

Health Department News

SUMMER

Welcome to the summer edition of the Jackson County Health Department News. In this edition, we highlight several safety and awareness topics. Enjoy the summer and come see us at the health expo and farmers market.

Bats, Bugs, and Outdoor Safety



Summertime is now moving into full swing. Michigan has incredible outdoor places to visit including 3,000 miles of shoreline, dense forests and a thousand inland lakes. Enjoy your time outdoors but take the time to get ready and be safe in your travels.



We all have had outdoor fun interrupted by the pesky mosquito. They can transmit diseases, such as West Nile Virus. As much as possible, wear long pants and sleeves and avoid the dawn and dusk hours when mosquitoes are most prevalent. Use bug repellent with DEET and consider permethrin treated tents and clothing when camping. Ticks are a problem as well, so tuck those pants into your socks to keep ticks off your legs. If a staycation is your thing, don't let any standing water accumulate around the yard. Drain or empty buckets, pots, pool covers, etc.

Depending upon where you go, you may also encounter bats. If camping or staying in rustic lodging, waking up with a bat on the wall can be unsettling. Try to capture the bat by wearing gloves, placing a box or can over the bat and sliding another piece of cardboard under the can or box to trap the bat inside. Then secure the box/can with tape and pierce some air holes in the cardboard. The final step is contacting the health department to discuss exposure and possible testing for rabies. They are here to help with determining if you had an exposure.

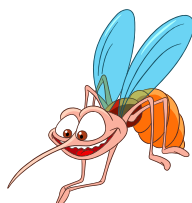
Outdoor safety is always a concern when traveling. Sunscreen, bug repellent, hydration and good footwear are all must haves on any trip. Don't forget to check out the weather before you go. Getting caught in a summer thunderstorm can be dangerous. Set your phone to receive severe weather alerts and seek shelter when there is lightening or a tornado warning.

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August is Immunization Month


August is Immunization Awareness Month and back-to-school time. Along with notebooks, pens, and paper – immunizations are at the top of that list of requirements for school. The State of Michigan school vaccination schedule is shown below. Plan ahead and schedule appointments early as this is a busy time for physician offices and health department immunization clinics. Your child's physician, as well as the health department, can provide you with a record of completed immunizations which are listed in the Michigan Improvement Care Registry (MICR). You can also register to obtain this information on your own through the [MCIR portal](#).

It is no surprise that vaccination rates are lower than they were before the pandemic. Rates for the County of Jackson, and the State of Michigan, have decreased significantly. On average, vaccination rates for childhood immunizations are down 3.6% in Michigan for children below the age of 5. It is important that as a community we bring these children up to date on vaccines to prevent an increase in vaccine-preventable diseases. If you have questions, or to schedule a vaccination appointment, you can reach our immunization clinic at 517-788-4468.



Vaccines Required for School Entry in Michigan

Whenever children are in group settings there is a chance for disease to spread. Children must follow vaccine laws in order to attend school. These laws are the minimum standard for preventing disease outbreaks in group settings. The best way to protect children from serious diseases is to follow the recommended vaccination schedule at cdc.gov/vaccines. When following the recommended schedule children are fully protected and any school vaccination requirements are met.

	All Kindergarteners and 4-6 year old transfer students	All 7th Graders and 7-18 year old transfer students
Diphtheria, Tetanus, Pertussis (DTP, DTaP, Tdap)	4 doses DTP or DTaP 1 dose must be at or after 4 years of age	4 doses diphtheria and tetanus or 3 doses if 1 st dose given on or after 1 year of age 1 dose Tdap at 11 years of age or older upon entry into 7 th grade or higher
Polio	4 doses or 3 doses if dose 3 was given on at or after 4 years of age	
Measles, Mumps, Rubella (MMR)*	2 doses at or after 12 months of age	
Hepatitis B*	3 doses	
Meningococcal Conjugate (MenACWY)	None	1 dose at 11 years of age or older upon entry into 7 th grade or higher
Varicella (Chickenpox)*	2 doses at or after 12 months of age or Current lab immunity or History of varicella disease	

*If the child has not received these vaccines, documented immunity is required. All doses of vaccines must be valid (correct spacing and ages) for school entry purposes. These rules apply to children who are the above ages upon entry into school. During disease outbreaks, incompletely vaccinated children may be excluded from school. Parents and guardians choosing to decline vaccines must obtain a certified non-medical waiver from a local health department. Read more about waivers at Michigan.gov/immunize.

