Kings Quarterly

Michael L. Mac Lean, M.D., M.S., Health Officer

Jacqueline Johnson, SPHN, CHDP Deputy Director

Summer 2015

As the heat of summer draws upon us, the Kings County Health Officer, Dr. Michael Mac Lean, would like providers to keep West Nile Virus in mind. Please take a moment to read his letter issued to all colleagues in June of 2015.—Tara Keeton, RN, CHN

Dear Colleagues,

I want to inform you that several mosquito pools in Kings County have tested positive for West Nile Virus (WNV). Tulare County has noted even more positive pools. The presence of the virus in mosquito pools is a couple weeks early. I suggest that it's time for you to put WNV on your diagnosis radar.

West Nile is not a rare disease in California. Since 2003 there have been 4805 cases reported. (The incidence in the San Joaquin Valley has typically exceeded the rest of the state.) Very likely WNV is under-diagnosed. The expected proportion of neuroinvasive cases should be 5-10% of all symptomatic cases. The reported neuroinvasive cases in California have exceeded WN Fever cases since 2009. In 2014, 70% of the reported cases were neuroinvasive. Even neuroinvasive cases likely are being missed. A study of four hospitals in four California counties found that 80% of patients with compatible neurologic presentation were not tested for WNV. Even though there is no specific treatment, making the diagnosis of WN Fever has clinical and disease control value. WN Fever is associated with significant morbidity, e.g., complaints of fatigue lasting more that a month are common. Patients may be reassured that their persistent symptoms are explained by the diagnosis. Additionally, the diagnosis may obviate further unnecessary testing and empiric therapy. Reports of any WNV disease are used by the mosquito control program to target their mosquito control interventions.

WN Fever's presentation is nonspecific. "Most symptomatic persons experience an acute systemic febrile illness that often includes headache, myalgia, or arthralgia; gastrointestinal symptoms and a transient maculopapular rash also are commonly reported." (CDC 2013) If the index of suspicion is high and initial tests results are negative, repeat testing in 3-5 days may be helpful in making the diagnosis. Early in the course of WN Fever serology may be negative. Tests are almost always positive at the time of presentation in the case of neuroinvasive disease.

Testing is available through commercial laboratories. We can perform testing on those patients for whom cost of testing would be a barrier. You can arrange for this testing by calling our local public health laboratory at 559-852-2608.

I think it likely that WNV is an under-recognized cause of morbidity in Kings County. I hope that you'll keep WNV in mind throughout the summer and fall. Please feel free to call (559-852-2876) or email (Michael.Maclean@co.kings.ca.us) me with any comments or concerns.

Information regarding WNV is available on our website at: http://www.countyofkings.com/departments/public-health/information-for-physicians-clinicians.

Sincerely,

Michael Mac Lean, M.D., M.S.

CHDP Staff:

- Tara Keeton, RN
  County Health Nurse
- Marjorie Batin
  Senior PHN
- Patricia Oliver, PHN
  Foster Care Nurse
- Maria Van Beek
  Child Health Counselor
- Melissa Kevorkian
  Office Assistant
- Terry Lopez
  Office Assistant

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Immunizations

As of June 11th, 2015 GARDASIL® 9, NINE-VALENT HUMAN PAPILLOMAVIRUS VACCINE, became available from VFC. Please see the EZIZ link below to read the VFC letter in its entirety. It includes information on composition, recommendations for use in the VFC program, administration, storage, potential reactions, and contraindications of HPV9. It also has instructions for ordering and billing!

http://eziz.org/assets/docs/VFC_Letters/vfcletter_2015_6_Gardasil.pdf

All remaining flu doses for the 2014-2015 flu season will expire June 30th, 2015. At that time, these doses need to removed from your stock and returned to VFC. Please log into http://eziz.org/myvfcvaccines/ to submit your request for transfer/return online and to request your prepaid return labels that will enable you to send your expired VFC influenza vaccine stock back to the state Immunization Branch.

