



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

August 2016

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, Aug. 8<sup>th</sup>, 8:00–9:00 am, Pennock Board Room – 2nd Floor Medical Arts Building, entrance #2, 1009 W. Green Street, Hastings
- Eaton Rapids Health Alliance, Aug. 16<sup>th</sup>, 3:30–5:00 pm, Eaton Rapids Medical Center, Eaton Rapids
- Eaton Good Food, Aug. 17<sup>th</sup>, 4:00–6:00 pm, MSUE Basement Conference Room, Charlotte
- Barry County Tobacco Reduction Coalition, Aug. 18<sup>th</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, Aug. 24<sup>th</sup>, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge

### IT'S TIME FOR BACK-TO-SCHOOL IMMUNIZATIONS!\*

Now is the time to schedule your children's back-to-school shots! All children beginning childcare, kindergarten, and 7th grade, along with all students who are new to a school district, will need to show proof that their vaccinations are up-to-date. Contact your healthcare provider or call the BEDHD Immunization Clinic at (269) 945-9516 (Barry County) or (517) 541-2630 (Eaton County) to schedule your children's immunization appointment.

\*Parents/guardians seeking to claim a nonmedical waiver are required to participate in an immunization-focused discussion with BEDHD staff. Call and make your appointment with BEDHD today. If your child has a medical reason for not receiving a vaccine, a physician must sign a State of Michigan Medical Contraindication Form.

### ENJOY THE OUTDOORS SAFELY—PREVENT MOSQUITO BITES

Mosquitoes can be more than just annoying—they also can carry diseases, like West Nile Virus, that humans can get. Michigan recently had its first human case of West Nile Virus in 2016, and several mosquitoes and birds in the state have tested positive for the disease. Protect yourself



when you go outside, especially between dusk and dawn! Use a mosquito-repellant containing DEET or permethrin, consider wearing long sleeves and pants, and get rid of standing water sources (such as old tires and unused kiddie pools) on your property.

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### *Free HIV Screening at the Barry-Eaton District Health Department*

*Currently, more than 1 million Americans live with HIV, and 13% of them don't know that they are infected. HIV is spread to 50,000 people in the United States every year; the Centers for Disease Control and Prevention (CDC) estimates that 90% of these new cases could be prevented by testing and diagnosis. People with HIV who don't know they are infected can spread it to others. They also will not get the important treatment that can keep them healthy for many years. To learn more about HIV and the importance of testing, visit <http://www.cdc.gov/hiv/basics/whatishiv.html>. To make an appointment for free screening in Barry County call (269) 798-4133 or in Eaton County call (517) 541-2630.*

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### NATIONAL IMMUNIZATION AWARENESS MONTH

Vaccines are one of the most successful ways to prevent disease and death. Many vaccine-preventable diseases are still common in many parts of the world, and the United States has recently had outbreaks of measles, mumps, and whooping cough—all diseases that vaccines can prevent. National Immunization Awareness Month was created to encourage people of all ages to make sure they are up-to-date on the vaccines recommended for them. To find out what vaccines you and your family should have, visit <https://www.cdc.gov/vaccines/schedules/>.



## PROMOTE BREASTFEEDING IN EATON COUNTY

It's National Breastfeeding Awareness Month! Many people know that breastfeeding is the best choice for moms and babies, but did you know that local folks can help them be successful? The Michigan Breastfeeding Network and BEDHD are pleased to host a community forum about breastfeeding in Eaton County on Aug. 15<sup>th</sup>, 9–11 am. At this event, you will learn the important role community agencies, businesses, and community members can play in increasing breastfeeding success and discuss what barriers women face in Eaton County with breastfeeding. Register at [www.eatonresa.org/prodevelopment](http://www.eatonresa.org/prodevelopment).

### Contact Us

For more information on items in this newsletter, contact Abigail Lynch, Community Health Promotion Specialist, at 517-541-2644 or [alynch@bedhd.org](mailto:alynch@bedhd.org).

## IT'S BAT SEASON!

Summer is the season that has the most bat activity, and while bats are valuable to our environment, they can also carry rabies. For information on how people get rabies, how to safely capture a bat in your home, and when you should contact BEDHD, see the "FAQs about Bats and Rabies" at <http://bit.ly/1dgBtkE>.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Get involved** An involved community is a resilient community. Resilience—the ability to withstand and recover quickly from a disaster—is built by people who work together in their community and look out for themselves and others. Help make your community stronger: connect with an isolated individual or join a neighborhood organization; promote emergency preparedness; and become a community volunteer (check out programs like CERT and the Red Cross). For more information about preparing yourself and your community for an emergency, visit <http://do1thing.com>.

## NEED HEALTH INSURANCE?

No one should be without health insurance. If you do not have an employer-based plan, you may qualify for a Marketplace Plan (enrollment Nov. 1 – Jan. 31) or the Healthy Michigan Plan based on your income. If you've recently had a certain life event, including losing health coverage, moving, getting married, having a baby, or adopting a child, you may qualify for a Special Enrollment Period. Visit <http://www.healthcare.gov> or <http://www.michigan.gov/healthymiplan/> for more information.

## AUGUST COMMUNITY EVENTS

- **Barry County Community Resource Connection Fair and Veterans' Stand Down** – Aug. 10<sup>th</sup>, 10:00 am–12:30 pm, *Hastings First United Methodist Church* – Barry County residents in need of services, information, and referrals can find that and more at this event hosted by the Barry County United Way! Free services include eye exams, haircuts, food sampling, and children's activities. Information on and referrals for housing, healthcare, employment, support services and more will also be available, along with resources for veterans. Contact the Barry County United Way at (269) 945-1296 with questions.
- **Grand Ledge Community Wellness Event and Rummage Sale** – Aug. 14<sup>th</sup>, 1:00–4:00 pm, *Fitzgerald Park* – The Grand Ledge Building Healthy Communities Coalition and Eaton County Parks are hosting this event, where there is something for everyone, including a community wellness fair, health professionals, human service organizations, a rummage sale, environmental education, and outdoor health activities! Visit <http://bit.ly/1AlrNoM> or visit the event on Facebook. Park admission is FREE with non-perishable food donation.
- **Charlotte (Eaton County) Recycle-Palooza** – Aug. 20, 9:00 am–2:00 pm – Recycle/discard your household hazardous waste, old medications, electronics, scrap metal, books, batteries, tires, and more! Recycle-Palooza is open to Eaton County residents. Registration is required at <http://bit.ly/2aHpl7o>.