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, gender identification or expression, sexual orientation, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.

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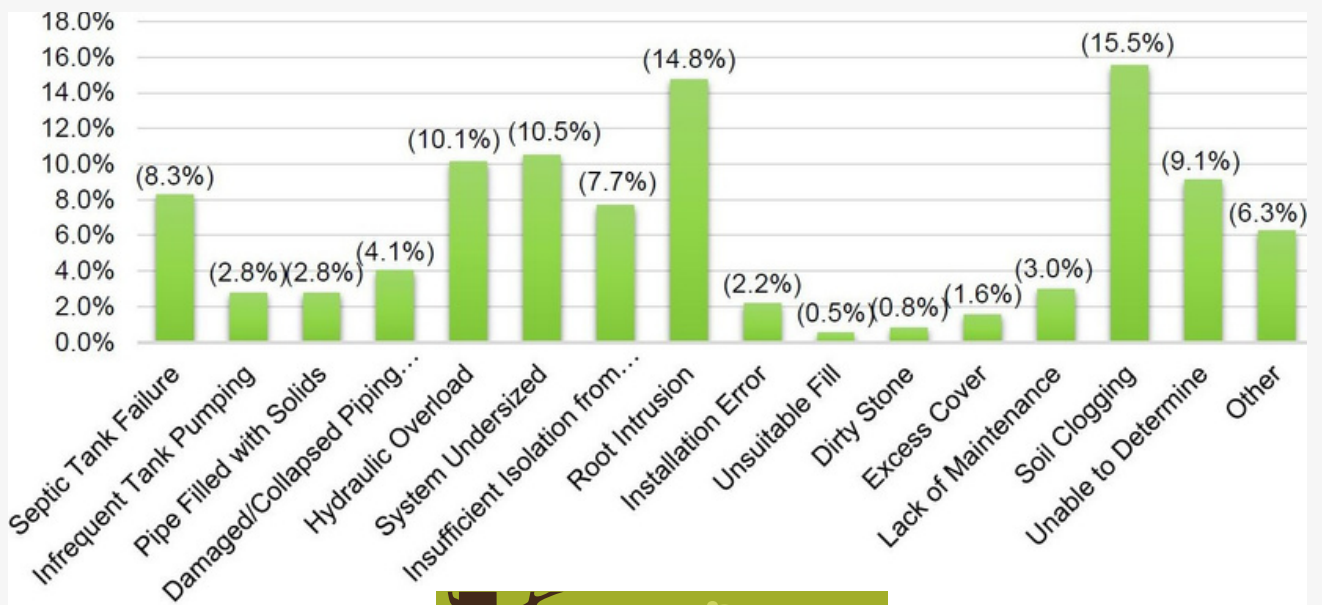
Well and Septic - Homeowner Hints

For those not on municipal water and sewer, there are some simple maintenance items we need to do to keep our septic and well systems in tip top shape. Septic systems are designed to last for 20 years, but they can last even longer with basic maintenance. The number one enemy of septic systems is too much water. Use low flow fixtures around the house. Make sure any runoff water is diverted away from the system. Minimize the use of harsh chemicals such as bleach and don't use "special products" to enhance the operation of your septic tank. Do not plant shrubs or trees on or adjacent to your drainfield, the roots will find their way to the nutrient rich effluent and clog the field over time.

In addition, your septic tank requires periodic pumping to remove accumulated solids. The average time between pump outs is 5 years for a family of four. A larger family should have the tank pumped a bit sooner while a two-person household could go longer before having the septic tank serviced.

