

Connecting Point

A MID MICHIGAN DISTRICT HEALTH DEPARTMENT NEWSLETTER



June 2016

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Visit www.mmdhd.org for more information on agency programs, services and health issues.

Fiftieth Year Celebration!

The Mid Michigan District Health Department (MMDHD) recently celebrated 50 years of protecting the community's health in a gathering of staff and community partners. MMDHD began operations in 1966, when Clinton, Gratiot and Montcalm Counties merged independent health departments to become one. Since that time, the agency has grown and adapted to changing environmental and health-related challenges.



On May 17th, the agency held a celebration which included current staff, retirees, community partners dedicated to promoting health, and representatives from the State of Michigan. Public health champions, receiving awards in appreciation of their contributions were: Jane Keon of St. Louis, the past president of the Pine River Superfund Citizen Task Force; John Switzer, director of the Clinton Conservation District; Tim Keeton, an Alma College professor who worked on water quality issues associated with the Pine River; Bob Clingenpeel, Director of the Montcalm County Commission on Aging; Jodie Faber, Executive Director for Spectrum Health - United Lifestyles; and Deb Kloosterman, retired coordinator of the Building Stronger Communities Council in Clinton County. Also recognized were Dr. Robert Graham, retired medical officer for the MMDHD, Jack Enderle, a former Clinton County Commissioner and Board of Health member, and Kim Singh, the retired Health Officer for MMDHD, who now works with My Community Dental Clinics.

Having recently been awarded national accreditation through the Public Health Accreditation Board (PHAB), MMDHD will continue to provide quality service in protecting and improving the health of residents and communities in Clinton, Gratiot and Montcalm Counties.

Lyme Disease

Lyme Disease is an illness cause by the bite of an infected black-legged tick. While cases have typically been found on the East Coast, reports of infection are increasing across the country. According to the Michigan Department of Health and Human Services, Lyme Disease cases in Michigan are on the rise, from 80 in 2012 to 128 in 2014. Counties along the west side of the state have been designated "endemic counties" where there is known risk. Clinton, Gratiot and Montcalm Counties are considered to have "potential risk."

The most obvious symptom of Lyme Disease is a bulls-eye rash (erythema migrans). Other symptoms include fever, chills, headache, muscle and joint pain, and fatigue. Some cases may become more severe, involving the heart, nervous system or arthritis.

For more information about Lyme Disease, prevention, treatment and physician's reporting requirements, visit www.michigan.gov/lymeinfo.



Zika Virus

The spread of the mosquito-borne Zika Virus is a growing concern in the United States. While the Centers for Disease Control and Prevention (CDC) states that there have been no Zika cases contracted in the United States so far, there have been 756 travel-associated cases, with four reported in Michigan as of June 15, 2016. This number will likely increase over time.

The Zika virus is spread to humans primarily by the bite of an infected Aedes species mosquito. Many individuals infected with the virus have mild or no symptoms. Common symptoms are fever, rash, joint pain, and conjunctivitis (red eyes). Symptoms typically last for several days to a week. Infected individuals rarely get sick enough to be hospitalized and few deaths have been reported.

The Zika virus is transmitted directly through a mosquito bite, through blood transfusions, or through sexual contact. A Zika infection during pregnancy may cause severe fetal brain defects, including microcephaly, in which the baby's brain is abnormally small. Zika virus can be spread to the fetus during pregnancy or time of birth. The CDC recommends that women visit their healthcare provider if pregnant and if they develop a fever, rash, joint pain, or red eyes within two weeks of traveling to a place where Zika virus has been reported. Diagnosis is based on a person's recent travel history, symptoms, and results of a blood test. Sexually active men who are exposed are encouraged to use condoms to prevent exposure to pregnant women.

There is no specific vaccine to prevent the Zika virus from spreading. Symptoms are treated with rest, by drinking fluids, and taking medication such as acetaminophen to reduce fever and pain. Protecting oneself by wearing protective clothing outdoors and using mosquito repellent such as DEET helps to protect against mosquito bites that might spread the disease to others. During the first week of the onset of Zika, the virus can be found in the blood. If a mosquito bites the infected person, that mosquito can spread the Zika virus to others.

Prior to 2015, Zika outbreaks occurred in areas of Africa, Southeast Asia, and the Pacific Islands. Zika virus infections in Brazil were confirmed in May 2015. It will continue to spread across many countries and territories, including the United States. As of February 1, 2016, the World Health Organization declared Zika virus a Public Health Emergency of International Concern due to the clusters of microcephaly and other fetal brain defects in some areas affected. The CDC does not recommend travel to an area with Zika virus if one is pregnant or trying to become pregnant. Visit www.cdc.gov/zika for the latest information on prevention, pregnancy implications and travel recommendations.

Zika virus is a nationally notifiable condition. Health care providers with patients suspected of having Zika virus due to travel in an area with ongoing Zika transmission within the last two weeks and with compatible symptoms, or are pregnant and have traveled to an area with ongoing Zika

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transmission within the past two weeks should notify the communicable disease staff at their local health department (LHD). The LHD will conduct an evaluation to determine if further testing is needed, and may arrange further testing through the Michigan Department of Health and Human Services and the CDC laboratories.

For more information on Zika reporting requirements, contact Sarah Doak, RN, at (989)227-3109 or sdoak@mmdhd.org

WIC Matters

The Women, Infant's and Children's Program (WIC) is a federal health and nutrition program that has proven to show a positive effect on pregnancy outcomes and child growth and development. For pregnant women and children under the age of five, WIC provides:

- Nutritious foods valued at \$30-\$112 per month
- Nutrition education
- Healthcare referrals
- Breastfeeding promotion and support

In order to qualify for WIC benefits, pregnant women and children under age five must be Medicaid eligible or meet these income requirements:

WIC Income Guidelines—185% Federal Poverty Level Effective May 2015 *Additional figures available

Family Size	Hourly	Monthly	Annual
1	\$10.46	\$1,815.00	\$21,775.00
2	\$14.16	\$2,456.00	\$29,471.00
3	\$17.86	\$3,098.00	\$37,167.00
4	\$21.56	\$3,739.00	\$44,863.00
5	\$25.26	\$4,380.00	\$52,559.00
6	\$28.96	\$5,022.00	\$60,255.00
7	\$32.66	\$5,663.00	\$67,951.00
8	\$36.36	\$6,304.00	\$75,647.00

For more information about the WIC program, contact Jennifer Stratton, RN, at (989)831-3609 or jstratton@mmdhd.org

For more information about these and other Health Department programs, contact:

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