Also, the CVIC (Central Valley Immunization Coalition) will be having its general meeting Wednesday July 29th, 2015 in Fresno. For specific time and place please see link below, or contact Angela Swanson, Immunization Coordinator for the Kings County Health Department at (559) 852-4523.

http://centralvalleyiz.org/

—Submitted by Angela Swanson, RN
Immunization Coordinator

The Truth about Secondhand Smoke

"There are 58 million people in the U.S. exposed to secondhand smoke (SHS). That makes 1 in 4 nonsmokers. About 2 in every 5 children (including 7 in 10 black children) are exposed to SHS, and more than 1 in 3 nonsmokers who live in rental housing are exposed to SHS. No level of secondhand smoke exposure is safe.

SHS kills more than 400 infants and 41,000 adult nonsmokers every year, due to SIDS, lung cancer, and heart disease. SHS exposure is more common among children ages 3-11 years, blacks, people below the poverty level, and those who rent housing."

Here in Kings County we have much higher rates of smoking than compared to the state of California as a whole. California has a smoking population rate of 12%, where as Kings County's smoking population rate is 16.9%. That is not good news for our County.

So what can you do as providers? For starters, "… ask your patients whether they use tobacco products, and encourage those who do, to quit. Smokers (and their families) can call 1-800-NO-BUTTS for help. Encourage your nonsmoking patients to avoid exposure to SHS where they work, live, and gather. Talk with your patients about the dangers of SHS, and encourage them to talk to their children about the same. Encourage patients to make their homes and vehicles 100% smoke free. Also, encourage them not to allow anyone to smoke around their children, and to avoid all public places where smoking is allowed."

Together we can work towards our goal of reducing the impact of tobacco and secondhand smoke in Kings County! If you're interested in getting involved, contact Oralia Vallejo at (559) 852-2602.

—Submitted by Oralia Vallejo,
Sr. Health Educator-Tobacco Program

Information taken from:

http://www.cdc.gov/vitalsigns/tobacco/

http://www.tobaccofreeca.com/successes/highlights/

http://www.cdph.ca.gov/programs/tobacco/Documents/Resources/Fact%20sheets/2015FactsFigures-web2.pdf

Breastfeeding and Medications

When it comes to breastfeeding, new mothers need a lot of support and encouragement from their care providers. On top of the knowledge you and your staff already have, there are apps for your smart phone that can offer evidence-based information, as well. These apps allow someone (either the prescribing practitioner OR the breastfeeding mother) to look up medications and find out how safe they are to take while breastfeeding.

Too often, mothers are told to stop breastfeeding, or to "pump and dump" while taking a medication because of a heightened anxiety or lack of knowledge.

Listed below are the names of several highly regarded applications that are available for download at your iTunes or Android App Stores.

LactMed- U.S. Library of Medicine **FREE**

MommyMeds - Texas Tech University School of Pharmacology (for parents) **$3.99**

InfantRisk- Texas Tech University School of Pharmacology (for professionals) **$9.99**

—Submitted by Sue Jacoby,
Kings County WIC Breastfeeding Coordinator

How Long Should a Mother Breastfeed?

Leading expert organizations like WHO and UNICEF suggest breastfeeding for at least two years. **"The American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant."**

To some it may seem like a mother's choice to nurse her child for years rather than months is extreme. At WIC, we sometimes hear different variations of, "My doctor says my child is too old to still be nursing, and he no longer benefits from my milk." We reassure mothers that their milk is ALWAYS beneficial to their child.

There are many advantages to breastfeeding for both mother and child. Some of those advantages include comfort, nutritional support for baby during illness, ongoing protection against infections and viruses, promotion of normal oral structure development (for baby), facilitating the

transition to sleep, and for working mothers, it's a way to reconnect after a day away from the child.

In short, the decision about how long to breastfeed is a personal or lifestyle choice, rather than a medical decision. Nursing mothers appreciate the support and encouragement of their medical practitioners for their healthy choices, and they love being praised for their commitment to their child's long term health and well being!