Concerning wells, ensure the wellhead extends 12 inches or more out of the ground and the electrical conduit that supplies power to the well is secure. There is a venting screen underneath the well cap that needs to be inspected. If it is torn or non-existent, it needs to be repaired as this is an entry point for insects into the well casing. It is recommended to test your well water every year for bacteria to ensure a safe drinking water supply. If you have a water softener, follow the manufacturer's instructions for periodic cleaning of the resin bed.

Common Causes of Septic System Failure



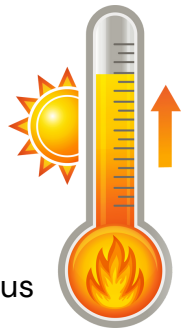
Breastfeeding Month

In the United States, the month of August is recognized as National Breastfeeding Month. Since 1992, World Breastfeeding Week is celebrated internationally during the first seven days of August each year. The theme of World Breastfeeding Week in 2023 will be Enabling Breastfeeding – Making a Difference for Working Parents. The goal of focusing on supporting breastfeeding parents in the workforce is to highlight the significant impact employers, workplace policies, and paid family leave can have on breastfeeding outcomes. In a 2021 study of WIC participants done by the USDA, going back to work within 3 months of having a baby was shown to significantly decrease the chances of breastfeeding for one year or more. This was true for both women who returned to work part-time and those who went back full-time. Going back to work earlier (prior to 3 months after birth) was found to decrease chances of continued breastfeeding even further. Employers can support improved breastfeeding rates for nursing parents by offering accommodations such as appropriate break time to express milk, a private space for pumping that isn't a bathroom, or allowing lactating parents to bring their infant to work with them.

The WIC program provides free breastfeeding support to eligible families through prenatal classes, access to breastfeeding peer counselors, and additional food benefits for breastfeeding infants and lactating parents. Pregnant and lactating women and families with children under 5 years old can find out if they qualify by contacting the Jackson County WIC office at 517-788-4484.

Hot Weather Safety

Warm weather brings a lot of things: fewer gray days, more time outside, more and more opportunities for family activities. It's also going to get hot, and when the thermometer starts reaching 80°, 90°, or higher it's a good idea to take extra precautions. Infants and children are at higher risk of heat-related illness and rely on their caregivers to keep them cool and hydrated.



- Never leave infants or children in a parked car. Cars can heat up to dangerous temperatures very quickly, even if the window is cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities for when it's coolest during the morning and evening. Rest frequently in shady areas and remember to pace yourself. If exercising in the heat makes your heart pound and leaves you gasping for breath, STOP all activity and get to a cool or shady area to rest.
- Remember to wear sunscreen! Sunburns make it harder for your body to cool down and can make you and your child more vulnerable to dehydration.
- Make sure to drink plenty of fluids, regardless of how active you are. Water is best: sugary or alcoholic drinks can dehydrate you even more.
- Stay cool indoors, especially as the temperature outside climbs over 90 degrees. If your home doesn't have air conditioning, spend some time at a public library, shopping mall, or check 211 Michigan to find a cooling shelter. Even a few hours out of the heat can drastically reduce risk of heat stroke.
- Avoid hot and heavy meals and use the stove and oven as little as possible.

Learn the signs and symptoms of heat-related illness at <https://www.cdc.gov/disasters/extremeheat/warning.html>.

Stove-Free, Oven-Free Recipes to Cool You Down

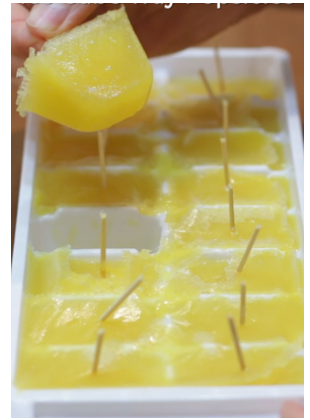
Ice Cube Tray Popsicles

An easy and fun way to get your recommended servings of fruit!

