

AT YOUR SERVICE

NEWS FROM THE VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT

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Smoke Free Michigan At Last

On May 1, 2010 virtually all public places in Michigan will be smoke free! Thanks to all who have worked so hard for this goal. This indoor smoking regulation finally recognizes that an individual's right to breathe clean air trumps an individual's right to smoke wherever he/she wants. Many studies confirm the immediate benefits for our county:

- A decrease in heart disease and stroke
- Improved lung function
- Reduction in asthma
- Decreased absenteeism
- An increase in smoking cessation

Michigan is the 38th state to pass clean indoor air laws in public places.

Several studies have indicated that communities with smoking bans have decreased heart attack rates in the years after a smoking regulation was enacted, with average decreases of 26% when compared to communities without smoking regulations. Two such studies have been published in *Circulation: Journal of the American Heart Association* and *Journal of the American College of Cardiology*. Numerous other studies have documented decreased levels of carcinogens in the lungs and bodies of hospitality workers after their workplace becomes smoke free.

A Heart to Heart Conversation

How's your heart? Do you need to make changes to improve your heart? One way to begin is by using an excellent tool provided by the American Heart Association. You and your patients can find your personal life check and get a simple personal written plan to enhance your health. Life's Simple Seven are: 1) Get active; 2) Eat better; 3) Lose weight; 4) Stop smoking; 5) Control cholesterol; 6) Manage blood pressure; and 7) Reduce blood sugar. Evaluate your heart health, set goals and develop your own personal plan at:

<http://mylifecheck.heart.org>

**New 2010 School
Immunization Requirements
on next page.**

H1N1 Update

Thanks to so many for all their diligent efforts! Van Buren/Cass District Health Department clinics have now given over 7,000 doses of H1N1. Several clinics smoothly immunized 300 clients per hour. Private providers have also given over 15,000 doses of the H1N1 vaccine!

We have had great coverage of the county's obstetric population and children. Just over one half of all immunized were less than nineteen years old. About one third of all immunized received the flu mist.

The peak incidence of H1N1 in our county was the last two weeks of October. Almost all of the influenza viruses identified so far in Michigan and the U.S. continue to be 2009 H1N1 viruses. These viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs Oseltamivir and Zanamivir, with rare exception.

In Michigan there have been at least five confirmed pediatric deaths from H1N1. Nationally this is by far the highest year for flu related pediatric mortality with over 300 deaths so far (most years are 50-70 deaths). Fortunately none have occurred in either Van Buren or Cass County.

Obstetric patients rarely die from infection but in one study from California there were eight deaths. Of significant note is that none of those who died received Tamiflu within the first 48 hours of their illness. Antiviral drugs should be used early to treat flu in people who are very sick, the hospitalized, and high risk individuals.

Vaccination of people with certain health conditions is especially important because they are more likely to get serious flu-related complications. Health conditions that increase the risk of being hospitalized with 2009 H1N1 include lung disease like asthma or chronic obstructive pulmonary disease (COPD), diabetes, heart or neurologic disease, and pregnancy.

Please continue to encourage immunization for H1N1. CDC recommends influenza vaccination as the first and most important step in protecting against the flu. Supplies of 2009 H1N1 vaccines are ample, so that anyone who now wants to reduce their risk of influenza is encouraged to get vaccinated,

including people 65 years and older. It is very important that children under 10 years of age get a second H1N1 vaccination.

The Van Buren/Cass District Health Department continues its efforts to vaccinate the community at regularly scheduled immunization clinics and at special events as follows:

Van Buren County-Hartford office

- Thursdays 9-11 am & 1-4 pm walk-ins
- Fridays by appointment 269-621-3143
- Feb 20, 2010—10-5 pm Covert School Black Expo.
- March 6, 2010—10-2 pm So. Haven 1st Baptist Church, So. Haven Health and Lifestyle Expo

Cass County by appointment 269-445-5280

- Cassopolis office—1st & 3rd Wednesday
- Dowagiac office—1st & 3rd Tuesday

H1N1 vaccine is FREE at the health department clinics

How to Reach Us

Van Buren/Cass Dist Health Dept:

Van Buren County

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Cass County

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New Communicable Disease Rules 2010-2011 School Reporting Year

**BEGINNING JANUARY 1, 2010,
(Effective for November 2010 report period)
the following requirements will be in effect:**

**Required for all children entering kindergarten, all 6th grade students,
and all children changing school districts:**

- Two doses of varicella (Var) vaccine or history of chickenpox disease

**Required for all children 11 - 18 years of age who are
changing school districts or who are enrolled in 6th grade:**

- One dose of meningococcal (MCV4 OR MPSV4) vaccine
- One dose of tetanus/diphtheria/acellular pertussis (Tdap) vaccine
(if 5 years have passed since last dose of
tetanus/diphtheria vaccine - DTaP, Td or DT)

NOTE TO SCHOOLS:

**When adding November 2010 students to your MCIR/SIRS roster, these records will not be
assessed by MCIR/SIRS for the NEW requirements until after May 1, 2010.**

January 2010