Information taken from:

http://www.who.int/nutrition/topics/exclusive_breastfeeding/en/

http://www.unicef.org/nutrition/index_breastfeeding.html

http://pediatrics.aappublications.org/content/129/3/e827.abstract?sid=a6de3865-c2df-4027-9093-0529bc3e4218

—Submitted by Sue Jacoby,
Kings County WIC Breastfeeding Coordinator

419000-419100

Kings County Department of Public Health

Child Health & Disability Prevention Program

330 Campus Drive

Hanford, CA 93230

Email: Tara.Keeton@co.kings.ca.us

(559) 852-4527

Safety Recalls

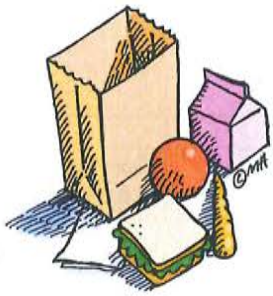
"Beech-Nut Nutrition is recalling approximately 1,920 pounds of baby food products that may be contaminated with small pieces of glass...the recall concerns four-ounce jars of Stage 2 Beech-Nut CLASSICS sweet potato & chicken."

http://www.beechnut.com/recall/

For this recall and others, please visit:

http://www.safekids.org/product-recalls

Summer Food Service Program
California Department of Education



Drop in for a **FREE** meal!

Summer meals for kids at **NO** charge

The Summer Food Service Program serves free meals to all children and teens 18 years and younger

Service locations, dates, and times are listed on the back.

USDA is an equal opportunity provider and employer.

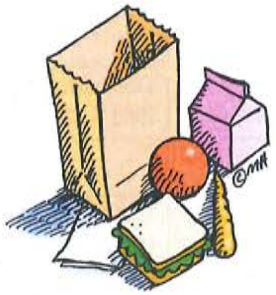
Summer Food Service Program
California Department of Education

	Locations	Breakfast	Lunch	Dates**
1.	*Coe Park* (561 S. Douty, Hanford, CA 93230)	8AM-9AM	12PM-1PM	June 15-July 17, 2015
		No Breakfast	12PM-1PM	July 20-August 7, 2015
2.	*Earl F Johnson High School* (1201 N. Douty St, Hanford, CA 93230)	No Breakfast	10AM-11AM	June 15-June 26, 2015
3.	*Hanford Teen Center* (400 N. Douty St, Hanford, CA 93230)	8:30AM-9AM	11:30AM-12PM	June 15-July 24, 2015
4.	*Home Garden Opportunity Center* (11593 S 10th Ave, Hanford, CA 93230)	No Breakfast	11AM-11:30AM	June 15-August 7, 2015
5.	*Lacey Park* (Corner of Elm & North Harris St. Hanford, CA 93230)	8:30AM-9AM	11:30AM-12PM	June 15-July 24, 2015
6.	*Lemoore Recreation* (711 W Cinnamon Drive Lemoore, CA 93245)	8AM-9AM	11AM-11:30AM	June 15-August 7, 2015
7.	*Lemoore High School* (101 E. Bush St., Lemoore, CA 93245)	No Breakfast	10AM-10:30AM	June 15-July 6, 2015
8.	*Recreation Association of Corcoran* (900 Dairy Ave., Corcoran, CA 93212)	No Breakfast	11:30AM-12:30PM	June 15-August 7, 2015

Summer food is **NOT** provided on weekends or on July 3, 2015

The schedule herein is accurate as of May 27, 2015. Service sites and times may change as required

Programa de Servicios Alimenticios de Verano
Departamento de Educación de California



¡Pare Por Comida GRATIS!

Comidas durante el verano para niños SIN COSTO.

El Programa de Servicios Alimenticios de Verano reparte comidas gratis a niños/as y adolescentes de 18 años o menor.

Centros de servicio, fechas y horarios se encuentran atrás de este papel.

El USDA es un empleador y proveedor de oportunidad igualdad.

Programa de Servicios Alimenticios de Verano
Departamento de Educación de California

	Localizaciones	Desayuno	Almuerzo	Fechas**
1.	*Coe Park* (561 S. Douty, Hanford, CA 93230)	8AM-9AM	12PM-1PM	Junio 15-Julio 17, 2015
		No Desayuno	12PM-1PM	Julio 20-Agosto 7, 2015
2.	*Earl F Johnson High School* (1201 N. Douty St, Hanford, CA 93230)	No Desayuno	10AM-11AM	Junio 15-Junio 26, 2015
3.	*Hanford Teen Center* (400 N. Douty St, Hanford, CA 93230)	8:30AM-9AM	11:30AM-12PM	Junio 15-Julio 24, 2015
4.	*Home Garden Opportunity Center* (11593 S 10th Ave, Hanford, CA 93230)	No Desayuno	11AM-11:30AM	Junio 15-Agosto7, 2015
5.	*Lacey Park* (En la esquina de Elm & North Harris St. Hanford, CA 93230)	8:30AM-9AM	11:30AM-12PM	Junio 15-Julio 24, 2015
6.	*Lemoore Recreation* (711 W Cinnamon Drive Lemoore, CA 93245)	8AM-9AM	11AM-11:30AM	Junio 15-Agosto 7, 2015
7.	*Lemoore High School* (101 E. Bush St., Lemoore, CA 93245)	No Desayuno	10AM-10:30AM	Junio 15-Julio 6, 2015
8.	*Recreation Association of Corcoran* (900 Dairy Ave., Corcoran, CA 93212)	No Desayuno	11:30AM-12:30PM	Junio 15-Agosto 7, 2015