Yield: 12 mini popsicles, about 2 oz each

Ingredients:

- 24 oz Orange juice
- 12 ea Toothpicks
- Ice cube tray
- Plastic wrap



1. Fill ice cube tray with orange juice almost to the top.
2. Cover tray tightly with plastic wrap. Take toothpicks and poke through plastic wrap into each individual cube, pushing all the way to the bottom. (the plastic wrap isn't 100% necessary, but it does help keep the toothpicks standing up)
3. Put the tray in the freezer until the juice has frozen solid, at least 4-6 hours.
4. After juice has frozen, remove plastic wrap. Twist tray slightly to loosen individual little popsicles and remove one at a time.

This recipe will also work with many other kinds of juice. Experiment and see what your family enjoys the most!



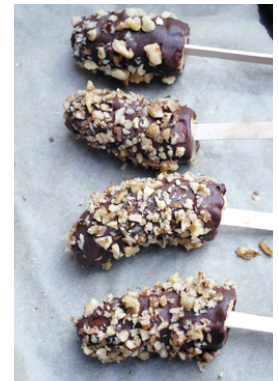
Frozen Chocolate-Covered Bananas

Just as good as they sound, and not much more work!

Yield: 8 servings

Ingredients:

- 4 Medium ripe bananas
- 2 cups Chocolate chips
- 2 tsp Canola oil
- ¾ cup Lightly crushed cereal or chopped nuts
- 8 Popsicle sticks



1. Peel bananas, then cut in half crosswise. Insert popsicle stick into the cut end.
2. Once bananas are frozen, put chocolate chips and oil into a microwave-safe bowl. Microwave in 30-second increments, stirring with a spoon between each heating. Be careful not to overheat; you can still burn things in a microwave.
3. Coat each banana with melted chocolate, using a spoon to pour the chocolate over the banana to fully coat (don't cover the stick in chocolate). Immediately sprinkle banana with cereal or nuts before chocolate sets.
4. Place bananas in single layer on cookie sheet or plate lined with wax paper or parchment paper. Try not to let them touch one another. Freeze until hard, at least 30-45 minutes.

JCHD in the Community

As we head into the summer season, the warm weather and sunshine brings an abundance of fruits and vegetables to the community. Farmers markets are a great way for people to pick up fresh, local-grown produce in order to make nutritious snacks and meals for their families. The Jackson County Health Department is proud to be partnering with Henry Ford Health to bring the food navigator program to Grand River Farmers Market!

The role of a farmer's market food navigator includes working with individuals and families to maximize their food assistance and benefits, as well as focusing on nutrition resources and community engagement. Market patrons will have the opportunity to experience cooking demonstrations and tastings and will have access to recipes that include produce ready to purchase from farmers. Make sure to come visit Abby Hildenbrand, our very own farmer's market food navigator as we help increase Jackson's access to fresh, nutritious food!



JACKSON COUNTY HEALTH DEPARTMENT

HEALTH EXPO

Focusing on you and your family's health & wellness with local community partners over the summer

JUNE 10, 2023

10AM - 2 PM

AMERICAN 1 EVENT CENTER

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.
For more info, call 517-768-2133

GRAND RIVER Farmers Market

Our 2023 season is here! Opening weekend June 2nd & 3rd running through October. Open Fridays and Saturdays 9am-2pm.

Located in the parking lot of Grand River Brewery at the intersection of Louis Glick Highway and Mechanic Street.

GET REAL
Summer 2023

FREE YOUTH PROGRAM
AGES 10-15

WHEN
JUN 20 - JULY 28

TIME
11 AM - 4P
TUES, WED & THUR

WHERE
ST. PAUL'S EPISCOPAL CHURCH
309 S. JACKSON ST

WHAT
POSITIVE YOUTH DEVELOPMENT, MENTORING, FUN ACTIVITIES, COMMUNITY ENGAGEMENT, FIELD TRIPS

EMPOWERING YOUTH TODAY

Jackson County Health Department
Creating Healthy Communities

