat, visit our website at <https://www.barryeatonhealth.org/bats-ticks-mosquitoes-and-animal-bites> or call (269) 798-4152 in Barry County, or (517) 541-2641 in Eaton County.

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### *Women, Infants, and Children (WIC) Program*

*WIC is a free program for low-income pregnant women, low-income breastfeeding and non-breastfeeding women who have recently given birth, and infants and children up to age five that are at risk for not getting proper nutrition. It offers nutrition education, breastfeeding support, health care referrals, and supplemental food. WIC helps families eat well and stay healthy. Call us to see if you qualify! Barry County: (269) 945-9516 or Eaton County: (517) 541-2630.*

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### SHINGRIX VACCINE

Two doses of Shingrix is 90% effective at preventing shingles and postherpetic neuralgia (the pain associated with shingles). Shingrix is preferred over the previous shingles vaccine (Zostavax) and is recommended for healthy persons over 50 years of age. You should get Shingrix even if you have had shingles or have received a dose of Zostavax. More information about the vaccine can be found at <https://bit.ly/2BUleVU>. Shingrix is now available at BEDHD, and many insurances are covering this vaccination. Call us at (517) 541-2630 (Eaton County) or (269) 945-9516 (Barry County) to set up an appointment!



*Talk to your child's healthcare provider to see what vaccines they need. Or call the health department's immunizations team at Eaton: (517) 541-2630 Barry: (269) 945-9516*

## **BARRY AND EATON COUNTY CHILDREN ARE FALLING BEHIND ON VACCINATIONS**

Keeping children up to date on their vaccines is important for their protection. 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 get at the recommended ages. If a child falls behind with their vaccines, there is a catch-up immunization schedule to quickly get the child up to date. This reduces the amount of time the child is left vulnerable to vaccine-preventable diseases. Across the state of Michigan, as of July 21, 2018, only 73.1% of children at 3 months of age were up to date for their recommended vaccines. At 5 months only 67.9% were up to date, and at 7 months only 54.6% were up to date. There are differences between Barry and Eaton counties. Of 41 infants at 5 months of age in Barry County, only 46.3% were up to date for their recommended vaccines. This is much less than the 74.3% of Eaton's 105 infants at 5 months of age who were up to date. For more information about when your child needs to be vaccinated, talk to your healthcare provider, contact the health department, or visit [www.cdc.gov/vaccines/growing/index.html](http://www.cdc.gov/vaccines/growing/index.html).

## **THIS NATIONAL PREPAREDNESS MONTH, PREPARE FOR DISASTERS!**

Each September, National Preparedness Month encourages and reminds Americans to be prepared for disasters or emergencies in their homes, businesses, and communities. Homeowners, families, communities, and businesses can use this as an opportunity to find ways to prepare for disasters to help reduce risks to health and the environment or to help others understand more about preparing. It's important for individuals, families, organizations, and businesses to always be prepared for an emergency. The Barry-Eaton District Health Department suggests that all of these groups have an emergency plan in place. For more information, visit [www.ready.gov](http://www.ready.gov) or [www.emergency.cdc.gov/preparedness](http://www.emergency.cdc.gov/preparedness), or contact Eileen Thompson, BEDHD's emergency preparedness coordinator, at [ETHompson@bedhd.org](mailto:ETHompson@bedhd.org).

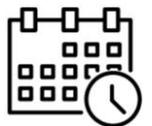
### **DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY**

**Be Informed.** This month, we are challenging you to be more informed about how to respond to an emergency. Getting correct information during an emergency is the key to taking safe action. Someone in your household may not be able to receive, understand, or act on emergency information. Think about what special needs your household may have. Take action now to make sure everyone in your family will be safe in an emergency. The following are some things you can do to make sure you and your family are informed in the event of an emergency. First, make sure everyone in your family knows what to do when they hear emergency warnings. Second, get a NOAA Emergency Alert Radio. Lastly, make sure everyone in your household can communicate in a disaster. For more information about preparing for an emergency, visit <http://do1thing.com>.

## **UPCOMING EVENTS**

### **Professional Speaker Series: Suicide Prevention. Tuesday, September 18, 6–7:30 pm at ALIVE, Charlotte, MI**

Covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how, together, we can help prevent it. Light refreshments included. Call (517) 541-5800, opt. 1, to register. This event is free to the public.



### **Caregiver Wellness Day. Thursday, September 20, 10 am–2 pm at ALIVE, Charlotte, MI**

Family caregivers of an adult living with dementia are invited to take part in a relaxing, fun day. Enjoy lunch, restorative activities, and more. Registration is required; call (517) 541-5800, opt. 1. This event is free to the public. Space is limited.

### **Barry County Household Hazardous Waste, Medication Collection, and Free Tire Drop Off. Saturday, September 22, 9 am–1 pm at the Barry County Fair Grounds, Hastings, MI**

Call (269) 798-4107 for questions regarding materials that are accepted, or visit [www.barryeatonhealth.org](http://www.barryeatonhealth.org).

### **Medicare 101. Tuesday September 25, 1–3 pm at ALIVE, Charlotte, MI**

No matter where you're headed in life, Medicare will be part of it and will help protect your health and wallet. AARP will help you understand Medicare to get the most out of coverage. The program breaks down Medicare's parts, choices and deadlines to decide the best fit. This event is free to the public.

For more information on the Barry-Eaton District Health Department's services, visit <https://www.barryeatonhealth.org/>.

For more information on items in this newsletter, contact Kailee Curtis, at (517) 541-2644 or at [kcurtis@bedhd.org](mailto:kcurtis@bedhd.org).