*** La comida de verano **NO** será repartida en los fines de semana y el 3 de Julio de 2015***

***Horas y fechas están al día y correctas a partir de Mayo 27, 2015.*
*Sitios de servicio y horarios pueden ser cambiados si es requerido***

Swimming Safety Tips

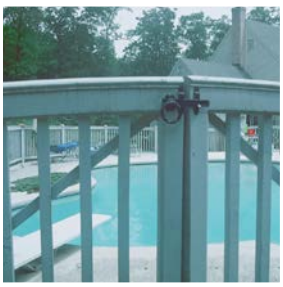
Everything you need to know to keep your kids safe when swimming.

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

There Is No Substitute for Active Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.
- Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.
- When there are several adults present and children are swimming, use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision. Download a Water Watcher card here.

Start Slow With Babies



- You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.

Educate Your Kids About Swimming Safely

- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.
- Make sure kids swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

- Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. From the start, teach children to never go near or in water without an adult present.

Drowning is the leading cause of injury-related death among children ages 1-4.

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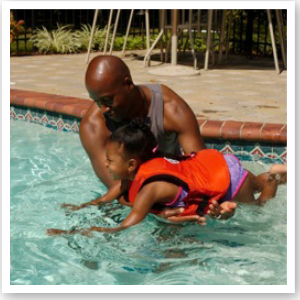
Don't Rely on Swimming Aids



- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

Take the Time to Learn CPR

- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.
- Local hospitals, fire departments and recreation departments offer CPR training.
- Have your children learn CPR. It's a skill that will serve them for a lifetime.

Take Extra Steps Around Pools

- A swimming pool is a ton of fun for you and your kids. Make sure backyard pools have four-sided fencing that's at least 4 feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.
- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach.
- Install a door alarm, a window alarm or both to alert you if a child wanders into the pool area unsupervised.

Check the Drains in Your Pool and Spa

- Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.
- Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs, or any other pools that have flat drain grates or a single main drain system.
- For new pools or hot tubs, install multiple drains in all pools, spas, whirlpools and hot tubs. This minimizes the suction of any one drain, reducing risk of death or injury. If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur.
- Regularly check to make sure drain covers are secure and have no cracks, and replace flat drain covers with dome-shaped ones. If a pool or hot tub has a broken, loose or missing drain cover, don't use it.
- If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur. Go to www.PoolSafety.gov for a list of manufacturers of certified covers.
- Check to make sure your pool or hot tub's drains are compliant with the Pool and Spa Safety Act.

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Keeping Kids Safe Around Liquid Laundry Packets

Liquid laundry packets are concentrated and designed to dissolve in water.

More than 33,000 calls were made to poison centers for laundry packet incidents since 2012.

That's one call every hour.

More than 700 children age 5 and under experienced serious effects after getting into laundry packets in 2012 and 2013.

That's an average of one child per day.

Children at greatest risk are 1 and 2 year olds.

Children have required hospitalization due to:

- difficulty breathing
- excessive vomiting
- severe eye burns and irritation
- temporary vision loss
- loss of consciousness

36% of incidents happen when product is outside of the container.

Tips to Keep Kids Safe

- Keep liquid laundry packets out of children's reach and sight.
- Keep packets in their original container and keep container closed.
- If a child gets into liquid laundry packets, call the Poison Help number immediately: 1-800-222-1222.

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safekids.org

Made possible through a partnership between Safe Kids Worldwide and the Tide and Gain Up, Up, and Away Program.

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